



## 10 DAY GREEN SMOOTHIE RESET Recipes & Shopping Lists

### SHOPPING LISTS

**Note:** Shopping Lists are broken down into sections so that you go out and shop for fresh ingredients as you go. You can replenish any additional necessary snacks or meal prep items as you go.

#### **SHOPPING LIST DAY 1-4**

Pre-washed box of Spring Mix & Spinach

1 Bunch of Kale

4 Sweet or Sour Apples (depends on your personal taste)

1 Bunch of Red or Green Grapes (your choice)

1 Bag (600 grms) Frozen Peaches

1 Bag (600 grms) Frozen Blueberries

1 Bag (600 grms) Frozen Strawberries

1 Bag (600 grms) Frozen Mixed Berries

1 Bag (600 grms) Frozen Mango Chunks

2 Bananas (you can pre-freeze the bannana's)

Ground Flaxseeds (keep in fridge)

Fruit or Veggies of your choice to nibble on

Raw or Unsalted nuts or seeds

Herbal Tea/Green Tea/Warm Water & Lemon (no coffee or caffeine-look at Coffee

Substitute handout)

*Optional:* Non-dairy/plant-based protein powder, ie; Sun Warrior Protein also naturally Bulk but definitely not necessary but buy if you need it. It gives a chalky taste to smoothie, I personally didn't like but did use for many people needing the extra nutrients.

Fruit or Veggies of your choice to nibble on

#### **Snacks**

(Remember to shop for these to be prepared and review the handout "Coffee Substitutes & Additional Recipe List")

- Nuts-any nuts but a handful (ie; 10 almonds. Salt free)
- Granola (gluten free) Look up new ideas and recipes on-line.
- Coconut Yogurt
- Hard Boiled Eggs (2-3 eggs within the 10 days)
- Crunchy Veggies
- Unsweetened Peanut Butter
- Humus and Veggies

## **How to rock this SMOOTHIE RESET!**

It is good to prepare in advance.

You will have a Smoothie for breakfast and lunch, dinner will be a clean meal, unless you choose to have a meal for lunch then dinner will be a smoothie.

Snacks in between are absolutely necessary.

Please see Snacks and Lunch Dinner ideas.

## **Lunch or Dinner Ideas**

Clean eating is very important during meals

- Soups (non-cream based)
- Salads (with balsamic vinegar and olive oil)
- Smoothie (you can have 3 smoothies per day)
- Quinoa & Veggies
- Stir Fry

## **THE 10 DAY RESET GREEN SMOOTHIE RECIPES**

Below are the recipes for the Smoothies. You will have all the ingredients on hand if you made use of the shopping list.

Use one recipe per day, as it will make enough for a full day's worth of smoothies. Be careful deviating from the recipes too much but feel free to change up the greens/fruit if necessary. These recipes are designed for a reset, better energy and mental clarity.

Try to stick to them as much as possible. You will get better results!

The unblended ingredients are about 72 ounces. Once blended, they will blend down to about 36 to 48 ounces, depending upon the blender size and amount of water. Divide the total amount into 2 servings to have 3 to 4 hours apart. Sip on the smoothie throughout the day whenever you feel hungry.

It's important to drink a Green Smoothie or snack every 3 to 4 hours to keep your metabolism revved up. You will desire less food but you still need to give the body fuel (smoothie or snack) every 3 to 4 hours.

**IMPORTANT NOTE:** If you have a full-size blender, like a Vitamix or Blendtec or something similar, the entire recipe can go into the blender at one time, as it easily holds 72 ounces of ingredients. However, if you have a smaller blender like a Nutribullet or something similar, they hold only about 32 ounces, so you may need to divide the recipe in half and blend twice to avoid spillovers.

## **RECIPES**

### **Day 1: Berry Green**

3 handfuls spinach

2 cups water

1 apple, cored, quartered

1 cup frozen mangos

1 cup frozen strawberries

1 handful frozen or fresh grapes

½ tsp or to taste honey for sweetness, if necessary

2 tbsps ground flaxseeds

OPTIONAL: 1 scoop of protein powder

Place leafy greens and water into blender and blend until mixture is green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.

### **Day 2: Apple Strawberry**

3 handfuls spring mix greens

2 cups water

1 banana, peeled

2 apples, cored, quartered

1 1/2 cups frozen strawberries

1/2 tsp or to taste honey for sweetness, if necessary

2 tbsps ground flaxseeds

OPTIONAL: 1 scoop of protein powder

Place leafy greens and water into blender and blend until mixture is green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.

