

10-DAY *Green*
SMOOTHIE
CLEANSE

JJ Smith

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 seedless grapes

1 stevia packet (add more to sweeten, if necessary)

2 tablespoons ground flaxseeds

OPTIONAL: 1 scoop of protein powder

Place leafy greens and water into blender and blend until mixture is a 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

1½ cups frozen strawberries

2 stevia packets (add more to sweeten, if necessary)

2 tablespoons ground flaxseeds

OPTIONAL: 1 scoop of protein powder

Place leafy greens and water into blender and blend until mixture is a 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

1½ cups frozen blueberries

1 banana, peeled

1 apple, cored and quartered

1 packet stevia

2 tablespoons ground flaxseeds

OPTIONAL: 1 scoop of protein powder

Place leafy greens and water into blender and blend until mixture is a 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

1½ cups frozen peaches

1½ cups frozen mixed berries

2 packets stevia

2 tablespoons ground flaxseeds

OPTIONAL: 1 scoop of protein powder

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

Day 5: Peach Berry Spinach

3 handfuls spinach

2 cups water

1 cup frozen peaches

1 handful fresh or frozen seedless grapes

1½ cups blueberries

3 packets stevia to sweeten

2 tablespoons ground flaxseeds

OPTIONAL: 1 scoop of protein powder

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

Day 6: Pineapple Spinach

2 cups fresh spinach, packed

1 cup pineapple chunks

2 cups frozen peaches

2 bananas, peeled

1½ packets stevia

2 cups water

2 tablespoons ground flaxseeds

OPTIONAL: 1 scoop of protein powder

Place spinach and water into blender and blend until mixture is a 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

1 banana, peeled

1½ cups pineapple chunks

1½ cups frozen mango chunks

1 cup frozen mixed berries

3 packets stevia

2 cups water

2 tablespoons ground flaxseeds

OPTIONAL: 1 scoop of protein powder

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

Day 8: Spinach Kale Berry

2 handfuls kale

2 handfuls spinach

2 cups water

1 apple, cored, quartered

1 banana, peeled

1½ cups frozen blueberries

2 packets stevia

2 tablespoons ground flaxseeds

OPTIONAL: 1 scoop of protein powder

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

Day 9: Apple Mango

3 handfuls spinach

2 cups water

1 apple, cored, quartered

1½ cups mangoes

2 cups frozen strawberries

1 packet stevia

2 tablespoons ground flaxseeds

OPTIONAL: 1 scoop of protein powder

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

Day 10: Pineapple Kale

2 handfuls kale

1 handful spring mix greens

2 cups water

1½ cups frozen peaches

2 handfuls pineapple chunks

2 packets stevia

2 tablespoons ground flaxseeds

OPTIONAL: 1 scoop of protein powder

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

TYPE	FOODS TO EAT (support weight loss)	FOODS TO AVOID (cause weight gain)
<i>Meats</i>	Bass, Calamari, Clams, Crabmeat, Catfish, Cod, Cornish hen, Flounder, Haddock, Halibut, Herring, Lobster, Oysters, Sardines, Scallops, Shrimp, Skinless Chicken, Turkey breast, Sole, Tilapia, Trout, Tuna, Turkey bacon, Wild Salmon	Bacon, Beef jerky, High fat meats like Prime rib, Porterhouse, Hot dogs, Pepperoni, Salami, Sausage
<i>Veggies</i>	All dark greens, Asparagus, Avocados, Broccoli, Brussels sprouts, Cabbage, Cauliflower, Carrots, Celery, Cucumbers, Collards, Garlic, Green Beans, Kale, Lettuce, Mushrooms, Olives, Onions, Parsley, Peas, Radishes, Red Peppers, Squashes, Sweet Potatoes, Spinach, Tomatoes, Yams, Zucchini	All vegetables are generally good for you; however if you're trying to lose weight, try to avoid eating white potatoes, red potatoes, corn, and plantains
<i>Fruits</i>	In general, all fruits are healthy for you. However, if you're trying to lose weight (or are diabetic), the best fruits to eat are low-sugar fruits, which include Blackberries, Blueberries, Cranberries, Grapefruits, Lemons, Limes, Passion Fruit, Raspberries, Strawberries	Canned fruits, dried fruits, and fruit snacks
<i>Grains (breads, pasta, rice)</i>	Barley, Brown rice, Bulgur, Buckwheat, Coconut Flour, Oats (steel-cut oats), Quinoa, Wild rice	Bagels, Donuts, White rice, White pasta, White bread, White flour

