

The Best Green Smoothies for Weight Loss

Over 30 Simple Recipes for Healthy Eating

By Dale L. Roberts

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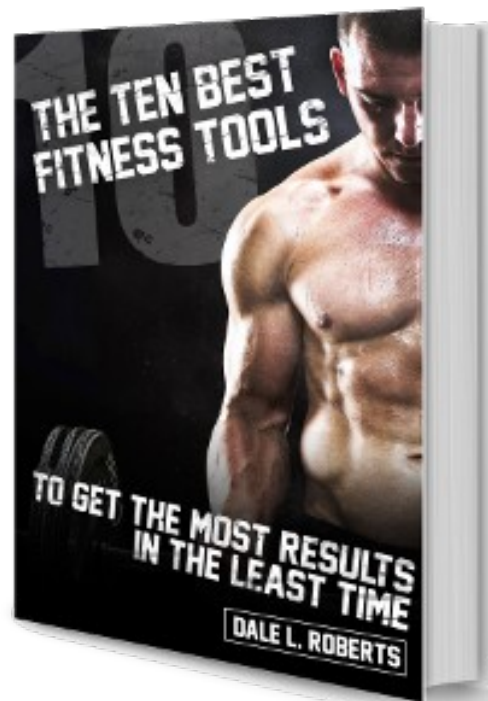
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Introduction

We can all agree that putting on extra weight comes fairly easy when there aren't too many healthy options for when someone is on-the-go or needing a quick fix because of a busy lifestyle. Fast food joints, gas station convenience stores and local grocers offer everything imaginable, but what they offer isn't always in the best interest of your waistline or overall health.

What if it didn't have to be that way? What if you could have something good for you when you are on-the-go or needing a quick fix? All you need is fresh produce, a 32-ounce blender, a sharp knife and cutting board. But, you must be selective with what you are blending for the most ideal results.

Sure, you can mix a large cocktail of nothing but fruit and it will make for a tasty treat. However, fruit smoothies alone aren't the best choices since they can be filled with sugar and far too many calories. Then again, if you can dilute the fruit ingredients with whole vegetables, then you not only get more bang for your buck, but you also get a drink with a potent blend of nutrients.

Green smoothies are shakes primarily consisting of leafy vegetables, nutritious options that provide:

- 1) Cholesterol reduction
- 2) Vitamin K – helps in blood clotting; builds strong bones; prevents age-related conditions such as, heart disease.¹
- 3) The carotenoids lutein and zeaxanthin – reduce discomfort from light, decrease the risk of cataracts, and increase the distance of sight.²
- 4) Vitamin B₅, also known as pantothenic acid – All B vitamins help convert food into fuel. Vitamin B₅ helps maintain a healthy digestive tract, utilize other vitamins and is critical in the manufacturing of red blood cells.³
- 5) Calcium – crucial in overall health including use in the nervous system, muscles, heart, and bone.⁴
- 6) According to the Journal of the American Dietetic Association, a decreased risk of colon cancer.⁵

It's all well and good to cite all the health benefits, but if green leafy vegetables are not very palatable to you, then you may not continue to consume them in the long run. Barring any special medical conditions, you should eat green leafy vegetables every day for the rest of your life. So, green smoothies are an excellent way for you to take in this power-packed food in a tasty drink.

Ideally, I would recommend green smoothies have a ratio of 3 parts green leafy vegetables to 1 part fruit. The recipes closely resemble this portioning to make it easy for you to implement into your daily nutrition. Eventually, when you grow to love green leafy vegetables, you can begin to increase the amount of veggies to fruit.

The key to implementing green smoothies into your daily food intake is to add one smoothie a day. Ideally, you should add the shake at a time when you need a convenience food or a quick bite. The green smoothie provides so much more nutritional value than anything you will find in fast food restaurant or convenience store. And, the sweet part is that you can make a green smoothie in advance and save it from 12 to 24 hours. Though, I much prefer drinking a smoothie as soon as I make it.

Think of the green smoothie as an enhancement to your normal nutrition. They merely fill in times you miss a meal or snack. Though a smoothie is not a meal replacement, it is certainly better than junk food or worse yet junk food.

