

Building a Perfect Green Smoothie

Jules + Jo

1 Choose Your Base

2 cups
of your choice

- water
- nut milk - almond milk, hemp milk, or coconut milk
- raw coconut water



2 Choose Your Fruit

1-2 pieces
fresh or frozen

- bananas
- mango
- blueberries
- peaches
- pears



3 Choose Your Leafy Greens

2 cups
of one or two

- spinach
- swiss chard
- kale
- romaine lettuce
- collards



4 Optional Boosters

- 1 Tbsp. chia seeds
- 1 tsp. maca
- 1-2 tsp. spirulina
- 1/4 avocado
- 1 Tbsp. coconut oil
- 1-2 Tbsp. ground flaxseeds
- 1-2 tsp. cinnamon
- 1 in. chunk of ginger
- 5 drops stevia



5 Blend & Enjoy!

The Green Smoothie Cleanse

J.D. Rockefeller



The Green Smoothie Cleanse:

10-Day Green Smoothie Cleanse Rebecca Soto, 2014-06-16 The 10 Day Green Smoothie Cleanse Recipe book is packed with everything you need to successfully start your own green smoothie cleanse It offers step by step instructions that will help you embark on your journey to a healthier body This book includes many delicious green smoothie recipes that will keep you from getting bored while you are on the green smoothie diet Of course this book offers much more than just green smoothie recipes it also provides information on the benefits of doing a green smoothie detox tips for getting started and signs that you need to try this cleanse What You ll Get With this green smoothie cleanse recipe book you ll get the following Information on the green smoothie cleanse plan and how it works A look at the benefits of consuming green smoothies Helpful information on what foods to include in smoothies A list of foods to avoid while following the green smoothie diet Many great green smoothie recipes for you to enjoy from fruity drinks to spicy veggie smoothies A helpful 10 day meal plan to make this diet easy for you to follow Information on how to come off the cleanse safely for the best weight loss results Whether you want delicious green breakfast smoothies smoothies packed with protein or smoothie options that boost your immune system you will find them all in this helpful recipe book With more than 30 different smoothie recipes you can enjoy a wide variety of flavors while on the green smoothie cleanse Even after you complete the 10 day cleanse you will still find these recipes useful since you ll want to continue adding smoothies to your diet to continue losing weight or to maintain your weight loss results

50 Green Smoothies for Weight Loss, Detox and the 10 Day Green Smoothie Cleanse Travis Mackensie, 2015-10-06 A Smoothie recipe book for everybody Smoothies have become very popular in the last 10 years or so for one basic reason People are drinking smoothies for health As a result people are always looking for new recipes to make new smoothies so that whether they re on a smoothie diet or using smoothies for weight loss they have some variety in their life It s not fun to be smoothie detox plan and be drinking the same smoothies over and over again You need variety Variety is the spice of life It was with these thoughts in mind that I created this smoothie recipe book 50 Green Smoothie Recipes For Weight Loss Detox Or The 10 Day Smoothie Cleanse Plan allows you to have varieties of smoothies to choose from that will give you all the nutrients and vitamins and you need in your diet and at the same time have something you look forward to drinking Practical Smoothie Recipes Also this smoothie book focuses on the practical I have not included ingredients that are either exotic or that you have to buy online All the ingredients are vegetables and fruits that you can buy at your local grocery store There s nothing worse than getting a smoothie book that the recipes call for bok choy or camu powder or spirulina or other ingredients that generally are not found in every supermarket or grocery store Or that are not natural Smoothies for Kids Another great thing about smoothies is that you can make smoothies for kids If your kids have a hard time eating their veggies or their fruits smoothies are a great way to get them to eat their nutrients naturally without actually having to look at vegetables Many a mom out there is getting their kids to eat their vegetables by giving them smoothies No