TYPE	FOODS TO EAT (support weight loss)	FOODS TO AVOID (cause weight gain)
<i>Beans/ Legumes</i>	Black-eye peas, Black beans, Butter beans, Fava beans, Garbanzo beans /Chickpeas, Green beans Kidney beans, Peas, Lentils, Lima beans, Navy beans/Pinto beans, White beans	Dried beans, Refried beans
<i>Dairy</i>	Egg whites, Eggs, Almond milk, Coconut milk, Goat's milk, Hemp milk, Oat Milk, Rice Milk, Non-dairy butter (vegan butter)	Regular (full-fat) Cow's milk, Cheese, Cottage Cheese, Cream Cheese, and Sour Cream; Condensed milk, Powdered milk, Powered eggs, Yogurt with fruit on the bottom
<i>Nuts and Seeds</i>	Raw and Unsalted Nuts and Seeds: Almonds, Brazil nuts, Cashews, Cedar nuts, Hazelnuts, Macadamia nuts, Peanuts, Pecans, Pistachios, Walnuts; Seeds: Chia seeds, Flaxseeds, Hemp seeds, Pumpkin seeds, Sesame seeds, Sunflower seeds. The next best are roasted and unsalted nuts and seeds.	Sugar-coated nuts and seeds
<i>Oils</i>	Avocado oil, Coconut oil, Extra-virgin Olive oil, Fish oil, Flaxseed oil, Sesame oil	Bacon fat, Chicken fat, Margarine, Hydrogenated oils (trans fats), Vegetable oils

TYPE	FOODS TO EAT (support weight loss)	FOODS TO AVOID (cause weight gain)
<i>Sweeteners</i>	Listed in order of the best sweetener if you want to lose weight: Stevia, Monk fruit, Xylitol, Agave nectar, Raw honey, Coconut palm sugar, Sugar alcohol	White sugar, High-fructose corn syrup, Brown rice syrup, Brown sugar, Dextrose, Fruit juice concentrate, Raw sugar
<i>Spices & Seasonings</i>	Apple cider vinegar, Black pepper, Cardamom, Cayenne pepper, Chili peppers, Cilantro, Cinnamon, Ginger, Parsley, Garlic, Nutmeg, Onion, Oregano, Rosemary, Sage, Saffron, Tamari, Thyme, Turmeric	Ketchup, Mayonnaise, MSG, Table salt, Worcestershire sauce
<i>Snacks</i>	Fresh Fruits & Veggies, Popcorn (lightly salted), Unsweetened peanut/cashew/almond butter, Organic unsweetened chocolate, Nuts and seeds, Hard-boiled eggs, Plain yogurt, Trail mix	Candy, Pies, Corn chips, Cookies, Donuts, Cakes, Ice cream, Pastries, Potato chips
<i>Beverages</i>	Distilled or Spring water, Alkaline water, Coconut water, Fresh-squeezed juices, Green tea, Black tea, Mint tea/Other Herbal teas	Sodas, Sports Drinks, Store-bought fruit juices, Mixed drinks, Beer
<i>Cooking Methods</i>	Baking, Broiling, Grilling, Poaching, Pressure cooking, Roasting, Sautéing, Steaming, Stir frying	Barbequing, Blackening, Burning or Charring, Deep frying, Pan frying

APPENDIX A

Over 100 Green Smoothie Recipes for Different Goals

In chapter 2, I listed the most popular greens, as well as the milder- and stronger-tasting greens, that you can choose for the recipes below. The typical amount of greens you should use for each recipe is about two handfuls. If you want to make the green smoothie sweeter, feel free to add stevia to your preferred taste.

Blending instructions: Place the leafy greens and whatever liquids are called for (or ice) into the blender and blend until the mixture is a juice-like consistency. Stop the blender and add the remaining ingredients. Blend until creamy.