Moderation is key in using green smoothies. A smoothie should not be more than a third of your daily nutritional intake. Relying solely on smoothies may wreak havoc on your system, so be reasonable with how much you drink throughout the day.

The green smoothies alone will not get you weight loss, but more a balanced diet with the addition of green smoothies will aid in shedding unwanted pounds. To get the most results, you must focus on when you drink your smoothies and how much you have. If you are consistent with eating properly, drinking one green smoothie per day, and exercising regularly, you may see weight loss results in as little as 21 to 30 days.

Be sure to consult your family doctor prior to changing your diet and adding green smoothies to your daily food intake. Green smoothies are not appropriate for everyone. People with specific medical conditions and on medications may not be able to consume some of the foods in this book.

When you add green smoothies to your daily routine, you will save time and money while enjoying a delicious and nutritious alternative to the fast-food and prepackaged convenience food. Now let's dig in!

Instructions

Before you implement green smoothies into your diet, you need to have a basic overview of how often you eat. This may require you writing down an average day of what and when you eat. For example:

6:00 am – bowl of oatmeal, banana, coffee

9:00 am – snack

12:00 pm – sandwich, veggie chips, iced tea

6:00 pm – tacos, salad, glass of 100% orange juice

You will notice that the longest time between meals is from 12:00 pm to 6:00 pm. The best time to insert the green smoothie is at 3:00 pm. This way the body always has some sustenance and maintains the best energy level. Adding the green smoothie between those two meals helps cut the ravenous appetite that would otherwise come at the last meal without any snack.

To get the most out of your green smoothie, you need to take advantage of timing. Take a look at the time of day that you are in most need of food, then insert the green smoothie. Remember, though, that if what you eat at your other meals and snacks is not nutritious, the green smoothie will do little for your weight loss goals.

For more specific nutrition guidelines, grab a copy of my publication “The 3 Keys to Greater Health & Happiness.” In the book, I provide a general overview of how to shift your eating habits to maximize the most out of your weight loss efforts. As long as you eat smart and in moderation, limit junk food and exercise at least four times per week, green smoothies will expedite your weight loss goals.

Preparation

Regardless of organic or non-organic produce, you should always thoroughly wash your vegetables and fruit prior to any consumption. Make sure that the food is free of pesticides, chemicals, dirt, and debris before you eat them. Put your produce directly under running water that is lukewarm. Scrub the vegetables and fruit with your hands or use a produce-specific scrub brush. You need to gently wash the green leafy vegetables so that you keep them somewhat intact for preparation.

Chop your produce so that they can fit into your blender. If at first you find that not all the ingredients can fit into the blender, cover the appliance and puree the mixture. Then, add in any additional ingredients that didn't fit originally.

I highly recommend that you remove the stalks from kale. These parts taste bitter and tend to sour the flavor of a smoothie. Removing the stalks doesn't diminish the nutritional quality of the smoothie. However, if you are a frugal chef, feel free to mix the stalks in. The taste is stronger with the stalks, but not entirely horrible.

When you have the opportunity, freeze any bananas and berries ahead of time. I'll pick up a bundle of bananas, peel them, chop them into smaller pieces and then put them into a container to store in the freezer. The bananas keep fresh somewhat fresh in the freezer for 24 hours. Avoid keeping bananas in the freezer for any longer than one day. Otherwise, you will end up with blocks of ice that cannot puree very well.

Any opportunity, buy fresh berries and immediately freeze them. Be sure that if you have strawberries that you remove the stems. Much like the kale stalks, the strawberry stems make the smoothie taste a little bitter. My favorite way to get berries is in the freezer section. Be mindful to check the nutrition facts and ingredients. Some frozen fruits have additives to keep it fresh or maintain the sweetness. Pick the frozen fruits that have no additives and are just the fruit alone.

And, be sure that you have ice cubes prepared for any time you make smoothies. These help thicken the consistency of the smoothie so that it is more like a milkshake than juice. When the smoothie is a bit thin, add a couple ice cubes and puree for half a minute longer. If you have your fruits frozen ahead of time, you may not need any ice cubes. In that case, disregard the ice cubes suggested in a recipe.

Put all ingredients into the blender, cover it up and blend on high until the consistency is smooth. Depending on the quality of the blender, you may need to pause every now and then to stir up the ingredients. Then, continue blending the ingredients until mixed well. Blending may take anywhere from 1-3 minutes. The

total preparation time should be less than 10 minutes.

