

Weekly Recipes Meal Plan & Shopping List

Green Smoothies & Juicing Challenge



Welcome to Green Reset Challenge!

If you are looking for the most natural, 100% safe, and absolutely most effective way to eliminate bad cravings, reprogram your taste buds, and begin to truly enjoy healthy foods, so you can finally lose weight, restore good health, get more energy, and melt away your body fats, so you can totally transform your body to get in the best shape of your life, then pay attention.

Over the next couple of weeks I'm going to reveal to you a powerful concept that has the potential to transform your life if you apply this knowledge.

I call it the **Green Reset Formula**.

It will become the catapult for you to see success and achievement in all other areas of your life as well...

Because you'll be in a different "higher state of being" **physically, mentally, and spiritually**.

In other words, it's a formula that even the most stubborn, unbelieving, undisciplined, self-sabotaging person who decide to give it one little try could follow...

And see awesome results!

It's a way to train your brain so you overcome any challenges and hurdles along your journey to healthier, more fabulous body, as well as happier, more fulfilling life easily and practically without effort.

It will become a second nature and trigger other positive changes in your life.

You find such claims hard to believe?

Well, let me tell you that it's based on scientific research about psychology and neurology, and it has been shown to work time and time again.

If you've ever tried to improve your diet to lose weight or improve your health, and fallen off the wagon, or create other positive changes in your life and failed, then you'll benefit from the Green Reset formula.

Many people believe that strong willpower and motivation is needed to make the necessary changes to their lifestyle and eating habits.

Truth is, you don't need willpower or even strong motivation, to change your life, if you use the proper habits as LEVERAGE.

Proper habits have the power to start a CHAIN REACTION, shifting other patterns as they move through our lives. They influence how we work, eat, play, live, spend, and communicate. These habits start a process that, over time, transforms everything...

But aren't habits hard to establish or change?

And isn't it hard to resist temptation? Especially since we are bombarded more and more with temptations from everywhere. (There is even research that shows people still have the same self-control as in decades past, but we are bombarded more and more with temptations, and our psychological system is not set up to deal with all the potential immediate gratification.)

Besides, how to go about establishing those habits?

Our lives are filled with habits, and time is limited. Knowing how to improve behaviors doesn't resolve a central question: where to begin? Is it

better to create an exercise habit, or reform eating patterns? Cutting out sweets and fast food to lose weight? Or both at the same time?

The key is to start small, with a one simple habit that will create a chain reaction that can significantly influence the success of other habits. It's like making five (or more!) good decisions for the price of one.

You see, your willpower is limited, so when you decide to take on something new—whether it's an exercise routine or, say, healthy eating or cooking—you're at least in theory limiting your ability to take on some other habit. Willpower is like a muscle capable of fatigue: you can't keep any muscle flexed forever. That's why you need to establish small keystone habits first, and wait for a chain reaction to follow.

Green Reset Formula helps you jump start the chain reaction of positive change by incorporate some simple habits into your life. *It all starts with drinking a green every day.*

Sample Recipes & Shopping List Week __

Day of the Week	Smoothies & Juices	Breakfast & Lunch & Dinner
1	<p>Tropical Pineapple Blast</p> <p>1-2 cups of water or coconut water 1 banana (ripe and peeled) 1 rib of celery ¼ cucumber (peeled if not organic) 1 cup of fresh or frozen pineapple 1 small handful of baby spinach ½ inch piece of ginger (or less if new to ginger)</p>	<p><i>(No special recipes are needed at this time. Eat as you would normally. Focus on drinking your smoothies!)</i></p>
2	<p>Creamy Green Drink</p> <p>1-1 ½ cups of unsweetened vanilla almond milk 1 avocado (ripe, peeled and pit removed) 1 banana (ripe and peeled) 1 orange (peeled and seeds removed) 1 cup of baby spinach For a sweeter smoothie, add 1 tbsp agave nectar, maple syrup, or 1 pitted medjool date Optional: 5-6 ice cubes</p>	
3	<p>Tropical Cleanse</p> <p>1 cup water or coconut water 2 cups of spinach or mixed baby greens 1 cup frozen or fresh pineapple 1 small to medium banana (ripe and peeled) 1 inch piece of ginger</p>	
4	<p>Banana-Berry Smoothie</p> <p>1-2 cups of water or coconut water 1 banana (ripe and peeled) 2 cups of spinach ¾ cup of frozen mixed berries (or fresh strawberries or blueberries) ¼ cup of raw nuts or raw seeds (almonds, sunflower seeds, walnuts, flax seeds or chia, or a combination of the above)</p>	

5	<p>Green Strawberry-Kiwi Lemonade</p> <p>1-1 1/2 cups of water or coconut water 2 cups of spinach 1 kiwi (peeled, or not - if organic) 3/4 cup of frozen or fresh strawberries 1/4- 1/2 cup of frozen or fresh pineapple 1/2 lemon (peeled and seeds removed)</p>	
6	<p>Papaya, Orange, Lettuce Smoothie</p> <p>2 cups of water, or coconut water (more or less to desired consistency) 1/2 bunch Romaine lettuce (6-8 leaves), or more 2 stalks of celery 1 cup papaya 1 orange 1 cup of red grapes</p>	
7	<p>Spinach, Celery, Mango Smoothie</p> <p>1 cup water, or to desired consistency 2 cups of spinach or mixed baby greens 2 stalks celery 2 sweet yellow mangos</p>	

Green Reset Success Tips

- Initially, the Green Reset Challenge is about starting where you are and stepping it up. So, if you are eating Standard American Diet right now, then simply add 2 cups of smoothie per day to your diet. If you are already drinking smoothies and eating healthy diet, then your goal should be increase the amount of greens and veggies in your smoothies. The above recipes are just a starting point. Feel free to double or triple the recipes, add more greens or other ingredients.
- There are unlimited combinations, but I recommend not adding too many ingredients per smoothie. Simple is usually better.
- By experimenting with different combinations, you will be able to come up with something that you and your whole family will love.
- Make sure the fruit you are using is ripe.
- Even if you aren't ready to use leafy greens, you can make any fruit smoothie a green smoothie. Simply add cucumber, celery ribs, parsley, cilantro, basil, mint leaves, spirulina, sweet pea, or broccoli sprouts.
- As you get comfortable with green smoothies, I suggest working your way up to 4 cups of leafy greens such as spinach (best for a beginner), kale, spring greens, Swiss chard or romaine lettuce (kale is my favorite).
- Add at least 1-2 servings of fruit (I always use at least 2 different fruits).
- For a super-charged meal-replacement smoothie add up to ¼ cup of raw nuts or seeds, use coconut water or nut milk for the liquid and add super foods such as goji berries, chia seeds, acai, maca, or raw cacao. I will talk about meal-replacement smoothies in Week 3. In week 1, I want your taste buds to get used to the taste of pure green smoothie (just fruits and veggies).
- Blend all ingredients well until very smooth.
- Pour into a pretty glass. Enjoy!

Shopping List:

- almond milk (unsweetened vanilla flavor, or other plant-based milk)
- agave nectar, maple syrup, or dried, pitted dates
- coconut water (optional, if not using water)
- avocados
- bananas (make sure that they are ripe by the time you use them. You can always buy more, peel and keep in the freezer.)
- baby spinach
- baby greens (baby greens have more delicate flavor and are easier to blend)
- celery
- cucumbers
- ginger root
- orange
- pineapple (fresh or frozen)