

A close-up photograph of a glass filled with a vibrant green smoothie. The glass is placed on a white paper napkin, which is secured with a piece of brown twine. The background is softly blurred, showing hints of green foliage. The text is overlaid on the smoothie.

*The 7 Day*

**GREEN  
SMOOTHIE  
CHALLENGE**

100DAYSOFGREENSMOOTHIES.COM

## ABOUT THE CHALLENGE

Who couldn't use more energy, clearer skin, and better health? The sad truth is that most people in our society (myself included) struggle to get enough fruits, vegetables, and other whole foods into our diet. This results in all kinds of problems including obesity, depression, chronic illness, and fatigue. Green smoothies are a great way to get several servings of vegetables and fruits in one easy meal or snack.

My challenge to you is to try drinking one green smoothie every day for 7 days. Although the goal is to incorporate the habit into your life long-term, even a week of green smoothies should make a significant difference in how you feel.

A daily green smoothie can help you:

- Lose weight
- Prevent disease, including cancer and heart disease
- Remove toxins from your body
- Improve your skin and hair
- Improve gut health
- Boost your immune system
- Increase your energy levels
- Balance out your emotions
- Stabilize your blood sugar levels

7 Days of Green Smoothies provides you with a shopping list to take with you to the store at the beginning of the week and a recipe for each day. My favorite time of day to drink a green smoothie is at breakfast, but it could also be your lunch or an afternoon snack. If you are looking to lose weight, make sure to use the smoothie as a meal replacement. If you are already at your goal weight, then your green smoothie can be used as an afternoon pick-me-up or pre- or post- workout drink.

As you start on your week-long challenge, come [join our Facebook group](#). You can ask us questions, get support, find additional recipes, and share your success stories!

And finally, if you love 7 Days of Green Smoothies check out our Amazon e-book, [100 Days of Green Smoothies: Simple Recipes For Weight Loss, Detox, & Better Health!](#) It's packed with all the information, recipes, and guidance you need to make to make green smoothies a part of your permanent lifestyle.

## MY STORY



After my son's birth in 2012, my health took a dramatic decline. It started with mastitis, a common breast infection that new breastfeeding mothers get. My body, however, seemed incapable of fighting off the infection and antibiotics didn't help either.

The infection worsened and worsened until I developed a massive abscess that had to be surgically drained. After the surgery, the surgeon told me that he had drained a pint (!) of puss from the abscess. Laboratory tests confirmed that the infection was not any normal type of bacteria—it was MRSA. For those who aren't familiar with that scary diagnosis, MRSA is a type of bacteria that is resistant to antibiotics and can often be fatal.

I spent nearly a week in the hospital, in isolation, and on strong intravenous antibiotics. As a new mom, this was particularly devastating to me because I was separated from my month-old baby. All night long, I would wake up "rocking" my baby only to find my arms empty.

When I was finally healthy enough to be sent home, I thought the nightmare was coming to a close. Not so. Not only did the infection continue, I also began to develop crippling pain in my leg and chest.

The day before Thanksgiving, an ultrasound discovered a massive blood clot in my leg. Before my dad rushed me to the ER, I gave my baby a kiss goodbye, fearing I might not return home to him again. I was diagnosed with deep vein thrombosis—a serious blood clot that extended from mid-calf to my groin—as well as a suspected pulmonary embolism, another potentially fatal complication.

At home again, I spent my days in a haze, alternating doses of antibiotics with shots I had to give myself for my blood clot. My leg was so painful I could only hobble from the couch to the bathroom. My parents had to move in to help care for me—and for my infant son.

The criticality of my illness passed, but my health was still poor. The clot in my leg had left serious scarring of the vein that will be with me for life. My gut health was shot from all the months of antibiotics. My immune system was non-existent and I got every cold and stomach flu known to man.

This poor health was no way to live a life! I was incapable of being a good mom—my husband and mother had taken over the bulk of the child care. I was incapable of being a good employee; back at work after maternity leave was over, I was constantly tired and sick. A long-time fitness and exercise addict, I was too ill to do any of the activities I loved.

I became committed to the idea of getting my health and my life back. I needed to find a way to boost my immune system and energy. One of the most powerful tools I discovered was food! Whole foods—fruits and vegetables in particular—are incredibly healing. I made major changes to my lifestyle and my diet, and one of my favorite discoveries during this time was green smoothies!

Overnight, I cut out all foods made with refined sugar and flour. I re-oriented my diet to focus on fruits, vegetables, and healthy proteins. Almost immediately, my family began commenting on how I looked more like my old self. Slowly, the exhaustion began to lift and I could get out for short runs and bike rides again. The depression I had experienced during the whole ordeal began to fade, and for the first time, I really began enjoying my baby son.