Anti-Aging

Peach Banana Greens

2 handfuls greens

2 cups water

1½ cups frozen peaches

1 banana, peeled

2 tablespoons sunflower oil

2 teaspoons spirulina

Berry Coconut

2 handfuls greens

1½ cups coconut water

½ cup frozen blueberries

½ cup frozen raspberries

Watermelon Ginger Greens

2 handfuls greens

½ cup ice

4 cups watermelon chunks

2 tablespoons chia seeds

1 inch fresh ginger, peeled

Banana Nut Greens

2 handfuls greens

1½ cups almond milk

3 bananas, peeled

2 tablespoons chia seeds

Athletic Performance

Berry Protein Greens

2 handfuls greens

2 cups water

1½ cups frozen raspberries

¼ cup frozen blueberries

¼ cup almond butter

¼ cup cacao powder

½ cup plant-based protein powder

Banana Rice Protein

2 cups chopped celery

2 cups ice

½ cup cashews

3 bananas, peeled

½ cup plant-based protein powder

1 tablespoon spirulina

Cherry Wheatgrass

2 handfuls greens

1 cup water
1 cup frozen cherries
½ cup fresh wheatgrass juice
½ cup fresh beet juice
¼ cup chia seeds
4 large pitted dates

Berry Seeds

2 handfuls greens
2 cups water
1 cup frozen blueberries
½ cup sunflower seeds
½ cup chia seeds
6 dried figs
2 pitted dates
1 cup cacao powder

Nut Celery Protein

1 handful greens
2 cups water
½ cup macadamia nuts
¼ cup fresh wheatgrass juice

4 large pitted dates
1 cup chopped celery
½ cup plant-based protein powder

Berry Pumpkin Protein

2 handfuls greens
½ cup chopped celery
2 cups water
½ cup pumpkin seeds
¼ cup goji berries
4 pitted dates
½ cup plant-based protein powder
2 tablespoons maca powder

Banana Sunflower Protein

2 handfuls greens
1 cup water
½ cup sunflower seeds
2 pitted dates
2 bananas, peeled
1 cup plant-based protein powder
1 tablespoon ginseng powder

Beauty (Healthy Hair, Skin, and Nails)

Mango Banana

2 handfuls greens

1 cup coconut water

1 banana, peeled

1½ cups frozen mango chunks

Papaya Lemon

1 handful parsley

2 cups water

1 banana, peeled and frozen

1 cup papaya chunks

1 lemon

Orange Spinach

2 cups baby spinach

1 orange, peeled and seeded

1 kiwi, peeled

1 tablespoon apple cider vinegar

1 packet stevia

Banana Pear

2 handfuls greens

1½ cups water

1 banana, peeled and frozen

2 pears

½ cup almond butter

Apple Pear

2 handfuls greens

2 stalks celery, chopped

½ cup water

1 pear, seeded

1 large apple

1 banana, peeled and frozen

2 tablespoons fresh lemon juice

Green Berry

2 handfuls greens

½ cup water

½ cup green tea

2 cups mixed berries

1 banana, peeled and frozen

Carrot Apple

2 handfuls greens

3 stalks celery

1 cup water

1 small beet, peeled and diced

1 cup ice

2 carrots

1 apple

½ lemon, seeded, peeled, and sectioned

Cranberry Berry

2 handfuls greens

½ cup ice

½ cup blueberries

½ cup blackberries

½ cup cranberries

1 tablespoon ground chia seeds

Cucumber Strawberry

2 handfuls greens

1 cup water

1 cucumber

1 cup frozen strawberries

4 dried figs

2 tablespoons ground flaxseeds

Bones and Joints

Banana Berry

2 handfuls greens

2 cups water

1 cup frozen blueberries

1 banana, peeled

2 tablespoons ground chia seeds

Banana Nut

2 handfuls greens

1 cup almond milk

2 bananas, peeled and frozen

2 tablespoons cacao

2 tablespoons ground flaxseeds

Orange Avocado

2 handfuls greens

1 cup water

½ cup ice

3 oranges, peeled

½ avocado, peeled and pitted

2 teaspoons spirulina powder

Lemon Zest

2 handfuls greens

1½ cups fresh-squeezed orange juice

1 cup ice

1 lemon, peeled

1 tablespoon MSM powder

Ginger Pear

2 handfuls greens

1 cup almond milk

2 large pears

1 inch fresh ginger, peeled

Constipation

Beet Pears

2 handfuls greens

1½ cups almond milk

2 large pears

¼ cup beets, peeled and diced

Banana Blueberry

2 handfuls greens

1 cup water

1 pear

1 banana, peeled and frozen

1 cup frozen blueberries

Banana Prunes

2 handfuls greens

1½ cups almond milk

2 bananas, peeled and frozen

5 prunes, seeded

1 pear

Orange Mango

2 handfuls greens

1 cup water

1 cup frozen mango chunks

2 oranges, peeled and seeded

Strawberry Kiwi

2 handfuls greens

1 cup water

1½ cup frozen strawberries

2 kiwis (skin on)

