

**DRINK  
GREENS  
DAILY  
RECIPE**

We recommend drinking a green smoothie everyday for optimal athletic performance.



# THE BENEFITS

**Trainer Tip:** DRINK your GREENS smoothie first thing in the morning, before anything else, and you will never miss a day.

## 1. Increase Fruit and Vegetable Consumption

The American Cancer Society recommends that we eat 5-9 servings of fruits and vegetables each day to prevent cancer and other diseases. Green smoothies are a quick and convenient way to get your vegetables and dark, leafy greens without tasting them. The fruit masks the flavor, so even though all you taste is fruit, you are still consuming a healthy dose of spinach, kale, carrots, and any other vegetable you add.

## 2. Chlorophyll Rich

Green smoothies are rich with chlorophyll which some natural health experts say enhances the immune system, purifies the blood and rejuvenates the body. It is one of the many reasons why these delicious drinks are touted by experts as being an excellent source of energy for the human body.

## 3. Assists With Digestion

Unlike fruit juices, green smoothies use the whole fruits and vegetables so that you get all of the fiber and nutrition. Fiber is essential for good colon health and it keeps your bowels in working order. These smoothies naturally combat constipation and help promote regularity.

## 4. Promote Natural Weight Loss

Green smoothies are packed with the nutrition and are very low in calories. They contain the vitamins, minerals, healthy carbohydrates, fiber and low fat whole food that you need to lose weight quickly, safely and effectively without starving yourself. They are also low in sugars found naturally in fruit and fruit juices making them a healthier option than traditional fruit smoothies and natural juices.

## 5. Improve Mental Clarity

Leafy green vegetables are full of antioxidants and carotenoids, which boost your brainpower, and help protect your brain. They are also full of B-vitamins, which are proven to help your memory, focus, and overall brain health and function. They are also rich in folic acid, which improves mental clarity.



## 6. Clearer Skin

Clearer, radiant skin is an often-reported benefit to eating healthier. Smoothies are high in fiber and allow your body to eliminate toxins the right way instead of through your skin. The vitamin E found in green leafy vegetables works with vitamin C to keep skin healthy as you age.

## 7. Hydration

Drinking green smoothies is not only a great way to trick yourself into eating your vegetables, it is also an excellent way to ensure you get the water your body needs. One of the main reasons many people do not drink the recommended six to eight glasses of water daily is they simply don't like the taste of plain water. If that describes you, add more water to the mix as you prepare your smoothie. You'll be drinking more liquids without even noticing it.

## 8. Improves Mood

Green veggies contain lots of folic acid which is a natural antidepressant. The folate contained in greens helps fight memory loss and increases serotonin levels which results in improved moods.

### Source:

Hill, Denise. "When You Drink Green Smoothies Every Morning, These 8 Incredible Things Will Happen." Lifehack, Lifehack, 22 Aug. 2016, [www.lifehack.org/451688/when-you-drink-green-smoothies-every-morning-these-8-incredible-things-will-happen](http://www.lifehack.org/451688/when-you-drink-green-smoothies-every-morning-these-8-incredible-things-will-happen).

# THE RECIPE

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**Trainer Tip:** Make your smoothie fresh every morning. It only takes 5 - 10 minutes.

## Ingredients

- 1 Handful of Spinach
- 1 Handful of Kale
- 1 Stick of Celery
- 1 Banana or Apple
- 1 tsp Ginger Paste
- 2 Dates
- 1 tsp Peanut or Almond Butter
- 1 Cup Oat or Almond Milk

## Directions

Simply add all of your ingredients to the blender. Blend on high for 1-2 minutes or until there are no visible clumps. Pour contents into a large travel mixer and you are ready to start your day.

### Recommended Blender:

Ninja BL480 Nutri Ninja

[https://www.amazon.com/dp/B01N7Y3H73/ref=cm\\_sw\\_r\\_oth\\_api\\_i\\_7v.5Eb-NBP7SAB](https://www.amazon.com/dp/B01N7Y3H73/ref=cm_sw_r_oth_api_i_7v.5Eb-NBP7SAB)