Now, three years later, I'm healthier than ever. My diet is not always perfect—I am not always perfect—but I do try. What I've discovered is that our health has to be our #1 priority. Without our health-- physical, mental, and emotional—we will not be able to reach our potential in any other areas of our lives. If our health suffers, our relationships

suffer, our careers suffer, our dreams suffer. If you don't feel well, doing the big things that we are meant to do in life—travelling, climbing mountains, having babies, loving deeply, helping others—becomes nearly impossible or greatly compromised.

Even if you feel well in this moment, that doesn't mean that continued health is guaranteed. We have to take steps now, today, to prevent illness in the future, to boost our immune systems so that when they are presented with a serious challenge (MRSA, for example), they can succeed. The sad truth is most of the really scary stuff out there—heart disease, cancer—is the cumulative effect of years of not eating right, and not making the right lifestyle choices.

And so, I begin most mornings with a green smoothie (not an egg McMuffin). Because I have big things to accomplish in this life—books to write, children to raise, places to visit. And you have big things to accomplish too. I encourage you: start this day with a green smoothie. It's an investment in yourself and in your future.

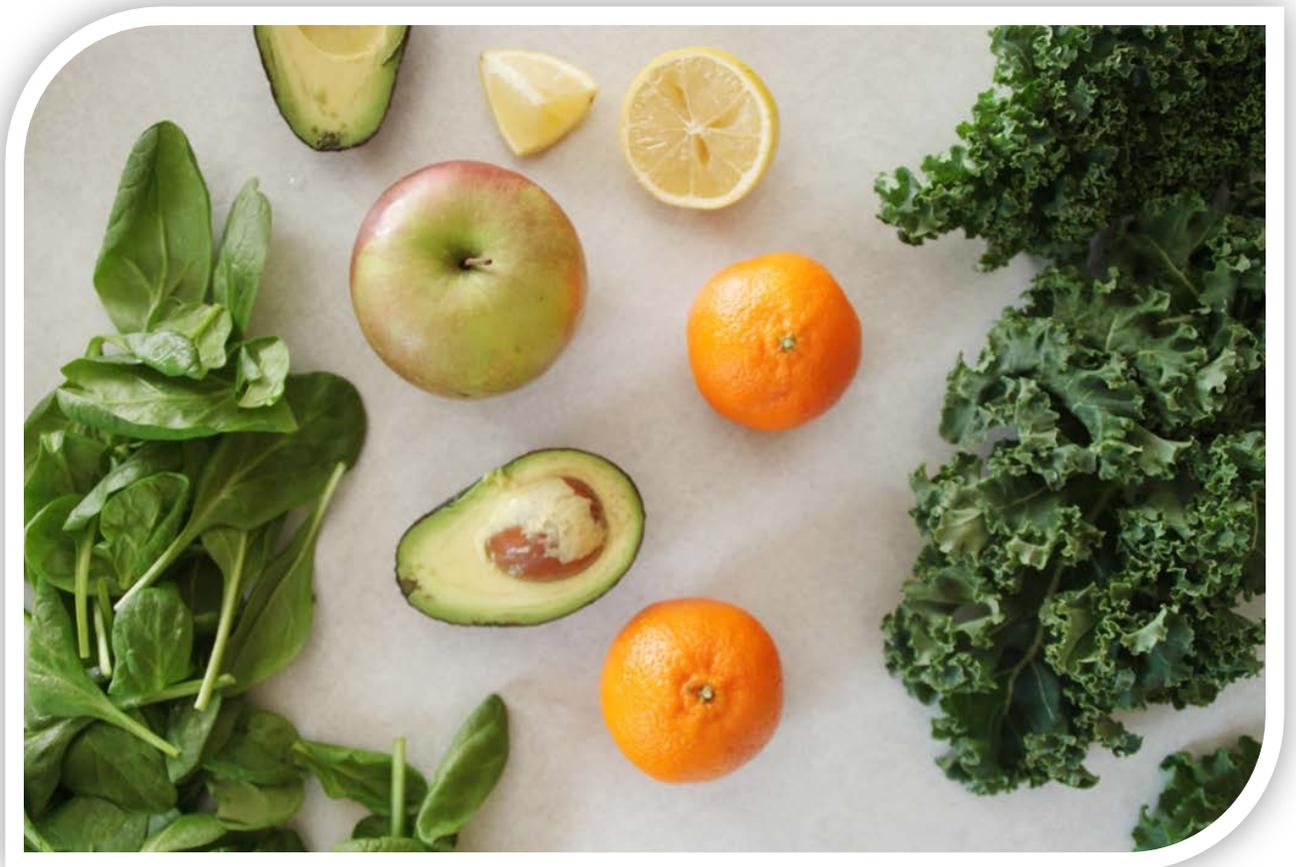


Photo Credit: [Stacy Spensley](#)

## SHOPPING LIST

Here's everything you need to make 7 days worth of green smoothies. Print this page to take along with you to the grocery store.