2 tablespoons flaxseeds

Detoxification

Lemon Lime

- 2 handfuls greens
- 1 large fresh-squeezed orange
- ½ cup of ice
- 2 bananas, peeled and frozen
- ½ lemon, peeled and seeded
- ½ lime, peeled and seeded

Blackberry Banana

- 2 handfuls greens
- ¼ cup water
- 1 banana, peeled and frozen
- ½ cup frozen blackberries
- 1 cup frozen strawberries
- 1 cup frozen blueberries

Grapefruit Banana

2 handfuls greens

1 cup water

1 banana, peeled and frozen

1 cup frozen strawberries

1 pink grapefruit, peeled and seeded

1 packet stevia

Pear Pineapple

2 handfuls greens

1 cup ice

1 pear, seeded

1 small apple, cored and seeded

2 cups pineapple chunks

Mango Pineapple

2 handfuls greens

1½ cups coconut water

1 cup frozen mango chunks

1 cup pineapple chunks

1 lime, peeled and seeded

Pinch of cayenne pepper

Apple Banana

2 handfuls greens

1 cup ice

2 granny smith apples, cored and seeded

2 small bananas, peeled

Diabetes/Blood Sugar Control

Orange Plum

2 handfuls greens

½ cup ice

2 oranges, peeled

½ cup plums

1 teaspoon cinnamon

2 tablespoons ground flaxseeds

Pear Banana

2 handfuls greens

1 cup almond milk

1 banana, peeled and frozen

1 pear

1 apple, cored and seeded

1 teaspoon cinnamon

Kiwi Almond

2 handfuls greens

1½ cups almond milk

1 banana, peeled and frozen
2 kiwis (skin on)
1 cup frozen strawberries
2 tablespoons ground flaxseeds

Berry Banana

2 handfuls greens
1 cup water
1 banana, peeled and frozen
1½ cups frozen blueberries
2 tablespoons ground flaxseeds

Mango Almond

2 handfuls greens
1½ cups almond milk
½ cup frozen mango chunks
1 cup frozen strawberries

Mango Orange

2 handfuls greens
1 cup water

- ½ cup frozen mango chunks
- ½ lemon, peeled and seeded
- 1 orange, peeled and seeded
- 2 tablespoons sunflower seeds

Avocado Greens

- 2 handfuls greens
- 1 cup ice
- 1 medium banana, peeled
- 2 cups frozen strawberries
- ¼ avocado, peeled

Orange Berry Seeds

- 2 handfuls greens
- 1 cup unsweetened almond milk
- 1 small orange, peeled
- ½ cup frozen mixed berries
- 1 teaspoon goji berries, soaked for 10 minutes
- 1 tablespoon ground flaxseeds
- 1 scoop of plant-based protein powder

Energy

Strawberry Grape

- 2 handfuls greens
- ½ cup water
- ½ cup red grapes
- 2 bananas, peeled and frozen
- 1½ cups frozen strawberries

Minty Pears

- 2 handfuls greens
- ½ cup water
- 2 pears
- ¼-inch section of fresh ginger, grated
- ¼ cup chopped fresh mint leaves

Pear Orange

- 2 handfuls greens
- ½ cup ice
- 1 pear, cored and seeded
- 2 oranges, peeled and seeded
- 1 tablespoon of ground flaxseeds

Peachy Mango

2 handfuls greens

1 cup water

1½ cups frozen peaches

2 nectarines, peeled, cored, and seeded

1 cup frozen mango chunks

2 plums, cored and seeded

Coconut Berries

2 handfuls greens

1 cup water

2 nectarines, peeled, cored, and seeded

1 banana, peeled and frozen

½ cup goji berries

½ cup shredded coconut

Heart Health

Banana Mango

- 2 handfuls greens
- 2 cups water
- 1 banana, peeled and frozen
- ½ cup frozen mango chunks
- 2 teaspoons spirulina
- 2 tablespoons walnut oil

Banana Almond

- 2 handfuls greens
- 1½ cups almond milk
- 3 bananas, peeled and frozen
- ½ teaspoon cinnamon

Coconut Berry

- 2 handfuls greens
- 1 cup coconut water
- 1 cup frozen blueberries
- ¼ cup goji berries