If the smoothie consistency is too thick for your liking, let it sit and melt. Or, you can add ice-cold water to the mixture and blend. If you have already added ice cubes to the mix, do not add too much water. There's nothing worse than a watery smoothie.

With all these tips in mind, it's time to make a tasty green smoothie!

Recipes

Super Green Blends

Super-Green Blend

Ultra-Green Blend

Kale & Spinach Blends

Super Green Blend II

Spinach/Kale Tropical Mix

Kale/Spinach Blend

Spinach/Kale Blend

Kale Blends

Sweet Potato Orange Green

Kale & Hemp

Kale Blueberries Banana

Kale Lemon Banana

Kale Banana Pumpkin

Kale & Cranberry

Kale & Mango

Kale & Kiwi

Spinach Blends

Spinach Lime Banana

Spinach Banana Berry

Tropical Spinach Blend

Glowing Green

Spinach & Mango

Spinach Berries Chia

Spinach Peach Orange

Spinach Cilantro Banana

Spinach Apple Peach

Spinach Cucumber Carrot

Spinach Grape Banana

The Lean Green Blend

Spinach Pistachio

Spinach & Papaya

Spinach & Pear

Spinach & Berries

Red Velvet Gone Green

Fake Shamrock Shake

Raspberry Shortcake

Spinach & Strawberry

Spinach, Grapefruit, Watermelon & Banana

Super Green Blends

Super-Green Blend

1 cup chopped romaine lettuce

1 cup spinach

4 stalks fresh celery

1 apple, cored, chopped

1 frozen banana, peeled

1 pear, cored, chopped

1/2 lemon, skinned, deseeded

4-6 ice cubes

Ultra-Green Blend

2 kale leaves, stalks removed

1 cup spinach

2 romaine lettuce leaves

1/2 cup of cilantro, fresh

2 mint leaves

1 pineapple, skinned, cored

1-inch piece of ginger root

4-6 ice cubes

Kale & Spinach Blends

Super Green Blend II

1/2 cup kale, stalks removed

1/2 cup spinach

1/2 green apple, cored, chopped

1 cup papaya, cubed, deseeded

1/2 frozen banana, peeled

Spinach/Kale Tropical Mix

1/4 cup spinach

1 kale leaf, stalks removed

1/4 cup frozen pineapple

1/4 cup frozen mango

1 cup coconut milk

Kale/Spinach Blend

2 kale leaves, stalks removed

1 cup spinach

1/2 bunch of parsley

1 pineapple, skinned, cored

1 mango, peeled, pitted

1 lemon, peeled, deseeded

2 tablespoon chia seeds*

*For the best results from chia seeds, be sure to soak them prior to blending them into your smoothie. Soak 2 tablespoons of chia seeds in 6 tablespoons water (or

your preferred liquid) for at least 20 minutes or at most overnight. Place the soaking chia seeds into your refrigerator. Drain off any excess fluid after soaking. The chia seeds will have a slimy, gelatinous-type consistency, but are far more edible and digestible this way.

Spinach/Kale Blend

2 cups spinach

2 cups kale, stalks removed

1/2 lime, peeled, deseeded

1 pear, peeled and cored

1.5 cup coconut water

2-4 ice cubes

Kale Blends

Sweet Potato Orange Green

3 cups kale, stalks removed

1 orange, peeled, deseeded

1/2 cup cooked sweet potato, mashed and cooled

2 tablespoons chia seeds*

1 cup papaya, cubed, deseeded

*For the best results from chia seeds, be sure to soak them prior to blending them into your smoothie. Soak 2 tablespoons of chia seeds in 6 tablespoons water (or your preferred liquid) for at least 20 minutes or at most overnight. Place the soaking chia seeds into your refrigerator. Drain off any excess fluid after soaking. The chia seeds will have a slimy, gelatinous-type consistency, but are far more edible and digestible this way.