matter what you're using your smoothie diet for whether it's for losing weight to improve the beauty of your skin or just better health having smoothies in your life is better than not having any smoothies at all Some of the benefits of smoothies are Lose Weight in a healthy fashion Detox the Body with natural ingredients Increase Energy for the whole day Fight Heart Disease by eating right Healthy Skin and Hair with the right nutrients Smoothies are the easiest way to eat less calories and at the same time get more nutrients into your body So It makes sense if your goal is to lose weight to incorporate smoothies into your life It's been proven that this is a guaranteed way to lose weight or to rid your body of toxins provided you follow a dedicated plan So here's what you get in this book Practical ingredient smoothies Smoothies that are easy to make Smoothies that will last you the whole day long Nutritional information so you can plan out your diet Fun interesting facts and trivia In addition I give you a free gift that you can use in conjunction with these recipes to really get the most out of the book Get this recipe book now and start enjoying new smoothie recipes

10-Day Green Smoothie Cleanse JJ Smith, 2014-07-15 Lose 1015 pounds in 10 days

Green Smoothies for Life JJ Smith, 2016-12-27 30 days to quick and lasting weight loss Cover

Getting Started with the 10 Day Green Smoothie Cleanse J. D. Rockefeller, 2016-09-16 What is the 10 day green smoothie cleanse Why is detoxification necessary How do you know that your body needs a cleansing How much weight can you lose Do you rely completely on green smoothies What problems can you encounter while on this diet Is it a healthy way of dieting Where can I get some recipes Find out the answers to all these questions in this guide

Green Smoothie Cleanse Lisa Sussman, 2014-01-14 Features different diet plans using healthy smoothie recipes designed to detoxify the body

including the one day reboot cleanse three day blast cleanse and the two week full body cleanse [The 8 Day Green Smoothie Cleanse](#) Francesca DiMarco, 2015-05-17 Want to Lose 13 Pounds in 8 Days Without Being Hungry Are you Ready to

supercharge your immune system and prevent heart disease and diabetes with a green smoothie cleanse I want you to take off the weight and get healthy This book will show you how to use green smoothies for weight loss that is effective rapid and long term Lose weight by drinking ridiculously healthy tasty and filling green smoothie recipes Green smoothies are nutritional powerhouses When made right they are packed with protein fiber and good fat to fill you up and give you energy They are also loaded with essential vitamins and minerals to keep your body and brain working in top condition Each green smoothie recipe contains four or more servings of fruits and vegetables When you add them into your daily routine it is easy to get a balanced diet and proper nutrition The perfect diet food drinking a green smoothie for weight loss will melt off the pounds while keeping you from feeling hungry and craving sweets Green smoothies detox the body and get you healthy Green smoothies are loaded with the foods doctors recommend for lowering blood pressure and bad cholesterol They are chock full of the vitamins and minerals that researchers are most convinced will help to prevent heart disease type 2 diabetes Alzheimer's dementia and depression And they are the ultimate antioxidants fighting the free radicals which change cells and cause aging and many types of cancers But eating right doesn't just help ward off major illnesses and conditions A healthy

diet also cranks up your immune systems and makes you less likely to get sick and more likely to get well faster Sufficient amounts of the right micronutrients like magnesium help your body deal with stress prevent headaches fight fatigue and keep your hormones in balance Save time by preparing quick healthy breakfasts and lunches with 25 new recipes in this green smoothie recipe book Green smoothies combine leafy greens fruits nuts seeds fillers and spices to create great tasting combinations that you will enjoy drinking The green smoothie recipes in this book are a starting point but the book goes much further It gives you a green smoothie equation to teach you to make drinks on your own that maximize both nutrition and taste for a strong lifetime habit About the author Francesca DiMarco spent the first 18 years of her life without ever trying a green vegetable Her family indulged the self described pickiest eater on earth s love for grilled cheese sandwiches and plain hamburgers until she left home for college When she got a job at a gourmet seafood restaurant the starving student s world flipped inside out as she discovered the magic of good food Fish and fresh vegetables became her new best friends Since then she has constantly pushed her gastronomic boundaries and will now eat anything except coleslaw on pizza These days she travels with her family as much as she can seeking out new vistas and cuisine Her goal is to share her late discovery of the rich beauty of healthy eating with as many picky eaters as she can Learn the secrets of eating well and losing weight Scroll up and grab your copy of The 8 Day Green Smoothie Cleanse today **Green Smoothie Cleanse 10-Day Journal**