Watermelon Mint

2 handfuls greens

4 cups watermelon

2 tablespoons ground flaxseeds

Sunflower Orange

2 handfuls greens

1 cup water

2 oranges, peeled and seeded

1 cup red grapes

2 tablespoons ground flaxseeds

2 tablespoons sunflower oil

Avocado Apple

2 handfuls greens

1 cup unsweetened apple juice

1 cup ice

2 small apples, cored and seeded

½ avocado, peeled and cored

¼ cup beets, peeled and diced

1 tablespoon cacao powder

Peach Berry

2 handfuls greens

1 cup water

1½ cups frozen peaches

1 cup mixed berries

½ avocado, peeled and cored

Pear Banana

2 handfuls greens

1½ cups almond milk

2 pears

1 banana, peeled and frozen

½ teaspoon vanilla extract

Immune Boosting

Cantaloupe Carrot

2 handfuls greens

½ cup green tea

1 banana, peeled and frozen

1 carrot, chopped

1 cup cantaloupe, peeled, seeded, and chopped

1 packet stevia

Green Strawberry

2 handfuls greens

½ cup green tea

½ cups frozen strawberries

1 banana, peeled and frozen

1 packet stevia

Strawberry Orange

2 handfuls greens

½ cup water

2 cups frozen strawberries

1 large orange, peeled and seeded

1 packet stevia

Mango Blackberry

2 handfuls greens

1 cup water

½ cup frozen blackberries

½ cup frozen raspberries

1 cup frozen mango chunks

1 orange, peeled and seeded

1 packet stevia

Banana Lemon

2 handfuls greens

1 cup ice

1 banana, peeled and frozen

½ cup green grapes

1 lemon, seeded and peeled

1 packet stevia

Kid-Friendly

Orange Apricot

2 handfuls greens

1 cup water

2 oranges, peeled and seeded

6 dried apricots, pitted

1 banana, peeled and frozen

½ cup almonds

¼ cup almond butter

Berry Banana

2 handfuls greens

1 cup water

1 large banana, peeled and frozen

1¼ cups frozen blueberries

¼ cup ground flaxseeds

1 packet stevia

Chocolate Nut

2 handfuls greens

2 cups water

½ cup cashew nuts

½ cup raw cacao powder

6 large pitted dates

1 packet stevia

Chocolate Banana

2 handfuls greens

1½ cups water

2 bananas, peeled and frozen

1 cup hazelnut butter

4 large pitted dates

¼ cup raw cacao powder

Blackberry Almond

1 handful greens

2 cups almond milk

1 banana, peeled and frozen

½ cup frozen blueberries

1 cup frozen blackberries

2 pitted dates

Berry Almond

1 handful greens

1½ cups almond milk

2 teaspoons fresh lemon juice

2 cups frozen mixed berries

¼ cup goji berries

6 large pitted dates

1 packet stevia

Berry Medley

1 handful greens

1½ cups cashew milk

2½ cups frozen mixed berries

4 large pitted dates

2 teaspoons vanilla extract

Mood-Enhancing

Berry Beets

2 handfuls greens

1 cup water

1 banana, peeled and frozen

1½ cups frozen peaches

1 cup frozen blueberries

½ beet, peeled and diced

1 carrot, chopped

Mango Walnut

2 handfuls greens

1½ cups almond milk

1½ cups frozen mango chunks

1 banana, peeled and frozen

1 tablespoon walnut oil

Banana Nectarine

2 handfuls greens

1 cup water

2 bananas, peeled and frozen

1 nectarine, peeled and pitted

1 cup frozen strawberries

3 pitted dates

Berry Medley Banana

2 handfuls greens

1½ cups water

1 banana, peeled and frozen

2 cups frozen mixed berries

2 tablespoons ground flaxseeds

Red Berry Medley

2 handfuls greens

1 cup water

2 small red apples, cored and seeded

1 cup frozen strawberries

Papaya Greens

2 handfuls greens

½ cup ice

1 papaya, peeled and seeded

1¼ cups fresh pineapple chunks

Banana Coconut

2 handfuls greens

½ cup ice

2 bananas, peeled and frozen

1 lime, peeled and seeded

½ cup shredded coconut

¼ cup fresh chopped coconut

1 cup coconut water

½ avocado, peeled and pitted

Avocado Banana

2 handfuls greens

½ cup ice

2 oranges, peeled and seeded

1 banana, peeled and frozen

½ avocado, peeled and pitted

Pear Vanilla

2 handfuls greens

1 cup almond milk

½ cup ice

1 apple

1 banana, peeled and frozen

1 pear

2 tablespoons ground flaxseeds

1 teaspoon vanilla extract

Stress

Pineapple Greens

2 handfuls greens

1 cup water

2 cups pineapple chunks

1 cup frozen peaches