Kale & Hemp

2 cups kale, stalks removed

1.5 cups unsweetened almond milk

1 tablespoon hemp seeds

1 frozen banana, peeled

2 ice cubes

Kale Blueberries Banana

3 kale leaves, stalks removed

1/2 cup frozen blueberries

1 frozen banana, peeled

1-inch piece of ginger root

1 tablespoon of hemp seeds

4-6 ice cubes

Kale Lemon Banana

3 kale leaves, stalks removed

1/2 cup cilantro

1 frozen banana, small

1 lemon, peeled, deseeded

0.5" piece of ginger root

2 tablespoons chia seeds*

1 tablespoon ground flaxseeds

4-6 ice cubes

*For the best results from chia seeds, be sure to soak them prior to blending them into your smoothie. Soak 2 tablespoons of chia seeds in 6 tablespoons water (or your preferred liquid) for at least 20 minutes or at most overnight. Place the soaking chia seeds into your refrigerator. Drain off any excess fluid after soaking. The chia seeds will have a slimy, gelatinous-type consistency, but are far more edible and digestible this way.

Kale Banana Pumpkin

3 kale leaves, stalks removed

1/2 cup pumpkin puree

1 tablespoon ground flaxseed

1 frozen banana, peeled

1/4 teaspoon cinnamon

1/2 cup unsweetened vanilla almond milk

2-4 ice cubes

Kale & Cranberry

2 cups kale, stalks removed

1 cup cranberries

2 oranges, peeled

2 bananas

4-6 ice cubes

Kale Mango

3 cups kale, stalks removed

1/2 lime, peeled, deseeded

1/2 frozen banana, peeled

1 mango, peeled, pitted

1 cup coconut milk

Kale & Kiwi

2 cups kale, stalks removed

1 peeled kiwi

1 tablespoon natural peanut butter

4-6 ice cubes

Spinach Blends

Spinach Lime Banana

3 cups spinach

1/2 cup of chopped cilantro

3 medium bananas

1 lime, skinned

1-inch piece of ginger root

4-6 ice cubes

Spinach Banana Berry

1 cup spinach

1 frozen banana

1/2 cup blueberries

1/2 cup raspberries

1/2 cup blackberries

1/2 cup coconut milk

Tropical Spinach Blend

1 cup spinach

1 cup frozen pineapple chunks

1 cup frozen mango chunks

1 frozen banana, peeled

1 cup frozen mixed berries

1 cup unsweetened almond milk

1 teaspoon vanilla extract

Glowing Green

1 cup spinach

1/2 avocado

1/4 cup coconut water

1 frozen banana, peeled

1/2 cup frozen pineapple

1/2 cup mango chunks

1/2 tablespoon ground flaxseed

Spinach Mango

1.5 cups spinach

1/2 avocado

1.5 cup of mango, peeled, pitted

1 cup of pineapple

2 cups water

Spinach Berries Chia

1 cup spinach

1 cup unsweetened almond milk

1 cup frozen mixed berries

1 tablespoon chia seeds*

*For the best results from chia seeds, be sure to soak them prior to blending them into your smoothie. Soak 1 tablespoon of chia seeds in 3 tablespoons water (or your preferred liquid) for at least 20 minutes or at most overnight. Place the soaking chia seeds into your refrigerator. Drain off any excess fluid after soaking. The chia seeds will have a slimy, gelatinous-type consistency, but are far more edible and digestible this way.

