

5-Day Green Smoothie Challenge





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Welcome to the 5-Day Green Smoothie Challenge!

In the hustle and bustle of our everyday lives, we often choose convenience over nutrition. We all have the challenge of getting in enough fruits and vegetables to our diet. Well, one green smoothie a day is a convenient solution! The 5-Day Green Smoothie Challenge (GSC) is a great way to bump up your fruits and vegetable intake – in liquid form - one delicious smoothie a day!

By doing this challenge, you'll find just how easy it is to get the recommended 5-9 servings of fruit and vegetables. In fact, you may enjoy your daily smoothie so much that you want to continue with the habit when the challenge ends. A green smoothie a day may improve your health, regulate weight, increase energy, and reduce cravings.

The green smoothies don't have to be a total meal replacement but I do think it's a great way to start your day. If you do use a smoothie to replace a meal, you might pair your smoothie with a little protein and fats such as a hard-boiled egg and/or some nuts. Doing so may prevent you from becoming hungry again in a couple of hours.

During the Green Smoothie Challenge, you will be consume one green smoothie a day. The recipes are a mixture of about 60% fruit and 40% leafy greens with 2 cups of filtered water. (The more fruit you add, the sweeter it tastes.)

You may want to reduce stimulants like coffee, wine, and sugar when you have your smoothie, so you can really feel any differences.

During the challenge, it is best to enjoy the smoothies just as the recipes suggest – there is no need to replace the water with juice, milk, soymilk, or almond milk. Avoid adding protein powder, additional greens supplements, or other types of 'health' foods or superfoods until you get to try these recipes as-is. This is all about keeping it simple and seeing just how easy and delicious it can be to get in your veggies and greens. You can always add supplements in later. I do think some plain whey or egg protein powder added to a smoothie with a small handful of nuts on the side can make a delicious, well-balanced meal of carbs, protein, fats, and fiber. (Full disclosure: I often add in protein powder to my smoothies because it's an easy way to hit [my protein goals](#).)

To get the full health benefit of the green smoothies you want to make them in a blender that liquefies all of the ingredients. It's not necessary to have a juicer; we are making smoothies, not juicing. Any commercial blender is adequate.



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Juicing removes fiber. Most people don't get enough fiber in their diet, which is why I prefer making smoothies over juicing: the fiber in a smoothie keeps you feeling full. It also helps to slow the release of sugar into the bloodstream, which prevents insulin spikes. The RDA for fiber is 14 grams of fiber per 1000 calories.

If you want to make up your smoothies in advance and carry them with you, I suggest that you purchase a couple 500mL (1 pint) glass jars or buy a BPA free shaker bottle (with ball) to prevent settling. It's always best to make them fresh but sometimes that isn't an option. Having a good-size container means you can make a smoothie ahead of time and carry it with you. It's also handy if you have leftovers and want to consume the rest of your smoothie later. Green smoothies can last up to 48 hours as long as you store them in the fridge or on ice.

The recipes I provide are only guidelines. You can always swap out the fruits or greens for your favorite ones, or add more fruit if you don't feel it's sweet enough. If you have type II Diabetes, hypoglycemia or are sensitive to blood sugar swings you might want to choose [low glycemic fruits](#).

Again, welcome to the Green Smoothie Challenge. Please keep in touch and let me know how you are doing. I'm on Facebook at <https://www.facebook.com/groups/HFandU/>.



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Choose Your Greens

Here's a shortlist of 10 different green vegetables you can choose from. Feel free to pick a green veggie from the list if the one given in the recipe doesn't suit your taste buds.

Note: always wash and rinse your fruit and vegetables, even if it's organic.

Kale: Offers everything you want in a leafy green! It's an excellent source of vitamins A, C, and K. It has a good amount of calcium for a vegetable, and also supplies folate and potassium.

Collards: Similar in nutrition to kale but they have a heartier and chewier texture and a stronger cabbage-like taste. A half cup has 25 calories.

Turnip greens: Are more tender than other greens. This sharp-flavored leaf is low in calories yet loaded with vitamins A, C, and K as well as calcium.

Swiss chard: With red stems, stalks, and veins on its leaves, Swiss chard has a beet-like taste and soft texture. Both Swiss chard and spinach contain oxalates, which are slightly reduced by cooking and can bind to calcium, a concern for people prone to kidney stones. Chard contains 15 calories in one-half cup and is a good source of vitamins A and C.

Spinach: Has 20 calories per serving, plus it's packed with vitamins A and C, iron as well as folate.