1 banana, peeled and frozen

Grapefruit Banana

2 handfuls greens

1 cup coconut water

1 pink grapefruit, peeled and seeded

2 kiwis

1 banana, peeled and frozen

Pomegranate Berry

2 handfuls greens

½ cup pomegranate juice

1 banana, peeled and frozen

½ cup frozen blueberries

½ cup strawberries

½ cup red grapes

Apple Banana Greens

2 cups water

2 handfuls greens

2 small apples, cored and seeded

2 bananas, peeled and frozen

1 pear, seeded

1 tablespoon ground chia seeds

Weight Loss and Fat Burning

Fat-Burner Smoothie

2 handfuls greens

2 cups cooled green tea

½ can coconut milk

Juice of 1 lemon

¼ cup pitted dates

½ avocado, peeled and pitted

½ pink grapefruit, peeled and seeded

Orange Banana Greens

2 handfuls greens

½ cup water

2 oranges, peeled and seeded

2 bananas, peeled and frozen

Berry Pears

2 handfuls greens

1½ cups almond milk

2 cups frozen mixed berries

2 pears, seeded

Banana Berry Almond

2 handfuls greens

1½ cups almond milk

1 banana, peeled and frozen

1 cup frozen blueberries

½ cup frozen strawberries

Berry Cantaloupe

2 handfuls greens

1 cup water

½ cantaloupe, peeled and seeded

1½ cups frozen strawberries

Cherry Orange

2 handfuls greens

1½ cups almond milk

1 cup cherries, pitted

2 oranges, peeled and seeded

1 tablespoon ground chia seeds

Raspberry Orange

2 handfuls greens

½ cup water

2 oranges, peeled and seeded

2 cups frozen raspberries

Peachy Vanilla

2 handfuls greens

1 cup water

1½ cups frozen peaches

1 cup frozen strawberries

1 teaspoon vanilla extract

Mango Lime

2 handfuls greens

1½ cups water

1 orange, peeled and seeded

½ cup frozen mango chunks

1 lime, peeled and seeded

1 packet stevia

Green Raspberry

2 handfuls greens

1 cup water

1 banana, peeled and frozen

1 cup frozen raspberries

2 tablespoons ground flaxseeds

Chia Pear

2 handfuls greens

1½ cups water

1 banana, peeled and frozen

2 pears

2 tablespoons ground chia seeds

Pineapple Orange Greens

2 handfuls greens

1 cup ice

1 cup pineapple chunks

2 oranges peeled and seeded

Watermelon Greens

2 handfuls greens

1 cup ice

2 cups watermelon

1 teaspoon ground flaxseeds

Grapefruit Pineapple

2 handfuls greens

½ cup coconut water

½ cup ice

1 cup pineapple chunks

1 pink grapefruit

Miscellaneous

The Complete Meal Smoothie

2 handfuls greens

1 cup unsweetened almond milk

½ cup water

1 cup frozen blueberries (or mixed berries)

2 tablespoons low-fat Greek yogurt

1 tablespoon ground flaxseeds

Stevia, to taste

Banana Chia Smoothie

2 handfuls greens

½ cup water or crushed ice

1 banana, peeled and frozen

1 cup raspberries (fresh or frozen)

2 teaspoons chia seeds (soaked for 10 minutes)

Coconut Peach Smoothie

- 2 handfuls greens
- 1 cup coconut water
- 2 cups frozen grapes
- 2 peaches, pitted

Tropical Spinach Smoothie

- 2 handfuls greens
- 2 cups water
- 1 cup pineapple chunks
- 1 cup mango chunks
- 2 bananas, peeled and frozen

Chocolate Cherry Smoothie

- 2 handfuls greens
- 2 cups unsweetened almond milk
- 2 cups cherries, pitted
- 2 bananas, peeled and frozen
- 1 teaspoon cinnamon
- 3 tablespoons cacao powder

Orange Berry Spinach Smoothie

2 handfuls greens

1 cup ice

1 large orange, peeled, seeded, and segmented

½ large banana, cut into chunks

6 large frozen strawberries

½ cup plain Greek yogurt

Ginger Green Smoothie

2 handfuls greens

2 cups water

1 banana, cut into chunks

1 orange, peeled and separated into segments

½ apple (your favorite variety), cored, seeded, cut into chunks

½ lemon, peeled, seeded

½-inch piece of fresh ginger, peeled and minced

Coconut Mango Spinach Smoothie

2 handfuls greens

1½ cups water

1 cup frozen coconut milk/coconut water

1 cup frozen mango

1 packet stevia

1 tablespoon hemp protein powder

Blueberry Bliss Smoothie

1 cup spinach

2 cups water

1 cup frozen blueberries

1 banana, peeled

Cherry Smoothie

2 handfuls greens

1 cup coconut milk (or replace with water to reduce the calories)