Spinach Peach Orange

2 cups spinach

2 peaches, pitted

1 cup 100% orange juice

2-4 ice cubes

Spinach Cilantro Banana

2 cups spinach

1/2 cup cilantro, fresh

1 cup strawberries

2 bananas, frozen

1 cup blueberries

3/4 cup 100% orange juice

4-6 ice cubes

Spinach Apple Peach

2 cups spinach

2 cups frozen peach slices

1 cup of unsweetened almond milk

1 medium apple, cored, chopped

Spinach Cucumber Carrot

1.5 cup spinach

1/3 cup cucumber, chopped

1/4 avocado, peeled and pitted

1/4 cup of chopped parsley

1/2 celery stalk

1/2 lime, peeled, deseeded

1.5 Roma tomatoes

3/4 cup pineapple chunks

1.5 medium carrots

4-6 ice cubes

Spinach Grape Banana

1 cup spinach

1/2 cup seedless green grapes, frozen

1 green apple, cored, chopped

1.5 cups of coconut water

1 frozen banana, peeled

1 teaspoon coconut oil

1 teaspoon ground flaxseed

The Lean Green Blend

1 cup spinach

1/2 English cucumber, chopped

1 lime, skinned, deseeded

10 mint leaves, chopped

1/2 pineapple, cored, skinned

1/2 pear, cored chopped

4-6 ice cubes

Spinach Pistachio

1 cup spinach

2 tablespoon pistachios, shelled

1 tablespoon almonds

1/2 cup of unsweetened almond milk

4-6 ice cubes

Spinach Papaya

2 cups spinach

1/2 cup pineapple

1/2 cup papaya

1 frozen banana, peeled

1/4 cucumber

1 cup coconut water

4-6 ice cubes

Spinach & Pear

2 cups spinach

1 pear, cored, chopped

0.5" piece of ginger root

1 tablespoon ground flaxseed

1 cup coconut water

2-4 ice cubes

Spinach & Berries

3 cups spinach

1 cup 100% orange juice

1 frozen banana, peeled

1/2 cup mixed berries, frozen

4-6 ice cubes

Red Velvet Gone Green

2 cups spinach

2 cups of strawberries

4 pitted dates

1/4 cup diced raw beets

1 tablespoon cacao powder

2 cups coconut milk

1/2 teaspoon vanilla extract

NOTE: This will not be green, but more a red color due to the beets.

Fake Shamrock Shake

1.5 cups spinach

1/2 cup fresh mint leaves

2 cups coconut milk

2 frozen bananas, peeled

4 pitted dates

1 teaspoon vanilla extract

Raspberry Shortcake

2 cups spinach

3 cups frozen raspberries

1 tablespoon ground flaxseed

2 cups coconut water

1 teaspoon vanilla extract

Spinach & Strawberry

2 cups spinach

2 cups strawberries

1 frozen banana, peeled

0.5" piece of ginger root

2 cups unsweetened almond milk

Spinach, Grapefruit, Watermelon & Banana

2 cups spinach

1 frozen banana, peeled

3 cups watermelon, cubed

2 cup grapefruits

4-6 ice cubes

Green Ingredients Glossary

Most green leafy vegetables are an excellent source of dietary fiber, vitamins, and minerals. You'll notice a commonality among the greens – vitamin K, A, C and some B-vitamins. Then, there is also minerals such as iron, choline, and potassium. Additionally, these greens have tons of antioxidants that help boost your immune system and assist in healthy cell regeneration and development.

Here is a list of some of the greens included in the recipes:

Avocado – Wait, how did this make a list of greens?! I feel it's the world's most overlooked fruit. Yes, it's a fruit! The avocado is chock full of twenty powerful vitamins, and minerals. Avocado is calorie-dense and filled full of healthy fatty acids.⁶ This fruit's consistency is smooth and blends well with most any fruit or vegetable. Go light on this superfood. A quarter to half an avocado is more than enough for one person.

Celery – This is a versatile green for beverages since it can be used with most every fruit and vegetable to enhance the flavor. Celery is low in calories, carbohydrates, fat and cholesterol while rich in vitamin K, and many other vitamins and minerals.⁷

Cilantro – This little leafy green packs quite the punch, so a little goes a long way when you use it. Cilantro is filled with vitamins and minerals such as folic acid, riboflavin, niacin, vitamin A, beta-carotene, vitamin C, and vitamin K.⁸

Cucumber – This is by far my most favorite for watering down strong flavors. The cucumber not only has water and electrolytes perfect for hydration but also is rich in vitamin K, potassium and many other vitamins and minerals.⁹

English cucumber – A variation of the cucumber but it is normally longer and skinnier. You'll find English cucumbers wrapped in plastic in the produce section at your grocer or farmers market.

Kale – By far my absolute favorite food and it is apparent in its abundance in the recipes. Much like spinach, kale is incredibly cheap and easy to get at farmers markets and grocers. Kale has a strong flavor, but if you ease your way into eating this plant, you'll find that you will build a taste for it. This leafy green is low-calorie and potent in vitamin A, vitamin C, and chlorophyll. It is also an ideal source of minerals such as calcium, copper, potassium, iron, manganese, and phosphorus.¹⁰ And, this is just the start! Kale is truly a superfood.