Mustard greens: Have a similar nutrition profile to turnip leaves and collards. Mustard greens have scalloped edges and come in red and green varieties. They have a peppery taste.

Broccoli: With 25 calories a serving, broccoli is rich in vitamin C and is also a good source of vitamin A, potassium, and folate.

Red and Green Leaf and Romaine Lettuce: These lettuces are high in vitamin A and offer some folate. Leaf lettuces have a softer texture than romaine. Fans of Iceberg lettuce may go for romaine, a crispy green that's better for you.

Cabbage: Although paler in color than other leafy greens, this cruciferous vegetable is a great source of cancer-fighting compounds and vitamin C. One-half cup cooked has 15 calories.



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Iceberg Lettuce: This bland-tasting head lettuce is mostly water. It is last on the list for its health benefits. It's not devoid of all nutrition, but it's pretty close.



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5-Day Green Smoothie Challenge Recipes

The ideal serving of Green Smoothie is half a liter or two 8-oz glasses a day per person.

If you want to make your own, use 100 grams (3.5oz) of leafy greens and 75 to 150 grams (2.5 to 5 oz) of fruit plus 1 to 2 glasses of water per person. If this is too much for you to begin with, start with half this amount and gradually increase each day. Use your imagination!

Blending Instructions:

If you're using a Vitamix or Blendtec, you can throw everything in at once and it will pulverize it for you. If you're using a blender, which is less powerful, use the following instructions:

Place your fruit into the blender with 1-2 cups of filtered water and blend for 25 seconds.

Add your leafy greens and blend until very smooth (30 seconds in a powerful blender and longer if your blender is not as powerful).

The recipes given are just guidelines. You can choose to try the recipes provided, or just stick with your favorite recipe for the entire challenge.

Bananas are a HUGE part of the Green Smoothie Challenge. Bananas have been vilified in the media. You either love bananas or hate them. If you don't like bananas choose from the banana substitute list below and swap them out for a different fruit.

Banana Substitutes

- Mango
- Papaya
- Pear
- Fresh Dates
- Avocado (Technically a fruit, it is high in healthy fats and fiber, and creates a smooth, creamy texture)

The important thing is that you are using 1-2 large handfuls of leafy greens and fruit and that you are enjoying the experience!



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Each Recipe Yields Two Smoothies

(enough for two people, or you can save half for later)

Peach Dream

Great for people who are watching their sugar intake. You can keep the peach skin on but still wash your fruit.

- 2 cups spinach
- 2 cups grapes, frozen
- 1 peach
- 2 cups water

Brain Fuel

Packed with plenty of good fats and fiber to get you thinking good thoughts all day long.

- 2 cups spinach
- 2 cups ripe pears
- 1 cup frozen mango
- ½ avocado
- 2 cups water

Warrior Smoothie

Nutrition in a glass. Enough said.

- 3 stalks kale, discard the tough stalk and use the leaves
3 leaves romaine lettuce
- ½ frozen banana
- 2 cups water

Green Granny Smoothie

This is a green as it gets. Apples and greens. Yum.

- 1 granny smith apple, preferably organic, cut into chunks
2 cups kale leaves, discard the tough stalk and use the leaves
- 1 lime, juiced or seeds removed
- 1 small handful of cilantro, leaves only
- 1 orange



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- 2 cups water

Pineapple Mango Smoothie

- Great for hot summer days.
- 1/2 banana, frozen
- 1 cup chopped mango
- 1/2 cup chopped fresh pineapple
- 2 cups fresh spinach
- 1/2 cup of ice
- 2 cups of water

Spinach Blueberry Smoothie

A great one for kids. This one's not so boldly green in color.

- 1 small to medium frozen banana, sliced into 2-inch chunks
- 1 cup frozen blueberries
- 3 cups spinach, well-packed
- 2 cups water

Apple and Cucumber Zipper

The ginger in this recipe gives it a nice little zip.

- 2 apples
- ½ cucumber
- 1 inch ginger
- 2 cups of water



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Basic Balance

This is a good for green smoothie beginners.

- 1 mango
- 1 cup kale (or a mix of baby kale and baby spinach)
- 1 cup water

Morning Pick Me Up

Ditch the coffee. Have some dandelion greens instead.

- ½ bunch dandelion greens
- 2 stalks celery
- ½ inch fresh ginger root
- 2 peaches
- ½ pineapple

***P.S. Did you like this challenge?** If so, be sure to sign up for my community newsletter at www.AdeleFrizzell.com where I share weekly tips on health, nutrition, fitness and mindset. I'll also invite you to other challenges and events. I only email once a week, never share your email without your permission, and you can unsubscribe at any time.*