Jinnie Smith,2014-06-23 If you are going through the 10 Day Green Smoothie Cleanse then the Green Smoothie Cleanse 10 Day Journal can help you stay on track each day of the cleanse Completely free of fluff and filler this journal helps you track the basics of what you need each day Detox tea Smoothies Fruit veggie snacks High protein snacks Water Healthy dinner if doing the modified cleanse If your goal is to successfully complete the green smoothie cleanse then this journal just might become your best friend for the next 10 days 10 Day Green Smoothie Cleanse J.D. Rockefeller,2015-10-30 What is the

green smoothie cleanse all about What do you need to do for 10 days What does it involve What are the basic principles of the cleansing Are there certain foods that you are supposed to avoid What foods will help do the cleansing and get you started on getting back your health Find the answers to all these questions and much more in this guide So let s get started and find out more about the 10 day green smoothie cleanse A Definitive Guide to Green Smoothie Cleanse J.D.

Rockefeller,2015-10-31 Nowadays more and more people are getting conscious about their bodies and overall health Well apparently this is an excellent indication that healthy living is still one of the top priorities of many individuals around the world However you need to know some important insights into the essence of taking green smoothie cleanse for an ultimate fitness On this guide you will be provided with essential tips on how to make a green smoothie on your home while achieving successful fitness journey in no time With the increasing weight loss programs being offered in the market you really need to choose wisely in order to get maximum results that you truly deserve in terms of healthy and happy living Being conscious about your health is indeed very important Since there are so many harmful factors that can trigger poor health you should

be able to consider the healthful benefits of green smoothie in cleansing your body But don't worry this eBook will guide you through every step of the way until you attain your fitness goals and lose significant excess body weight Also you will understand the detox methods to help you enhance cleansing solutions so that you can achieve the body that you've always wanted Enjoy the green smoothie recipes that you will learn from here and easily prepare them in your own kitchen Read on to discover a lot of important tips that you should know about the ultimate green smoothie benefits in health and overall lifestyle

Green Smoothie Cleanse Valerie Childs, 2015-04-23 DISCOVER THE GREEN SMOOTHIE CLEANSE THAT EVERYONE IS TALKING ABOUT JUMP START YOUR WEIGHT LOSS AND DETOX JOURNEY WITH THIS 7 DAY PLAN From 1 Best Selling Author Valerie Childs Here Is A Sneak Peak Attn FREE BONUS INSIDE Learn All About the NEWEST Green Smoothie Cleanse What You Should Expect from this 7 Day Green Smoothie Cleanse Plan Why Is Organic Greens Critical to Use on this 7 Day Plan Details on the Beginning Your 7 Day Green Smoothie Cleanse Plan Get the Full List of What you MUST Include and MUST avoid Learn the Secrets to Smoothie Success with these Green Smoothie Tips and Tricks Discover the Life Changing Power in Purpose Driven Smoothies BONUS Organic Green Smoothie Recipes BONUS Detox Smoothies And Much much more Want FREE BOOKS Go here <http://smoothieslimdown.com> Learn about the Green Smoothie Cleanse Everyone is Talking About Hundreds of thousands of people worldwide have discovered the Green Smoothie Cleanse 7 Day Plan and experienced new levels of energy weight loss and becoming more immune to various diseases Are you ready to jump on the Green Smoothie Cleanse train just yet I'm guessing you're at least CURIOUS since you're reading the description of this book Okay before you decide let me tell you what this book will help you with Have you ever struggled to lose weight because you couldn't stick to a diet or you're tired of lacking energy all the time or simply want to get rid of all the processed foods in your diet and don't know how to go about it If that's you then I've got good news for you This book will guide you from beginning to end on what you ought to do in order to succeed with the Green Smoothie Cleanse 7 Day Plan As a Life Coach and Certified Nutrition Coach I see clients daily who are suffering with issues that are within their control Most people do not understand that they have the power to change their lives My purpose in life is to help as many people as possible reach their greatest potential physically emotionally and spiritually Valerie Childs 1 Best Selling Author Certified Life Coach Certified Nutrition Coach Want FREE BOOKS Go here <http://smoothieslimdown.com> tags green smoothie green smoothie cleanse green smoothie detox green smoothie recipes green smoothie for weight loss green smoothie weight loss recipes green smoothies for health