1 cup almond milk

2 cups cherries

½ cup raisins

1 cup of oats (you will chew them in the smoothie)

Banana Peach Kale Smoothie

2 handfuls greens

1½ cups water

1 cup almond milk

1 cup frozen peaches

1 banana, peeled and frozen

1 cup oats

¼ cup dried apricots (or any other dried fruit)

¼ cup almonds (use ground almonds if you don't have a high-speed blender)

APPENDIX B

Clean, High-Protein Recipes

*I*n chapter 6, I discuss eating clean, high-protein meals to assist with weight loss after the cleanse. Here are a few of my favorite recipes that are clean, healthy, and delicious!

Baked Salmon in Spicy Lime-Cilantro Dressing

1 pound salmon fillet, skinned

1 chili pepper, seeded and cut into thin strips

½ cup fresh limejuice

2 green onions, sliced

1 cup packed fresh cilantro leaves, chopped

1 teaspoon canola oil

½ teaspoon sea salt

1. Preheat oven to 350°F.
2. Combine chili pepper, limejuice, onions, cilantro, oil, and salt in a food processor and purée.
3. Place salmon in a baking dish just large enough to fit fillet. Pour sauce from blender over salmon, turning fish to coat on both sides.
4. Bake, uncovered, until fish is cooked to your liking in center, 20 to 25 minutes depending on thickness of the fish.
5. To serve, slice fillet into pieces and spoon sauce over each portion.

Almond-Crusted Baked Chicken

3 medium chicken breasts

2 egg whites

1 cup almonds

¼ cup parmesan cheese

1 teaspoon thyme

2 teaspoons oregano

1 teaspoon sea salt

1. Preheat oven to 350° F.
2. Place almonds, oregano, parmesan cheese, sea salt, and thyme into a food processor and process until well blended.
3. Place chicken on one plate, egg whites in a shallow bowl, and almond mixture on a second plate.
4. Gently roll each piece of chicken in egg whites, then in the almond mixture, and place on parchment-lined baking sheet.
5. Bake for about 30 minutes.

Scallops with Lemon Sauce

1½ pounds sea scallops, washed and dried

¼ cup fresh parsley leaves

2 tablespoons fresh lemon juice

¼ cup extra-virgin olive oil

1 garlic clove, minced

½ teaspoon sea salt

¼ teaspoon ground pepper

1. Combine the lemon juice, parsley, garlic, sea salt, and pepper in a small bowl.
2. Whisk the olive oil into combined ingredients and set it aside.
3. Coat a pan with cooking spray over medium heat.
4. Sprinkle sea salt and pepper on scallops, add to pan, and sauté for 2 to 3 minutes on each side.
5. Spoon the sauce over scallops and serve.

Baked Lemon Chicken

3 pounds chicken breast

2 tablespoons extra-virgin olive oil

2 tablespoons chopped basil

¼ cup fresh lemon juice

1. Combine chicken, basil, lemon juice, and olive oil in a large bowl and toss together.
2. Refrigerate and let marinate for 2 hours.
3. Bake at 425°F for 50 to 60 minutes and serve.

Mushroom Steak

4 5-ounce top loin steaks, all visible fat trimmed

1 pound of mushrooms cleaned, trimmed,
and cut into ¼-inch slices

1 tablespoon olive oil

½ cup low-sodium beef broth

1 teaspoon low-sodium soy sauce

½ teaspoon sea salt

½ teaspoon black pepper

4 cloves garlic

1 tablespoon chopped fresh thyme

1. In a large nonstick skillet, heat oil on medium-high.
2. Season both sides of steaks with sea salt and pepper.
3. Add steaks to skillet and cook until done to taste (3 to 5 minutes per side). Let sit for 5 minutes.
4. Meanwhile, place same skillet on medium heat. Add garlic and cook, stirring, for 30 seconds.
5. Add mushrooms and thyme; cook, stirring occasionally, until mushrooms are tender, about 3 to 5 minutes.

6. Add broth and soy sauce, deglazing pan by scraping browned bits from bottom of skillet with a spoon or spatula.
7. Cook, stirring occasionally, until liquid is reduced to a thin layer, 1 to 2 minutes.
8. Serve steaks with mushroom mixture over top, dividing evenly.
9. Garnish with additional thyme sprigs.