Mint leaves – More than a breath freshener or food additive, mint has tons of vitamins, minerals, and dietary fiber. A little mint goes a long way, so add mint leaves sparingly.

Parsley – Believe it or not, parsley is not just a garnishment or to freshen your breath after a meal. Parsley has the most vitamin K per serving which may increase brain development and mental focus. Eating just one cup of chopped parsley provides you with over 550% of your recommended daily allowance! Wow! This leafy green also has lots of vitamins, minerals, and antioxidants. Much like cilantro, a little goes a long way, so add parsley conservatively to your smoothies. Fun fact: Parsley is a distant relative of celery and the Greek translation is “rock celery.”¹¹

Romaine lettuce – This green leafy vegetable contains omega-3 fatty acids, vitamin C, B-vitamins and is rich in minerals such as, calcium and iron.¹²

Spinach – You’ll find this in many of my recipes because it is cheap and accessible at farmers markets and grocers. This leafy green has vitamin A, vitamin C, and vitamin E. Spinach is a quality source of calcium, iron, potassium, protein, and choline.¹³ Choline, usually grouped with B-vitamins, may help in brain activity and mental focus.¹⁴

Miscellaneous Ingredients Glossary

Almonds – This nutrient-rich tree nut may help promote heart health and prevent weight gain. Additionally, almonds “may even help fight diseases like diabetes and Alzheimer's (disease).”¹⁵

Almond milk (unsweetened, unsweetened vanilla) – This tasty treat is an excellent alternative to dairy milk. However, I try to use it sparingly since it is a processed food. Almond milk adds a silky, cream-like texture to a smoothie, but your smoothie will not suffer without this costly item. See the benefits of almonds for more information on why almond milk is good for you.

Fruit (apple, pear, banana, lemon, lime, pineapple, papaya, mango, orange, blueberries, raspberries, strawberries, peach, Roma tomato, kiwi, dates, grapefruit) – The health benefits of fruit is seemingly limitless. To see more information on the powerful benefits of fruit, refer to my publication “Clean Eating Recipes: Over 30 Simple Recipes for Healthy Cooking (Book Two).”

Beet root – This root seems to be a cure-all for most any ailment, and why not? Beets are low calorie and have tons of fiber, vitamins and minerals yet have the highest sugar content of all vegetables. A little beet goes a long way, so use this vegetable in moderation.

Cacao powder, cinnamon, vanilla extract – These are merely for flavor enhancement in your smoothies and each has their own health benefits.

Carrot – This root vegetable has tons of vitamin A and is thought to have health benefits including aiding skin development, prevent cancer, and reduce aging.¹⁶

Chia seeds – These anti-oxidant rich seeds pack a powerful punch with tons of benefits. Chia seeds are fiber-dense, have protein and healthy fats. This food has been shown to cause improvements in type II diabetics, increase athletic performance and provide many nutrients for better bone health.¹⁷ For the best results from chia seeds, be sure to soak them prior to blending them into your smoothie. Soak a ¼ cup of chia seeds in ¾ water (or your preferred liquid) for at least 20 minutes or at most overnight. Place the soaking chia seeds into your refrigerator. Drain off any excess fluid. The chia seeds will have a slimy, gelatinous-type consistency, but are far more edible and digestible this way.

Coconut (milk, water, oil) – The coconut is loaded with healthy fatty acids, potassium and some naturally occurring vitamins and minerals.¹⁸ Moderation is key when it comes to this fruit (technically a drupe). The oil is loaded with saturated fat (the not-so-healthy fat) and some designer brands of milk and water comes loaded with additives, sugars, and flavorings. When possible, choose a brand of coconut product that is plain coconut without any other ingredients.

Ginger root – Commonly known for its anti-inflammatory effects and stomach relief, the anti-oxidant filled ginger root can also be used to cut strong flavors and spice up dull beverages. Use ginger root in moderation. If you are using ginger, try grating it before blending it into your smoothie. I made the mistake of not grating and had chunks of it in my drink. That's not a bad thing, but a small bite of ginger packs a punch. You won't shake that strong flavor for awhile after eating pure ginger. This root is relatively cheap and is available at most farmers markets and grocers. Get fresh ginger root only and buy a small amount at a time.