Before you go shopping, check your cupboards—some of the items you might already have on hand.

If it's available and affordable for you, we always recommend buying organic. In all cases, make sure to wash your produce thoroughly before throwing it in the freezer or blender.

All of our recipes are for a single, one-person serving. If you have 2 (or 3 or 4) people in your family doing 7 Days of Green Smoothies with you, double (or triple or quadruple) the quantities of ingredients you're shopping for.

- 4 bananas (*Note: Make sure they are ripe. Brown spots are good.*)
- 1 bag or carton baby spinach
- 1 bag or carton baby kale
- 1 orange
- 1 beet
- 1 green apple
- 1 piece fresh ginger
- 1 carton strawberries or 1 bag frozen strawberries
- 1 carton raspberries or 1 bag frozen raspberries
- 1 8 oz carton or can of coconut water
- 1 fresh pineapple or 1 bag frozen pineapple
- 1 fresh mango or 1 bag frozen mango
- 1 fresh peach or 1 bag frozen peaches
- 1 bag frozen cherries
- 1 half-gallon carton almond milk (*Note: Unsweetened is healthiest. Vanilla or plain.*)
- 1 half-gallon carton coconut milk (*Note: Unsweetened is healthiest*)
- 1 small container plain or vanilla yogurt (*Note: I prefer a full-fat organic yogurt such as Stonyfield.*)
- 1 small package chia seeds
- 1 small package ground flax seed
- 1 small container cocoa powder
- 1 small bottle vanilla extract
- 1 small jar peanut butter
- 1 small jar honey (*Note: Local, organic honey is best.*)
- 1 small container protein powder of choice (*Note: I prefer grass-fed organic whey such as the Source Organic brand.*)

## PREPPING FOR THE WEEK

If you spend a little time at the beginning of the week prepping your ingredients and tools, it will only take a few minutes each day to make your smoothie. Here are a few quick steps to make your week a breeze:

### ***Chop and Freeze your Bananas***

You'll find that many of our green smoothie recipes include bananas. Bananas give any smoothie a nice smooth, thick consistency. While you can use fresh bananas (no worries if this is the route you go), we prefer to freeze ours for the best outcome.

Here's how to do it:

- Peel your bananas
- Chop each banana into 4 pieces
- Arrange on a baking sheet
- Freeze for 2 hours on the baking sheet
- Transfer to a large freezer bag

Then when it's time to make your smoothie, if the recipe calls for 1 banana, you would use 4 banana pieces. If it calls for 2 bananas, use 8 banana pieces. Easy-peasy!

### ***Freeze any other produce that might go bad***

You'll have to be the judge of this, but if you have produce that looks like it won't last the week, freeze it. This goes for spinach, berries, etc.

You can even great individual produce bags for each smoothie recipe. For instance, if a recipe calls for 1 cup of baby spinach, 1 banana, and 1 cup of berries, you can freeze all the ingredients in a single freezer bag and then dump them in the blender when you're ready to make it. This is particularly great for busy mornings when you're in a rush.

### ***Find your blender***

Green smoothies work best with a high-powered blender like a Vita-mix or Ninja. That said, if all you have is a regular old kitchen blender, it will work. You will need to make sure to chop your ingredients into smaller pieces, and you might have to accept that the consistency may not be as smooth, but heck—you'll still be getting the same great nutrition!

## DAY 1

Welcome to Day 1! Before you start, spend a few minutes journaling. Ask yourself these questions:

- What about your health needs improving? Do you need to lose weight? Are you tired all the time? Is your immune system run down?
- What are your nutritional pitfalls? Do you eat too much sugar? Maybe you succumb to take-out every night?
- What would your life be like if you were healthier? What passions/dreams do you have that aren't getting accomplished because of your health or energy levels?

This activity will help identify your **why** and your **vision**. You need both a compelling reason to change your lifestyle and a vision of yourself as a healthier person in order to succeed.

