

# Welcome to the Green Smoothie Challenge!



Are you ready to feel like a whole new person in ten short days? This is exactly what has happened with many people. You may release up to 15 pounds, you'll feel revived, have a sense of clarity and you'll be motivated to make permanent changes!

## **So what is The Green Smoothie Challenge?**

It's a time for you to reset your body, clean out toxins and clear your mind. During the ten days, you'll drink green smoothies, eat fresh fruits and veggies and snack on raw nuts and seeds. If this is too big of a step, you may just add one green smoothie a day to replace a

meal. Some people just drink smoothies and water along with tea and choose not to eat any food. You can also make up some vegetable soup and blend it for a warm option in the winter time.

### **Your Day on the Challenge Might Look Like This:**

**6 am:** Arise and drink two glasses of water with a pinch of salt and fresh squeezed lemon juice.

**7 am:** Drink your first portion of smoothie, about 16 ounces followed by a glass of water if desired.

**8 am:** Drink a cup of green tea, herbal tea or broth.

**9 am:** Drink your second portion of smoothies, again, about 16 ounces followed by a glass of water if desired.

**11:00 am:** Have a big salad with colorful veggies, avocado and homemade salad dressing. Sprinkle some nuts or seeds on top if desired.

**1 pm:** Drink your third portion of green smoothie or

have a bowl of soup.

**3 pm:** Snack on guacamole with sliced veggies. Alternatively, enjoy Maria's Heavenly Chocolate Shake. You will find this recipe in Chapter Seven as well as Chapter Nine.

**5 pm:** Have some steamed vegetables or one of my warm, raw soups found in Chapter Seven or Nine. Alternatively, make another large salad with colorful veggies, avocado and dressing along with nuts and seeds as desired.

**7 pm:** Drink your last portion of green smoothie or have some strawberry ice cream. Try adding different fruits to it as well. My family loves peach ice cream!

**9 pm:** Drink some dandelion tea, pau d'arco or any tea or broth of your choosing. Add cinnamon to your tea if desired. Another great bedtime tea is Senna. It will help you to have a good elimination the following morning. Simply steep one or two teabags for twenty

minutes before enjoying. Feel free to add stevia to your tea. My preferred brand is SweetLeaf® Pure Stevia Concentrate liquid. This liquid is dark as opposed to the processed liquids which are clear. The darkness is a result of it being preserved in its natural state.

Stevia comes from a green leaf.

**9:30 pm:** Go to bed and get some good rest. Rest is essential for good health. Go to bed even earlier if you are able and especially if you feel tired. Listen to your body!

# How to Make a Green Smoothie

[www.thegreensmoothiechallenge.com](http://www.thegreensmoothiechallenge.com)

## Veggies



## Fruit



## Liquid



## Other



Start by adding your veggies such as leafy greens, celery, cucumbers, zucchini and some herbs if you like such as parsley, cilantro, garlic, ginger, or some lemon or lime. Add fruit such as berries, bananas, apples, pears, etc... and then choose a liquid such as water, nut milk, coconut water or coconut milk. You can add protein powder, flax/chia seeds and/or a greens powder. You can also add raw honey, coconut oil or bee pollen. Any combination is sure to please your palate.

# The Green Smoothie Challenge Recipes

Here are the same recipes I used to make the smoothies that enabled my husband to lose fifteen pounds in nine days! I included a tenth recipe for your tenth day as well. Simply follow one recipe per day which will yield a day's worth of smoothies for one adult.

## Peachy Keen Smoothie

1 apple

1/2 cup (5 ounces) frozen grapes, can use fresh ones too

1 cup (5 ounces) frozen peaches

1 cup (5 ounces) frozen strawberries

3 cups water

1 1/2 leaves Kale (4 ounces), destemmed

2 big handfuls spinach (4 ounces)

4 cups water

5 scoops stevia (I use the Pure Organic Stevia Leaf Extract

from Trader Joe's which has a tiny scooper in it, KAL brand is good and has a scooper too.)

2 Tablespoons flax or chia seeds

Place fruit in blender with water and blend. Pour mixture into a large container. Place veggies into blender with water and blend. Add this to the fruit mixture and mix it all up. Enjoy! Makes about 70 ounces total.

## **An Apple a Day Smoothie**

1 frozen banana (peeled before frozen!!)

1 apple

1 1/2 cups frozen strawberries

3 cups water

2 1/2 large curly kale leaves, destemmed (6 ounces)

2 packed cups baby salad greens (2.6 oz)

5 scoops stevia

5 cups water

2 Tablespoons flax or chia seeds

It is preferable to use a high power blender like a Blendtec. Place fruit in blender with water and blend. Pour mixture into a large container. Place veggies into blender with water and blend. Add this to the fruit mixture and mix it all up. Enjoy! Makes about 70 ounces total.

## **Banana Berry Blast Smoothie**

1 apple

1 banana

1 1/2 cups frozen mixed berries

2 large swiss chard leaves

2 handfuls spinach leaves

3 scoops stevia

2 Tablespoons flax or chia seeds



Place fruit in blender with water and blend. Pour mixture into a large container. Place veggies into blender with water and blend. Add this to the fruit mixture and mix it all up. Enjoy! Makes about 70 ounces total.