Green Smoothie Cleanse: Detoxification & Fat Loss Kris Johns, 2018-11-19 Cleanse your BODY and LOSE SUBSTANTIAL WEIGHT with GREEN SMOOTHIE CLEANSE DETOXIFICATION FAT LOSS SMOOTHIES are naturally packed with WHOLE FOODS and ANTIOXIDANTS from FRESH FRUITS and VEGETABLES making them the EASIEST and TASTIEST way to IMPROVE your HEALTH and get GLOWING SKIN and HAIR Get 120 RECIPES for FRESH DELICIOUS FRUIT and VEGETABLE GREEN SMOOTHIES to DETOX your SYSTEM STRENGTHEN your IMMUNITY and

IMPROVE various HEALTH conditions and goals By consuming this LIQUID NUTRITION you can get rid of stubborn BODY FAT including BELLY FAT Lose 10 12 POUNDS in 10 DAYS by sipping DELICIOUS EASY TO MAKE SMOOTHIE to embrace a HEALTHIER LIFESTYLE that will make you LOOK and FEEL GOOD This book provides a SHOPPING LIST RECIPES and short simple INSTRUCTIONS for the 10 DAY CLEANSE along with MEAL PLAN Also gives suggestions for getting the best results MAINTAINING it after you FINISH your CLEANSE and DETOXIFICATION **10-Day Green Smoothie Cleanse**

Reader's Companion,2016-05-12 10 Day Green Smoothie Cleanse by JJ Smith Digest Review Are you tired of looking bulky all the time Are you getting frustrated by useless dieting routines and not seeing any positive weight loss results Do you feel tired most of the time Well then get ready to look slimmer and sexier and to feel healthier by following J J Smith s The New York Times bestselling 10 Day Green Smoothie Cleanse It will jump start your weight loss increase your energy level soothe your mind and make you feel healthier than ever Green smoothies contain super nutrients from green leafy vegetables and fruits that are not only filling but are also enjoyable to drink After drinking these green smoothies your body will thank you as you watch your energy and fitness levels cross the health charts the way you never thought possible It s a life changing experience if you decide to stick with it The book comes with a shopping list delicious smoothie recipes and complete guidelines for cleansing your body for a period of 10 days It also provides suggestions for how to maintain good health and diet with steady weight loss afterwards With this digest companion you ll enjoy A digest of the 10 Day Green Smoothie Cleanse Content for your book club or other group event Stories beyond the digest and tidbits you may not know The book s impact and its important to read And more What other readers are saying You can read it before you read the novel or after you read it as a supplement to the actual book Very concise and helpful for our Book Club It is full of story information interesting facts about the novel and the author as well This overview gave me an idea of what the book covers From it I have been able to decide whether or not to purchase the book The Digest helped clarify the historical background Beautifully written and deeply moving Our promise Reader s Companions bring you immaculate study materials on literature at exceptionally low prices that do not compromise on quality These are supplementary materials and does not contain any text or summary of the book 100% satisfaction guaranteed **10-day Green Smoothie Cleanse** J. J. Smith,2017-07-26 10 Day