### **Day 3: Apple Berry**

1 handful spring mix greens

2 handfuls spinach

2 cups water

1 1/2 cups frozen blueberries

1 banana, peeled

1 apple, cored and quartered

1/2 tsp or to taste honey for sweetness, if necessary

2 tbsps ground flaxseeds

OPTIONAL: 1 scoop of protein powder

Place leafy greens and water into blender and blend until mixture is green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.

### **Day 4: Berry Peachy**

2 handfuls kale

1 handful spinach

2 cups water

2 apples, cored, quartered

1 1/2 cups frozen peaches

1 1/2 cups frozen mixed berries

1/2 tsp or to taste honey for sweetness, if necessary

2 tbsps ground flaxseeds

OPTIONAL: 1 scoop of protein powder

Place leafy greens and water into blender and blend until mixture is green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.

## **SHOPPING LIST FOR Days 5-7**

Pre-washed box of Spring Mix  
Pre-washed box of Spinach  
1 Bunch of Kale  
3 Sweet or Sour Apples (depends on your personal taste)  
1 Bunch of Red or Green Grapes (your choice)  
1 Bag (600 grms) Peaches  
1 Bag (600 grms) Blueberries  
1 Bag (600 grms) Strawberries  
1 Bag (600 grms) Mixed Berries  
1 Bag (600 grms) Mango Chunks  
1 Bag (600 grms) Pineapple Chunks  
4 Bananas

### **Day 5: Peach Berry Spinach**

3 handfuls spinach  
2 cups water  
1 cup frozen peaches  
1 handful frozen or fresh grapes  
1 ½ cups frozen blueberries  
½ tsp or to taste honey for sweetness, if necessary  
2 tbsps ground flaxseeds  
OPTIONAL: 1 scoop of protein powder  
Place leafy greens and water into blender and blend until mixture is green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.

### **Day 6: Pineapple Spinach**

2 cups fresh spinach, packed  
2 cups water  
1 cup frozen pineapple chunks  
2 cups frozen peaches  
2 bananas, peeled  
1 handful frozen or fresh grapes  
½ tsp or to taste honey for sweetness, if necessary  
2 tbsps ground flaxseeds  
OPTIONAL: 1 scoop of protein powder  
Place leafy greens and water into blender and blend until mixture is green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.

### **Day 7: Pineapple Berry**

2 handfuls spring mix greens  
2 handfuls spinach  
2 cups water

1 banana, peeled  
1 ½ cups frozen pineapple chunks  
1 ½ cups frozen mango chunks  
1 cup frozen mixed berries  
½ tsp or to taste honey for sweetness, if necessary  
2 tbsps ground flaxseeds  
OPTIONAL: 1 scoop of protein powder  
Place leafy greens and water into blender and blend until mixture is green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.

### **SHOPPING LIST FOR Days 8-10**

Pre-washed box of Spring Mix  
Pre-washed box of Spinach  
1 Bunch of Kale  
2 Sweet or Sour Apples (depends on your personal taste)  
1 Bag (600 grms) Blueberries  
1 Bag (600 grms) Strawberries  
1 Bag (600 grms) Mango Chunks  
1 Bag (600 grms) Pineapple Chunks  
1 Bananas

### **Day 8: Spinach Kale Berry**

2 handfuls kale  
2 handfuls spinach  
2 cups water  
1 cup apple, cored, quartered  
1 banana, peeled  
1 ½ cups frozen blueberries  
½ tsp or to taste honey for sweetness, if necessary  
2 tbsps ground flaxseeds  
OPTIONAL: 1 scoop of protein powder  
Place leafy greens and water into blender and blend until mixture is green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.

### **Day 9: Apple Mango**

3 handfuls spinach  
2 cups water  
1 cup apple, cored, quartered  
1 ½ cups frozen mangoes  
2 cups frozen strawberries  
½ tsp or to taste honey for sweetness, if necessary  
2 tbsps ground flaxseeds  
OPTIONAL: 1 scoop of protein powder

Place leafy greens and water into blender and blend until mixture is green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.

### **Day 10: Pineapple Kale**

2 handfuls kale

2 handfuls spring mix greens

2 cups water

1 ½ cups frozen peaches

2 handfuls pineapple chunks

½ tsp or to taste honey for sweetness, if necessary

2 tbsps ground flaxseeds

OPTIONAL: 1 scoop of protein powder

Place leafy greens and water into blender and blend until mixture is green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.

### **CONCLUSION**

The 10 day Green Smoothie Reset is a detox/cleanse, not a diet! Be smart about your health. Be in it for the long haul, expect weight to fluctuate and prepare for the journey. Focus on getting healthy and all the rest will follow!!!!