### **You're a Peach Smoothie**

1 head romaine lettuce

1 handful spinach leaves

1 handful frozen peaches

1 1/2 cups frozen mixed berries

7 scoops stevia

1 teaspoon vanilla 5 shakes Celtic salt

2 Tablespoons flax or chia seeds

4 – 5 cups water

Place fruit in blender with water and blend. Pour mixture into a large container. Place veggies into blender with water and blend. Add this to the fruit mixture and mix it all up. Enjoy! Makes about 70 ounces total.

### The Slurpy Smoothie

One day, I made a smoothie for Tobin, and my kids begged to try it—music to my ears. They loved it and said it tasted like a slurpy. Thus, the name.

8 leaves romaine lettuce 1 cup frozen peaches

1 1/2 cups frozen mixed berries

stevia to sweeten ( a little goes a long way!)

2 Tablespoons flax or chia seeds

4 cups water

Place fruit in blender with water and blend. Pour mixture into a large container. Place veggies into blender with wa-

ter and blend. Add this to the fruit mixture and mix it all up. Enjoy! Makes about 70 ounces total.

## **Almond Milk Elixir Smoothie**

20 ounces almond milk

Seeds from 1/2 of a pomegranate

1 1/2 cups frozen mangoes (6 ounces)

1 banana

1 cup frozen mixed berries (4.2 ounces)

2 large leaves curly kale (4.2 ounces)

2 heads of romaine hearts

2 Tablespoons flax or chia seeds

4 cups water

To make almond milk, soak 1 cup of raw almonds in pure water over night. Rinse and strain water off. Place in blender and fill blender with water. Blend for a while. Pour

milk through a produce bag (the produce dept. at your grocery store may carry these) or fine mesh strainer to remove the “pulp.” Alternatively, use store-bought organic almond milk.

Remove seeds from the pomegranate. Add other fruits and fill blender with water (about 3 cups). Blend. Pour into container. Add greens to blender and fill with water (about 4 or 5 cups). Blend and add to fruit mixture. Enjoy!

### **Tropical Sunshine Smoothie**

1 handful frozen pineapple chunks

1 frozen banana

1 1/2 cups frozen mango chunks

1 cup frozen mixed berries

3 cups water

2 handfuls spinach leaves

3 handfuls baby spring mix salad greens

4 cups water

2 Tablespoons flax or chia seeds

Place fruit in blender with water and blend. Pour mixture into a large container. Place veggies into blender with water and blend. Add this to the fruit mixture and mix it all up. Enjoy! Makes about 70 ounces total.

### **My Daily Fare Smoothie**

1 apple

1 frozen banana

1 1/2 cups mixed frozen berries

4 leaves kale

2 handfuls spinach

2 Tablespoons flax or chia seeds

Place fruit in blender with water and blend. Pour mixture

into a large container. Place veggies into blender with water and blend. Add this to the fruit mixture and mix it all up. Enjoy! Makes about 70 ounces total.

## **Berries, Mangoes and Pears, Oh My Smoothie**

1 pear

6 ounces mangoes

1 1/2 cups frozen strawberries

1 head romaine lettuce

2 Tablespoons flax or chia seeds

4 cups water

Place fruit in blender with water and blend. Pour mixture into a large container. Place veggies into blender with water and blend. Add this to the fruit mixture and mix it all up. Enjoy! Makes about 70 ounces total.

## Celebration Smoothie!

1/4 pomegranate

6 ounces mangoes

5 ounces pineapples

2 leaves kale

2 handfuls salad greens

4 cups water

Place fruit in blender with water and blend. Pour mixture into a large container. Place veggies into blender with water and blend. Add this to the fruit mixture and mix it all up. Enjoy! Makes about 70 ounces total.

If you would like to learn more about cleansing and get all the details, the journaling exercises, developing your all-important ‘Why’ to motivate you to make changes, and many more recipes than you find here, (including my

chocolate shake and strawberry ice cream recipes) you can purchase my book by clicking here > [The Green Smoothie Challenge Companion here.](#)

Do you want to super-charge your cleanse to turn your body into a fat-burning machine? I have a free \$50 gift card for you to try my raw, organic cleansing products that will super-charge your metabolism, prevent you from losing muscle mass and enhance your cleansing and weight loss experience. by a difference of up to ten pounds in ten days!

To receive your gift card to try these products, please email me at [maria@mariarippo.com](mailto:maria@mariarippo.com).

I also offer a ten day packaged cleanse with a 20 day fol-



low-up program so all the work is done for you!! This is available for a small investment of \$300!! You can even use your gift card towards this package:) People regularly release up to 35 pounds during this 30 day period of cleansing and rejuvenation.

If you'd like to have coaching during your ten days, and even for the three months afterwards I am making this available to anyone taking the Challenge. The investment for 10 days of coaching is \$400 and the investment for 3 months of follow-up coaching is \$1100.

Email [maria@mariarippo.com](mailto:maria@mariarippo.com) for details, to get your gift card and to get started!

Cheers!