Green grapes (seedless) – This anti-oxidant rich berry is cited as a potential prevention of cancer, heart disease, high blood pressure and constipation.¹⁹ Grapes with seeds are excellent, but the seeds make the drink bitter. When using the grapes, be sure to take off any stems.

Ground flaxseeds –Preliminary studies indicate that flaxseeds may help reduce your risk of heart disease, cancer, stroke, and diabetes.²⁰ Flaxseeds have heart-healthy omega-3 fatty acids, an abundance of fiber, and anti-oxidants. Buy whole flaxseeds and grind them in a food processor. Fresh ground flaxseeds have more of the healthy fats available as opposed to the store-bought pre-ground flaxseed.

Hemp seeds – These seeds have been cited to improve digestion, balance hormones, and improve metabolism. Hemp seeds are loaded with protein, healthy omega-3 and omega-6 fatty acids and a variety of vitamins and minerals.²¹ Get the shelled variety if you can afford it.

Natural peanut butter – It has long been known that peanuts have protein, healthy fats, fiber, vitamins and minerals that may reduce the risk of high blood pressure, stroke, and heart disease.²² So, peanut butter is an excellent choice to enhance your favorite smoothie. Buy only natural peanut butter without any

additives or preservatives. Oil will separate at the top the peanut butter jar so you will have to thoroughly stir the peanut butter before you get a serving.

Orange juice (100%) - Buy only 100% orange juice with no additives or preservatives. Or, make your own orange juice.

Pistachios – Much like peanuts, the pistachio has protein, healthy fats, fiber, vitamins, and minerals.²³ Get the shelled variety of pistachio to avoid extra work. Be sure to get this nut plain and no flavorings or salt.

Pumpkin puree – Also called pumpkin mush, this vegetable has plenty of dietary fiber, anti-oxidants, vitamins, and minerals. This vegetable is the most recommended by dietitians for cholesterol control and weight loss programs. You'll love the sweet flavor it adds to any smoothie. Generally, I purchase the canned variety and get pumpkin puree without any other ingredients.²⁴

Sweet potato – Very similar to the nutrition profile of a pumpkin, the sweet potato provides lots of fiber, potassium, vitamin A, and a host of other vitamins and minerals.²⁵ Be sure to cook and cool the sweet potato in advance of blending in your smoothie. I throw the entire sweet potato in with the skin included. The skin is fiber dense and doesn't take away from the flavor of the smoothie.

Conclusion

Green smoothies can be a healthy addition to any diet plan. However, to maximize the most out of the nutritional content of a green smoothie, it's important that your other meals and snacks are of equal nutritional value. You will not see any results if you are eating out all the time and consuming pre-packaged processed foods. These power shakes aren't so good that they will negate any other bad eating habits or empty calories.

Also, exercising is another excellent way to get the most from your green smoothies. In fact, I love to drink a smoothie directly after a workout. It serves as a great reward and works as a natural energy boost.

You will notice that a vast majority of the recipes either included spinach or kale. I'll be completely honest and share with you that I prefer these two green leafy vegetables. Make no mistake, other green leafy vegetables can be substituted in their place. Experiment with different fruits and vegetables to make your own favorite concoction. I'd recommend sticking to a minimum ratio of three parts vegetable to one part fruit that way you aren't throwing yourself into a sugar high. Yes, fruits are good for you, but you need to exercise moderation. Otherwise, if you had fruit-centered shakes, then it wouldn't be much of a green smoothie.

My last tip is that you shop at local farmers markets and grocers for the best in-season vegetables and fruits. All of the recipes in this book came from when I found deeply discounted produce. I saved you a lot of time and heartache in the process. Believe me, I made some recipes that were not at all palatable. In fact, I made enough bad smoothies that could fill a whole new book! But, I'll leave that alone.

When you add green smoothies to your diet, you should save time and money. Sure, it is easy going to a fast-food restaurant or convenience store to grab a quick bite, but what is that really affording you? What is the ultimate cost of spending your time and money on prepackaged, processed junk foods? Your health takes the brunt of this convenience food, so that is why green smoothies will fit well into your better long-term health. You will still save time and money. But, the biggest reward is when you enjoy a nutritious treat while nourishing your body with all the best foods. In the meantime, cheers! Drink up!