Green Smoothie Cleanse By JJ Smith *Green Smoothie Diet: The Best Green Smoothie Ingredients to Make Green Smoothies for Weight Loss* Karen Glaser,2017-05-15 Green Smoothie Diet The Best Green Smoothie Ingredients to Make Green Smoothies for Weight Loss The Green Smoothie Diet book will give you a green smoothie diet recipe for every meal you need in your meal plan The green smoothie diets are helpful in losing weight This book has an introduction section that explains the benefits of the green smoothie diet plan and how it works in giving you all the nutrients you need One of the reasons people enjoy this type of diet is the ease and convenience of both preparation and consumption If you can run a blender and swallow you are in luck This plan acts as a sort of green smoothie detox diet because it is highly liquid it helps to

clean out the body on the inside Because the greens are also high in fiber it helps to scrub along the digestive tract getting rid of build up and toxins for a nice cleanse of the bowels Because greens are high in nutrients and anti oxidants it also acts as a means to detox the entire body by helping to boost the immune system The green smoothie recipes consist of including at least one green vegetable in the ingredients Most of the ingredients include spinach and you will also find kale broccoli zucchini avocado and even collard greens You will also find a large variety of fruits like bananas strawberries blueberries lemons oranges limes blackberries cranberries kiwis nectarines peaches honeydew melons raspberries apples grapes papayas pineapples mangoes and others Enjoy some fun additions like chocolate almonds peanuts and coconuts Have you ever heard of the spinach smoothie diet It is basically the same thing as the green smoothie diet which consists of the recipes included here only this books offers the addition of other delicious greens with the wide variety of fruits Other ingredients found among the recipes here are an assortment of yogurts some plain and some fruit flavored

Green Smoothie Bible
Patricia Young,2014-04-24 Green Smoothie Bible The Complete Smoothie Cleanse Guide Are Green Smoothies Really Good For You Green Smoothie Bible The Complete Smoothie Cleanse Guide is suited for those individuals that are seeking a healthier restart for their bodies and simply want to get rid of the built up toxins before making the transition to a healthier lifestyle For many who have already made the transition a green smoothie is a burst of energy in the morning and simply a way to keep of those pesky pounds The nutritional value of a green smoothie also outweighs some of the other dietary options The book explains all of that and more The benefit of incorporating green smoothies into the diet is outlined as well Here is a Preview of What You Will Discover When You Download The Green Smoothie Bible Adding Wheatgrass To Your Smoothie Why Do Smoothies Turn Brown Do Smoothies Give You Gas Are Smoothies Healthy For Diabetics Are Smoothies Safe During Pregnancy Smoothies Are They A Good Choice For Losing Weight How To Make A Healthy Fruit Smoothie For Breakfast Raw Food Smoothies 3 Tasty Smoothie Recipes The Best Blender For Making Smoothies All You Have to do is Go to the Top of the Page and Download your Copy Today

The 14-Day New Keto Cleanse JJ Smith,2022-04-19 NATIONAL BESTSELLER From the bestselling author of 10 Day Green Smoothie Cleanse an exciting new keto cleanse that delivers rapid weight loss with low sugar smoothies and hearty low carb meals The 14 Day New Keto Cleanse combines the health benefits of green smoothies with the fat burning benefits of keto for maximum weight loss The green smoothies that JJ is famous for get a low sugar revamp with new recipes featuring 15g or fewer net carbs and tasty ingredients such as chocolate berries avocado and much more Nearly a million people are living their best and healthiest lives with the help of JJ s cleanses that have proven results This book contains everything you need to change your life in fourteen days with comprehensive shopping lists daily meal and movement guides and plenty of opportunities to customize the plan Featuring thirty five easy recipes ranging from Turkey Pumpkin Chili to Pepperoni Parmesan Crisps you can feel full and satisfied each day Each recipe is low sugar low carb and packed with nutrient rich ingredients that taste great In just fourteen days you can kickstart your body into a