Seared Scallops with Vinaigrette Sauce

1 pound sea scallops

$\frac{3}{4}$ cup soymilk

6 teaspoons olive oil, divided

2 cups fresh or frozen green peas

2 green onions, rinsed and thinly sliced

$\frac{1}{4}$ teaspoon sea salt, divided in half

1 teaspoon fresh thyme leaves

1 teaspoon fresh lemon juice

2 teaspoons white wine vinegar

1 teaspoon minced fresh mint

$\frac{1}{2}$ teaspoon raw honey

1. Heat a skillet on medium-low and add 1 teaspoon oil and swirl to coat skillet.
2. Add green onions and $\frac{1}{8}$ teaspoon salt and cook, stirring occasionally, until onions are softened and just starting to brown.
3. Add thyme, peas, and soymilk. Increase heat to medium and cook, stirring, until peas are heated through, about 5 minutes. Remove mixture from heat.

4. Scrape pea mixture into a blender and purée until smooth, adding a bit more milk to thin, if necessary.
5. Heat a large skillet on medium-high. Add 1 teaspoon oil and swirl to coat pan.
6. Add scallops, leaving a bit of space between each to prevent steaming. Sear scallops for about 3 minutes per side until golden brown and barely firm to the touch. Place scallops on a plate.
7. In a small bowl, whisk together remaining 4 teaspoons of oil, lemon juice, vinegar, 1 teaspoon water, mint, honey, and remaining sea salt.
8. To serve, spoon $\frac{1}{2}$ cup pea purée onto each of 4 plates and top with 4 scallops.
9. Spoon vinaigrette over top of scallops and serve.

Baked Halibut

2 5-ounce boneless, skin-on halibut fillets

1 teaspoon extra-virgin olive oil

1 large clove garlic, minced

2 teaspoons lemon zest

Juice from $\frac{1}{2}$ lemon

1 tablespoon chopped parsley

Dash of sea salt

Dash of fresh ground black pepper

1. Preheat oven to 400°F.
2. In a large nonstick baking dish, add halibut, skin side down, and drizzle with oil.
3. Top with garlic, lemon zest, and 2 tablespoons of juice and parsley, dividing evenly; season with sea salt and pepper.
4. Bake for 12 to 15 minutes, until halibut flakes easily when tested with a fork.
5. Drizzle with remaining lemon juice and serve.

Collard Greens with Turkey Sausage

½ teaspoon chili powder

½ teaspoon paprika

¼ teaspoon sea salt

⅛ teaspoon each ground black pepper and cayenne pepper

3 medium shallots, thinly sliced

1 tablespoon extra-virgin olive oil, divided

2 lean fresh turkey sausages with casings removed

1 pound of collard greens, stems removed and leaves chopped

1. In a small bowl, mix together chili powder, paprika, salt, black pepper, and cayenne.
2. Heat 2 teaspoons oil in a large sauté pan on medium-high.
3. Add shallots and cook, stirring frequently, for 3 minutes, until softened.
4. Heat remaining olive oil in pan. Add sausage and cook, breaking up meat with a wooden spoon, for about 3 minutes, until browned.
5. Stir remaining spice mixture and collard greens into pan. Cover and cook for 2 minutes.
6. Remove lid, stir, and cook for 2 more minutes.
7. Add shallot mixture back to pan, stir, and cook for 1 more minute, until heated through.

Glazed Salmon

4 salmon fillets

¼ cup tamari soy sauce

2 tablespoons raw honey

1 tablespoon rice vinegar

1 tablespoon ground ginger

¼ teaspoon cayenne pepper

⅛ teaspoon ground pepper

1. In a large bowl, combine the soy sauce, honey, vinegar, ginger, cayenne, and black pepper.
2. Add the salmon and marinate in a food storage bag for 2 hours.
3. Preheat the broiler and place salmon on a broiler rack for 8 to 10 minutes, until flaky with a fork. Serve.

Tuna Salad

3 cans water-packed tuna

½ cup nonfat Greek yogurt

2 teaspoons lemon juice

1 carrot, grated

1 hard-boiled egg

1 small tomato

½ small white onion, minced

½ teaspoon dried dill

1 teaspoon dried parsley

¼ teaspoon Dijon mustard

½ teaspoon garlic powder

1 teaspoon agave

Dash of sea salt

Black pepper to taste

Mix all the ingredients together in one large bowl and serve.