

# **Week 3-4.**

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# **Meal Replacement Smoothies**

"I had my smoothie for breakfast, but I'm hungry again and it's still morning. What should I do?"

First of all, you can have more smoothie. If you made a whole quart, but you only drank half, then drink the other half. If you are still hungry, have a sandwich, oatmeal, or other healthy snack. Or, make a smoothie that is more filling.

## **How to Make Smoothies That Are More Filling**

Any recipe can be adjusted to be more filling and keep you satisfied longer, by adding one of the following ingredients:

**Substitute part of water with** *plant-powered* **milk**: almond, oat, rice, soy, hemp, other raw nut or seed milk, or use coconut water.

Add <u>avocado</u>. In addition to healthy fats, it adds wonderful creaminess to smoothies.

**Add 1/4 cup <u>nuts or seeds</u>**, such as walnuts, almonds, pumpkin seeds, sunflower seeds, hemp seeds, or ground flax seeds. Pre-soaking your seeds and nuts is recommended, but not required.

Add 2-3 tablespoons of <u>seed or nut butter</u>. Almond, peanut, cashew butter, tahini, etc. Avocado, whole nuts and nut butters and milks will add some healthy fats to your smoothies—adding any of this will make your smoothie **deliciously rich, creamy and distinctly buttery**. These fats to improve absorption of nutrients, as well as will slow down the release of the fruit sugar into your bloodstream. Don't overdo it, use these ingredients sparingly.

Notes: **Check the Label.** Be sure to check the label before selecting a nut butter. While all nut butters contain around 100 calories per tablespoon, not all nut butters contain healthful ingredients. Many brands contain only ground-up nuts, but some contain added salt and sugar. Some use partially hydrogenated oil—a source of unhealthy trans fats.

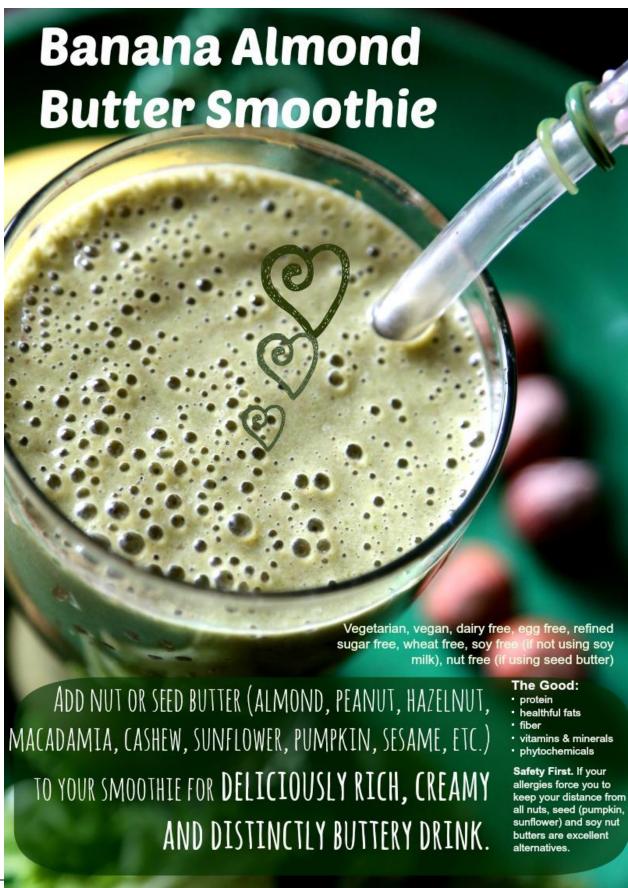
Watch the Calories. While nuts are considered to be "nutritional powerhouses," they're also high in calories. Therefore, if you eat a lot of nuts or nut butters, cut back in other areas. Don't let fear of fat keep you away from trying nut butters, however. Eating just two ounces of nuts weekly can lower your risk of heart disease.