This week if you feel like skipping a day, or feel like polishing off your green smoothie with a donut, return to this vision of yourself as a healthier person. You can do this!

### ***The Yummiest Green Smoothie***

Serves 1.

*Directions:* Blend spinach and almond milk until smooth. Add remaining ingredients and blend again. Pour into a glass and enjoy!

#### *Ingredients:*

- 1 cup baby spinach
- 1 banana (fresh or frozen)
- 1 orange (peeled)
- 6 strawberries (fresh or frozen)
- 1 cup almond milk
- ½ cup vanilla or plain yogurt
- 1 tbsp chia seeds

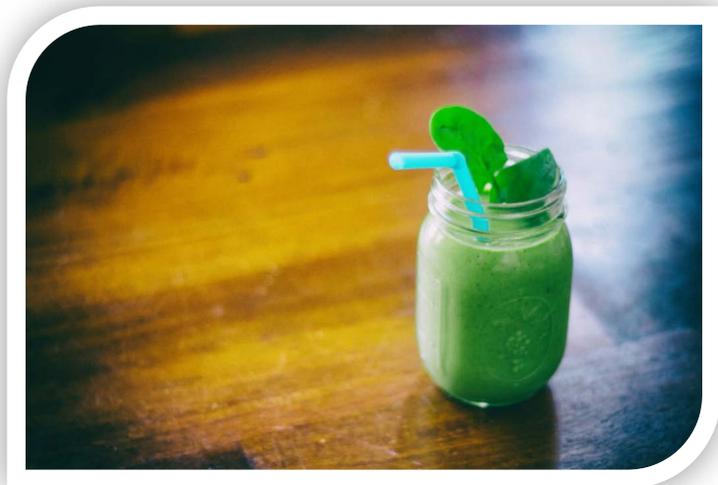


Photo Credit: [Robert Gourley](#)

## DAY 2

Hopefully you enjoyed Day 1 and are looking forward to green smoothie-ing it up again! If you do your green smoothie for breakfast, let it set the tone for the rest of your day. The kind of person that picks a green smoothie for breakfast is the same kind of person that chooses an apple rather than the vending machine for a 3pm pickup. That kind of person is you!

### ***Tropical Green Smoothie***

Serves 1.

*Directions:* Blend spinach and coconut milk until smooth. Add remaining ingredients and blend again. Pour into a glass and enjoy!

#### *Ingredients:*

- 1 cup baby spinach
- 1 cup pineapple chunks (fresh or frozen)
- 1 cup mango chunks (fresh or frozen)
- 1 banana (fresh or frozen)
- 6 strawberries (fresh or frozen)
- 1 cup coconut milk
- 1 teaspoon vanilla extract



## DAY 3

Good ol' Popeye was definitely on to something. Spinach has a myriad of health benefits. A single cup of spinach (the amount we use in most of our smoothie recipes) has only 7 calories (heck yeah!) but lots of good stuff like potassium, calcium, fiber, and folate.

Spinach is good for your skin, hair, and bones—yes, it is a beauty booster. Even better, it is full of antioxidants that help prevent cancer. It can lower blood pressure and manage diabetes. The list goes on and on.

Today's recipe gives you a good healthy dose of spinach, with the added benefit of being really, really yummy.

### Spinach Nutrition Facts

Serving Size: One cup (30 grams)

	Amt. Per Serving	% Daily Value
Calories .....	7	
Sodium .....	24 mg	2%
Carbohydrates .....	1 g	
Fiber .....	1 g	8%
Protein .....	1 g	
Potassium .....	167 mg	
Calcium .....	29.7 mg	
Magnesium .....	23.7 mg	
Folate .....	58.2	
Betaine .....	165 mg	

### ***Peanut Butter Cup***

Serves 1.

*Directions:* Blend spinach and coconut milk until smooth. Add remaining ingredients and blend again. Pour into a glass and enjoy!

#### *Ingredients:*

- 1 cup baby spinach
- 1 banana (fresh or frozen)
- 1 cup almond milk
- 2 tbsp peanut butter
- 2 tbsp cocoa powder
- 1 tbsp chia seeds

Photo Credit: [Essie](#)



## DAY 4

Congratulations! You have made it more than half-way through your one week challenge. Now is a good time to evaluate how you are feeling. Have you noticed feeling any different after a few days of green smoothies? Have you been feeling inspired to make other positive healthful choices in your day?

Remind yourself of your vision from Day 1 and contemplate it for a little while. When you drink your green smoothie today, think of the healthful lifestyle you want to live, and congratulate yourself for taking steps toward better health.