Thank You

Thank you for buying my book and I hope you enjoyed it. If you found any value in this book, drop me a review on Smashwords.com. I would love to hear from you and appreciate any comment, concern or criticism you may have.

Furthermore, you can opt-in to my Fitness Insider's Weekly Update to get all the latest information on free promotions, discounts, and future book releases. Go to <http://dalelroberts.com/tenbest> to get signed up and grab a free copy of my report on the ten best fitness tools.

As you work toward your goals, you may have questions or run into some issues. I'd like to be able to help you, so let's connect. I don't charge for the assistance, so feel free to connect with me on the internet at:

DaleLRoberts.com

Like me on Facebook:

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Thank you, again! I hope to hear from you and wish you the best.

-Dale

About The Author



My name is Dale Lewis Roberts and I'm an American Council on Exercise Personal Trainer, Certified, with an ACE Specialty Certification in Senior Fitness. Since beginning my personal training career in 2006, I have earned numerous certifications in personal training, yoga, nutritional coaching, among others. I have worked with hundreds of clients with a variety of health & fitness goals.

While my greatest passions are health & fitness, writing and reading, I also love to spend time traveling with my wife, watching pro wrestling and playing guitar. I currently reside in Phoenix, Arizona, with my wife, Kelli, and our rescue cat, Izzie.

Subscribe to my blog at DaleLRoberts.com for all the latest posts on health and fitness tips. This is also one of the best ways to connect with me directly. Please, remember that whatever you do in life, make sure that you do what you love. Stay happy, healthy and strong!

My Other Work

*The 3 Keys to Greater Health & Happiness: A Beginner's Guide to Exercise, Diet & Mindset

*The 90-Day Home Workout Plan: A Total Body Fitness Program for Weight Training, Cardio, Core & Stretching

*[The ABC Workout Plan: Firm, Tone, and Tighten Your Abs, Butt, and Core](#)

*[The Chest and Arms Workout Plan: Firm, Tone, and Tighten Your Upper Body](#)

*The Best Exercise and Fitness Bundle: Simple Workouts to Lose Weight, Feel Better and Gain Energy

*[Gym Etiquette: 25 Things You Shouldn't Do In The Gym That No One Tells You About](#)

*[Clean Eating Recipes: Over 30 Simple Recipes for Health Cooking \(Book One\)](#)

*Clean Eating Recipes: Over 30 Simple Recipes for Health Cooking (Book Two)

*The Best Green Smoothies for Weight Loss: Over 30 Simple Recipes for Healthy Eating

*The Best Juicing Recipes for Weight Loss: Over 30 Healthy Fruit & Vegetable Blends

Go to <http://dalelroberts.com/my-book-shelf/> for links to my entire catalog of books.

Special Thanks

As always, I have my deepest gratitude for the love of my life, Kelli. You are the reason I stay up extra late and wake up extra early, just so I have the chance to make you proud. And, I owe a debt of gratitude to my mentor and friend, Jason Bracht. You bring out the best in me and challenge me to provide my reading audience nothing but the best. Lastly, Sami Johnston, I appreciate your selfless efforts and time into developing my branding. You are the man!

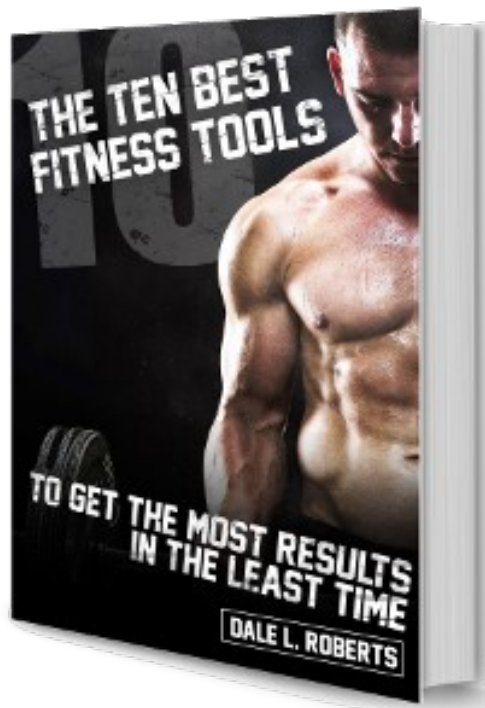
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