



## Week 2

This is the beginning of Week 2 of the Challenge.

Whether making green smoothies and juices is something completely new that you decided to try, or you've been already doing it for a while and just decided to join the challenge to keep you motivated and step up your routine a little bit... CONGRATULATIONS!

You've taken an important step forward not just toward physical health, but to improve your overall wellbeing as well.

## More Green Smoothie Recipes

These recipes are for approximately 1 quart of smoothie, or two generous servings. You can have one serving once you make it and save another one for later. All recipes can be kept for up to 12 hours as long as you add enough water (great when traveling). When refrigerated, the smoothie will last for up to 48 hours, after that it begins to turn funky. If you want to store your smoothies for a longer period of time, keep them in your freezer.

The quantities for each recipe ingredient are not exact, and can be adjusted by you to your liking. That's because making green smoothies is not an exact science. There are MANY variations to this same recipe. The amount of greens will vary when because you can pack them tightly or loosely.

Sometimes I like to add less liquid to make my smoothies thicker and more creamy. Other times, I add more liquid to make a thinner drink, which is an easy way to reduce the number of calories per glass of smoothie.

I certainly add more greens now than I used to initially. I also use lots of celery in almost all my smoothies - they are mild tasting, very filling, while being also very low in calories. If I desire a smoothie that is more filling, I add a piece of avocado, some nuts and seeds, and/or between a quarter up to one cup of oats or a few tablespoons of nut butter to the recipe. Enjoy!

### Spinach, Apple, Banana Smoothie

1 1/2 cup of water or coconut water (more or less to desired consistency)  
2-4 cups loosely packed greens (spinach, lettuce, kale, chard, bok choy, or collard)  
2 stalks celery  
1 apple, cored  
2 bananas

### Romaine Lettuce, Pineapple, Mango Smoothie

2 cups of water or coconut water (more or less to desired consistency)  
1 small pineapple, peeled, cored, and chopped  
1 large mango, peeled, cored, and chopped  
1 small head romaine lettuce  
a tiny piece of fresh ginger

### Kale, Berry, Banana Smoothie

2 cups of water, or to desired consistency  
4 leaves kale  
2 celery stalks  
2 bananas  
1 cup of strawberries or blueberries or raspberries

## Lettuce, Apple, and Mango Smoothie

2 cups of water, or to desired consistency  
2-4 cups leaves of green leaf lettuce  
2 ripe mangoes, peeled and pit removed  
2 apples  
1 banana

## Arugula, Lettuce, Pear Smoothie

2 cups of water or coconut water (more or less to desired consistency)  
1 small bunch of arugula leaves  
1 banana  
2 pears  
1/2 cup frozen raspberries

## Spinach, Celery, Mango Smoothie

1 cup water, or to desired consistency  
2 cups of spinach  
2 stalks celery  
2 sweet yellow mangos

## Dandelion Smoothie

1 cup water or coconut water (more or less to desired consistency)  
1/2 bunch dandelion  
1/2 small watermelon  
1/2 cup strawberries  
1 cup of grapes

## Creamy Avocado Energy Soup Recipe

### Ingredients For Soup Base

1 large stalk celery  
2 lettuce leaves  
1/2 small avocado

Blend well on high speed. This will create a nice creamy base.

### Ingredients For Texture

1 small zucchini  
1/2 pear or a teaspoon of agave (for sweetness)  
fresh basil leaves to taste (from my window garden)  
a small piece of green onion

Blend on lowest speed that will get the job done. You may just chop these ingredients and mix them with the liquid and a pinch of salt. Pour into a bowl and enjoy! Makes one serving.

More savory soup recipes:

### Celery Soup

4 stalks celery  
1 cup fresh parsley  
1 tomato  
Juice of 1 lemon  
1 tablespoon agave nectar  
1/4 teaspoon sea salt  
2 cups water

### Cucumber-Mango Soup

2 cucumbers  
2 celery stalks  
1 avocado  
1 mango, cored and peeled  
1 lemon, peeled

### Mediterranean Soup

3 cups spinach  
3 stalks celery

1 red bell pepper  
1 avocado  
1 cucumber  
1 jalapeno pepper  
1 lime, juiced  
1 spring oregano  
1 spring thyme  
2 cups water  
Yields 3 quarts

## Cucumber-Dill Soup

2 cucumbers  
½ bunch dill  
1 avocado  
4 leaves lettuce  
2 stalks celery  
1 lime, juiced  
3 cloves garlic

## Thai Soup

2 cucumbers  
5 leaves lettuce  
1 large avocado  
1 lime, juiced  
2 cloves of garlic  
½ inch fresh turmeric root or ½ teaspoon of turmeric powder  
½ inch fresh gingerroot or ¼ teaspoon dried ginger powder  
2 cups water

# Green Reset Success Tips

- Remember, 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, and/or adding green blended SOUPS.
- 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).
- 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).
- Pour into a pretty glass or bowl. Enjoy!

# Shopping List:

- 3 apple
- 6 avocados
- 6 banana
- 7 cucumbers
- 18 celery stalks
- 1 cup of grapes
- 1 cup of strawberries or blueberries or raspberries
- 1 large mango, peeled, cored, and chopped
- 1 small head romaine lettuce
- 1 small pineapple, peeled, cored, and chopped
- 1/2 cup frozen raspberries
- 1/2 cup strawberries
- 1/2 small watermelon
- 3 pears
- 2 ripe mangoes, peeled and pit removed
- 2 sweet yellow mangos
- 2-4 cups leaves of green leaf lettuce
- 1 cup fresh parsley
- 1 jalapeno pepper
- 1 mango, cored and peeled
- 1 red bell pepper
- 1 small bunch of arugula leaves
- 1 small zucchini
- 1 spring oregano
- 1 tomato
- 1/2 bunch dandelion
- 2 cups of spinach
- 2 lettuce leaves

- 2-4 cups loosely packed greens (spinach, lettuce, kale, chard, bok choy, or collard)
- 3 cups spinach
- 8 leaves kale
- 9 leaves lettuce
- a small piece of green onion
- 2 lemons
- 3 limes
- a tiny piece of fresh ginger
- 1 bunch dill
- 1 spring thyme
- agave nectar
- garlic
- sea salt
- turmeric powder