**Safety First.** If your allergies force you to keep your distance from all nuts, seed and soy nut butters are excellent alternatives. Sunflower seed butter is high in heart-healthy polyunsaturated fats. Soy nut butter (which tastes similar to peanut butter) is higher in protein and lower in fat than the average nut butter. If your nut allergies are severe, ask your doctor to test for potential soy or seed intolerances before trying these options. If you have a family history of nut allergies, play it safe. It's important to check with your doctor if you or your child has even a minor allergic reaction to nuts.

Add 1/4 cup up to 1 cup of whole grains: oats, cooked brown rice, quinoa or other whole grains. Oats don't need to be cooked (I use the one-minute quick oats). Other grains will need to be prepared in advance. If you have leftover grains, even better!

Add 1/4 cup up to 1 cup of <u>cooked or sprouted legumes</u>: tofu, white beans, black beans, peas, lentils, soy beans, etc. Although I don't usually recommend it, yes, you can add legumes to a smoothie. There is no smoothie police that will come and arrest you if you do that. Legumes are full of fiber, protein, complex (i.e. slow burning) carbs, iron, calcium, and if you use white beans or chickpeas in a fruity smoothie, you won't taste them and they will not affect the color. The same goes for black beans in a chocolatey smoothie.

*Note*: Legumes in smoothies may cause gas problems for some people (especially in sweet smoothies), so start incorporating them slowly, in little amounts to see if this works for you. Black beans and cocoa powder can make for an awesome chocolate smoothie but you can use any beans you want. Plus, they are very economical. A bag of dried organic beans is cheaper than any protein powder you can find!



### **Thick Meal Replacement Smoothie Recipes**

#### Banana Almond Butter Smoothie

- 1.5 cup almond milk, or any other dairy free milk
- 3 bananas
- 1 cup peaches or other fruit, fresh or frozen
- 2 cups mild greens, such as spinach or mixed greens
- 2 tablespoons almond butter (or nut butter of your choice)
- 1/2 teaspoon vanilla butter or extract

Blend all ingredients until very smooth, pour and enjoy!

#### Simple Meal Replacement Smoothie Recipe

- 2-4 cups baby spinach or kale
- 1/2 cup any type cooked whole grain
- 1 ripe banana
- 1 tsp cinnamon
- 1 tbsp walnuts
- 1 1/2 cups water (or more for thinner smoothie)

Yields about 1 quart.

#### Mixed Berry With Beans Meal Replacement Smoothie

- 2-4 cups greens (kale, collards, parsley, or other)
- 2-3 stalks of celery
- 1/4 small avocado
- 1 cup mixed berries, frozen
- 1 apple, cored and chopped
- 1 banana
- 1 cup cooked beans
- 2 cups water or non-dairy milk (or more for thinner smoothie)

Yields about 2 quarts.

#### Spicy Plum Oat Meal Replacement Smoothie

- 1 cup spinach, tightly packed or 2 cups loosely packed
- 1 cup oats, quinoa, or brown rice
- 8 plums
- 1 banana
- 1/2 cup dates
- ½ teaspoon vanilla
- 1 teaspoon fresh ginger
- 1/4 teaspoon of cayenne pepper (to taste or omit completely)
- 2 cups non dairy milk

Yields about 1 quart.

#### Minty Cream of Spinach Meal Replacement Soup

- 1 cup spinach, tightly packed or 2 cups loosely packed. (Or any other mild greens)
- 1 cup oats or quinoa
- 1 apple
- 1 avocado
- 1 lime, juiced
- 20 mint leaves
- 1/4 teaspoon salt (optional)
- 2 cups non dairy milk (oat, rice, soy, almond, hemp, coconut water or other)

### Broccoli Blitz Smoothie

- 2 cups of broccoli (florets and/or stems), or broccoli rabe
- 2 cups spinach
- 2 oranges, peeled and quartered
- 2 cups pineapple, chopped
- 2 bananas, frozen
- 2 cups frozen mixed berries
- 1 cup oats or quinoa
- Stevia or agave to taste (optional)
- 2 cups water/ice

#### Brussels Sprouts Blaster

- 6 Brussels sprouts
- 1 yellow grapefruit, peeled
- 2 cups mixed berries, frozen
- 2 bananas, frozen
- 1 apple
- 1 cup any type cooked whole grain or white bean

Stevia or agave to taste (optional)

3 cups water/ice

Yields 2 quarts.