### ***Green Apple Smoothie***

Serves 1.

*Directions:* Blend kale, coconut milk, and almond milk until smooth. Add remaining ingredients and blend again. Pour into a glass and enjoy!

#### *Ingredients:*

- 1 cup baby kale
- 1 green apple (cored and chopped)
- 1-2 tsp grated ginger
- 1/2 cup coconut milk
- 1/2 cup almond milk
- 1 tablespoon honey



Photo credit: [Heather Hammond](#)

## DAY 5

Our Day 5 smoothie is not only yummy, it also has the added benefit of including ground flaxseed—a nutritional super-food.

In addition to fabulous micronutrients like fiber, manganese, and vitamin B1, flaxseed is also a great source of Omega-3s. Omega-3s are essential fatty acids that our body needs for good heart-health. If you want to live a long, healthy, vibrant life, flaxseed is a great tool to have in your nutritional toolkit.

### ***That's Just Peachy***

Serves 1.

*Directions:* Blend kale and almond coconut milk until smooth. Add remaining ingredients and blend again. Pour into a glass and enjoy!

#### *Ingredients:*

- 1 cup baby kale
- 1 cup peaches (fresh or frozen)
- 1/2 cup pineapple (fresh or frozen)
- 1 banana (fresh or frozen)
- 1 cup almond milk
- 1 scoop protein powder
- 1 tbsp ground flaxseed



Photo credit: [Jules](#)

## DAY 6

You've been so good all week, it's time to splurge! Today we're having Red Velvet. No—no, not the cake, a green smoothie of course!

The key to this smoothie is making sure that the beet is shredded or finely chopped. The less powerful your blender, the more important this step becomes.

### ***Red Velvet***

Serves 1.

*Directions:* Blend spinach, beet, and coconut milk until smooth. Add remaining ingredients and blend again. Pour into a glass and enjoy!

### *Ingredients:*

- 1 cup baby spinach
- 1 cup cherries (frozen)
- ½ beet (shredded or finely chopped)
- 1 cup coconut milk
- 1 tbsp cacao powder
- ½ tsp vanilla extract



Photo credit: [woodleywonderworks](https://www.woodleywonderworks.com/)

## DAY 7

You've made it to Day 7! You should be feeling great about yourself, your body, and your ability to commit to delicious, healthy eating. Just like we did on Day 1, finish out the week with a few minutes of journaling.

- Have you noticed any difference in how you feel this week—physically or emotionally?
- If you could go back and re-do the week, is there anything you would have done differently?
- What are your next steps? How are you going to continue improving your diet and health?

If you feel like you've noticed any difference, I encourage you continue on the green smoothie challenge. Commit to completing 30 days, or 100! Our book, [100 Days of Green Smoothies](#), is full of 100+ green smoothie recipes, shopping lists, clean eating advice, advice on the best blenders, and more. [Buy it today](#), to continue your green smoothie journey tomorrow!

### ***Coconut Raspberry***

Serves 1.

*Directions:* Blend spinach, coconut milk, and coconut water until smooth. Add remaining ingredients and blend again. Pour into a glass and enjoy!

#### *Ingredients:*

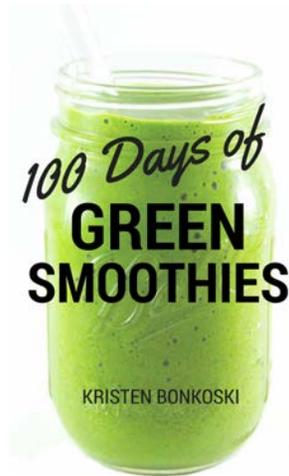
- 1 cup baby spinach
- 1.5 cups raspberries (fresh or frozen)
- 1/2 cup coconut milk
- 1/2 cup coconut water
- 1 tbsp flax seed
- 1 tsp vanilla extract

Photo Credit: [Heather](#)



## GET MORE GREEN SMOOTHIE LOVE!

*100 Days of Green Smoothies: Simple Recipes For Weight Loss, Detox, & Better Health!*



Did you love the 7 Day Green Smoothie Challenge? Continue improving your health with my Amazon e-book, [100 Days of Green Smoothies: Simple Recipes for Weight Loss, Detox, & Better Health!](#)

Inside this book you'll find:

- 100 Green Smoothie Recipes
- Weekly Shopping Lists
- Health benefits of Green Smoothies
- Nutritional Benefits of Key Ingredients
- The "Green Smoothie Formula"
- The Best Blenders and Tools
- Super-Food Add-Ins
- Protein Add-Ins
- Much more
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