healthy state of fat burning ketosis experience quick weight loss and lay the foundation for a longer healthier life **The 10-Day Green Smoothie Cleanse For Weight Loss** William Lawrence, 2021-07-09 Do you want to get rid of stubborn body fat Do you want to shed off a couple of pounds without hard workouts If Yes u are n th r ght l Whatever you crave Diet Book The 10 Day Green Smoothie Cleanse for Weight Loss is your go to guide for creating customizable smoothies that are perfect for you This smoothie recipe cookbook contains All About The 10 Day Green Smoothie Weight Loss Program Why is Detoxification Important What is the Green Smoothie Cleanse Program Health Benefits of the 10 day Green Smoothie Program Detox Green Smoothie Recipes for Weight Loss How to Continue Losing Weight After the 10 Day Challenge And more So many people who intend to lose weight do not know what the right ratio of ingredients for a tasty smoothie is Well you have nothing to worry about because I have you covered Enjoy nearly endless options for imaginative and healthy smoothies with more than 50 nutritious easy to make recipes Diet Book The 10 Day Green Smoothie Cleanse For Weight Loss filled with tasty mix and match ideas for crafting creative smoothies from brain boosting breakfasts to supercharged afternoon snacks So what are you still waiting for Let s get right to it and start losing weight for a healthier lifestyle Just Click on Buy now with 1 Click R And Start Your Journey Towards the Healthy World Today I look forward to getting you started on some of my most favorite recipes that I ve ever shared Trust me it s worth it CHOOSE which one you like more The Book Available in 3 Editions Kindle Editions Paperback Full Color Paperback Black White Edition *10 Day Green Smoothie Cleanse* Julia Gilbert, 2015-09-20 10 Day Green Smoothie Cleanse How To Detox Your Body Lose Weight And Increase Your Energy With Delicious Green Smoothie Best Smoothie Cookbook Sale price You will save 66% with this offer Please hurry up Are you tired of feeling sluggish tired and downright unhealthy Would you like to try out a cleanse but you re not sure how to go about it Then you should pick up this book on the detoxifying green smoothie diet The green smoothie diet consists of smoothies made with green leafy vegetables and additional fruits to sweeten them up for your enjoyment These smoothies are delicious and amazing for your body giving you health benefits that you never thought changing your diet could give Detoxifying diets are great for your hair skin nails and your overall well being Here is a preview of what you ll learn How to do a full cleanse for ten days How to do the modified cleanse for ten days if you have health complications How to break your cleanse How to lose weight after the cleanse Over ten green smoothie recipes one for every day The benefits of a green smoothie diet And much more Download your copy of 10 Day Green Smoothie Cleanse by scrolling up and clicking Buy Now With 1 Click button Tags 10 days green smoothie cleansing detox smoothies cleanse detoxing smoothies best cookbook Smoothie Green Smoothies Green Smoothie Recipes Green Smoothie Cleanse Green Smoothie Diet 10 Day Green Smoothie Cleanse lose weight detox body lose pounds smothie diet fruity green smoothie recipe book boost your metabolism healthy smoothie increase energy reduce cholesterol Sugar detox begginers easy guide sugar addiction sugar cravings sugar free recipes sugar free diet sugar detox sugar sugar detox for beginners sugar detox diet sugar addiction sugar detox 21 day

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Day Green Smoothie Cleanse for Weight Loss Tanya Simons, 2016-06-16 The basic aim of writing this book is to provide
all the weight loss seekers some delicious scrumptious and mouth watering green smoothie recipes which help lose 10
pounds in ten days If you are a person tired of working out long hours at the gym and feel frustrated following any diet plan
then this 10 day cleanse plan is just for you In this book we have introduced about 50 delicious quick and easy Paleo green
smoothies which are ready within five minutes to give you a glass full of nutrients and help you melt your stubborn fat The
entire green smoothie recipes taste amazingly satisfying All the recipes provide a nutritional breakdown preparation time
and directions so you choose wisely according to your require calorie intake This book also provides tips and tricks the
suggestion to lose fat and stay fit advice on how to continue to lose weight and keep up good health afterward and a
shopping list for the 10 day cleanse so that the overall transaction goes smooth If you want overall weight loss in ten days
without pushing yourself to the limits of dehydrating yourself at the gym then this book is surely a gateway to success Grab a
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The Green Smoothie Cleanse Introduction

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