#### Lime-Oats Meal Replacement Smoothie

- 2 cups non dairy milk
- 2 bananas, fresh or frozen
- 2 cups leafy greens (spinach, Swiss chard, kale, etc.)
- 1 handful of parsley
- 2 tablespoons sunflower seeds (or other seeds or nuts that you have)

1/4 cup of dates (or any other dried fruit)

1 cup oats, quinoa, or brown rice

juice and zest of 4 limes

#### Creamy Cabbage-Berry Smoothie

- 1 cup of cabbage, green
- 2 cups spinach or other mild greens
- 2 cup strawberries or mixed berries, frozen
- 2 bananas
- a handful of cashews
- 1 1/2 cups water or non-dairy milk

#### **Optional Ingredients**

Raw almonds or 2 teaspoons raw almond butter can be used in place of cashews

1 teaspoon stevia (you can replace with sugar or orange juice)

Blend the water, cabbage, and cashews first. Cashews add delicious creaminess to this smoothie.

Then add the rest of the ingredients on HIGH and blend until very smooth.

These smoothies are the a complete meal, with plenty of fiber, protein, complex carbohydrates, calcium, antioxidants, fruits, veggies, greens, and delicious flavor!

# **Green Reset Habit Forming Rituals**

### **How to Stop Food Cravings the Green Ninja Way**

- 1. The best way to stop the cravings, is not to have temptation. So make sure you always have enough good stuff in your kitchen, and no bad stuff to tempt you.
- 2. When you shop, go straigth to the fresh produce section, where the fruits, vegetables and greens are located. Load up your shopping cart with enough fruits, greens and veggies to last you 4-5 days. The quantities will depend on your needs, and whether or not you're trying to lose weight, but I strongly advise to buy **more than you think you will need**, especially greens and fruits (unless you are want to limit sweet fruits because of some health concerns). You may be wary about eating so many fruits, but unless you are trying to lose weight or are concerned about your blood sugar levels or other health issues, you will need fruit to provide you with calories and make your smoothies taste great.
- 3. Buy nuts and seeds, such as walnuts and sunflower seeds; oats, quinoa, and other whole grains. Buy dried beans, and/or canned beans. These can be used for snacking, cooking delicious vegetable recipes, as well as making the meal replacement smoothies. Most fruits and vegetables don't provide enough calories to sustain you through the day, and I don't want you to be starving, as this will surely backfire.
- 4. Here is what you'll do: whenever you think about having a donut or a bowl of Ben & Jerry ice cream, just replace that thought thinking about having a delicious, sweet smoothie instead (make it from frozen fruits, if you are craving a cold dessert). Visualize it as vividly as you can. See it right before your eyes and feel the luscious taste of sweet fruits and greens in a symphony of tastes in your mouth. Feel the nutrients getting into every cell of your body, filling you with vibrant energy. Make the image as big, bright, colorful, and vivid -as if you were watching it on a big-screen plasma TV right in front of you. Visualize the toxins and excess fat leaving your body leaving your body light, lean, and clean. (Don't laugh, this really works!)

- 5. When that first hunger pang for chips and dip, ice cream, or chocolate treat strikes at whatever time of the day, give it a karate chop by filling your mouth and tummy with a dose of sweet green smoothie. Your body will thank you, and the feeling of accomplishment will become a habit.
- 6. During the day, when you are craving cooked food, have some vegetable soup ready in your kitchen or thermos. Have a salad as a side dish. Or have some steamed vegetables, legumes and whole grains. Have some beans and rice. Or whole grain pasta with vegetables and tomato sauce.
- 7. If you do have cravings, don't deny yourself the foods that you crave. Just tell yourself that you will have them "later," AFTER you have your smoothie or salad. Have just a small piece of the desired food, paying attention to the process of eating. Notice the taste of the food, its texture, appearance. Notice how it makes you feel. Don't feel guilty about eating it, but become aware of how this food affects your body.
- 8. See yourself as this new person that you always wanted to be: healthy, glowing, slim, full of vibrant energy and excited about life.
- 9. Repeat all these steps daily, and see your body transform into new you!