

5 Best Smoothie Recipes for a High-Energy Lifestyle



*How to Use Your Blender
to Become Leaner, Stronger and Healthier*

Dane Findley

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Foreword

The Blender Lifestyle ~ Small Steps Lead to Fantastic Changes

by

Jim Harris, Nutritionist and Naturopath

I've practiced as a healthcare professional for over thirty years.

I become a better clinician each year by continuing to attend current nutritional seminars and by observing my clients and learning from my experiences with them. I add something new to my knowledge base every year; and because of this, I think and practice in different fashions than I did five years ago... or even last year.

In the earlier years of my career, I discovered that – even as an educated person – I still knew very little about what I should be eating for proper nutrition. I took many supplements but ate a terrible diet (without giving it much thought because it was what everyone else around me was doing).

I ate fast foods, processed foods and craved sweets. It was my own health crisis that inspired me to go back to my roots and hear my grandmother's words, "*We are what we eat.*"

As I studied nutrition, I began to make those changes in my eating habits. I learned that a **lifestyle shift** was required and it would take time to create new habits around snacks, meal preparations and even restaurant choices.

After being in clinical practice for a short period of time, it became apparent that most new clients presented themselves with certain common factors. Two of these factors were completely diet-related: eating highly “acid ash” foods and highly processed simple carbohydrates.

Stress and general toxic overload were almost always factors as well. Most people were overweight and had digestive issues they often didn’t even know they had.

Small steps can lead to fantastic changes. If those clients I referred to had read and followed the progression of easy steps laid out in Dane Findley’s *5 Best Smoothie Recipes for a High-Energy Lifestyle*, then my job with them would have been much easier.

Green smoothies provide healthy complex carbohydrates, vitamins, minerals, fiber and high quality fats required to lose weight safely. Junk food and sweet food cravings will slowly disappear. The foods in green smoothies are easily digested as the blender starts the digestive process with the mechanical breakdown of the foods. Most will notice increased energy and mental clarity. Another important factor is the increased consumption of vegetables through green smoothies, making it easier for your body to maintain a healthy pH balance.

Enjoy reading Dane’s Best Smoothies Recipes book and start to make these small changes towards better health, one step at a time!

Jim Harris began his career as a medical doctor in Canada. Later, as a graduate from the American Naturopathic Medical Institute, Jim recognized that our bodies have the innate capability for self-healing – especially when the correct information is supplied in combination with the proper food.

Introduction

Gettin' Your Green On

I wish I had known about green smoothies sooner.

As a youth I believed (like most everyone else) that breakfast was cold cereal. Or maybe – on a fancy day – it was eggs, oatmeal or toast.

Even just a decade ago, I didn't even know it was possible to infuse breakfast with vegetables (unless it was a Sunday-brunch situation: a single spinach leaf smothered under hollandaise sauce in a dish of Eggs Florentine, or maybe a smattering of diced "pizza style" vegetables – onions, tomatoes, bell pepper and mushrooms – in an omelette).

Today, for many busy adults, daily breakfast is often a high-calorie coffee drink from the drive-through cafe (sugar, anyone?) – and don't even get me started on lunch!

Now, at age 51, my breakfast (and sometimes lunch) is often in the form of a green smoothie. A green smoothie is a thick, blended drink that has the consistency of a milkshake, but is made from fresh, healthy ingredients – including (and this is key) vegetables.

These shakes are not always the color green – sometimes they are red or purple – but they always have at least one green ingredient.

Green smoothies have quality proteins, fats, and complex carbohydrates to power you through your day with sustained, high energy. They have an uncanny knack for making you stronger and – unlike cold cereal – they do not make you puffy or sleepy.

Green smoothies taste really good. They're kind of addictive. And they are, unquestionably, life-changing.

One or two green smoothies each day will possibly do wonders for your health, filling you with nutrients. What you might also experience as a result of daily green smoothies: loss of belly fat.

When I started drinking green smoothies, I wasn't trying to lose belly fat, or any weight at all. I just wanted to be healthier, stronger, and have more energy. I was thinking long-term. I wanted to get as many superfoods into my body as possible in order to feel fantastic and prevent illness.

But then, a funny thing started to happen. My waistline started to tighten.

Our bodies create surplus body fat from excess calories, yes; but I've also come to believe that the reason that fat is padded around the midsection is because our bodies are trying to protect vital organs from irritation. Visceral and subcutaneous belly fat becomes like a shield of armor – a ploy by the body to defend itself against bad influences. In some people, as the body becomes healthier the belly fat is dispersed or more evenly distributed. *Hooray!*

If you would like to experiment with a bit of green smoothie-making, I encourage you to go for it. However, I recommend that your emphasis be on improving your overall health (as opposed to just fat-loss). Having a primary intention of honoring your body will do more for you in the long run than merely focusing on the cosmetic changes.

Section 1



Essential Smoothie Tips

When Should I Have Green Smoothies?

To determine what times in the day are best to have green smoothies it will depend on your age, lifestyle, unique metabolism, and activity level.

For me, green smoothies are usually a *replacement* for a conventional meal (I often have one for breakfast and sometimes another for lunch – each a different recipe so that I receive a full spectrum of nutrients). At this particular period in my life, I generally like to have under 2,000 calories a day (except on heavy exercise days), and the smoothies I make tend to be very filling – yet are easily **under 400 calories each**.

Green smoothies can also replace snacks, or even *augment* meals (for example, active children often need an abundance of healthy calories in smaller servings, and green smoothies can be made-to-order).

An over-40 person tends to need less calories than a younger person, but it's important to stay away from generalizations and take things on a case-by-case basis. For example, a 50 year-old hobby athlete with a genetically high metabolism could need more calories than a 20-something with a genetically low metabolism and a full-time desk job. One of the best ways to know if green smoothies are for you – and when and how often you should have them – is to listen to what your body tells you.

Clear Eyes and a Tight Waist: Evidence-Based Lifestyle Improvements

I'll start off with the good news: losing even just two inches off of your waist can dramatically improve your overall health.

Now for the startling news: **the risk of dying increases about 25% for each additional four inches of waist size.**

I know, I know – it's shocking and scary, but there you have it.

At one point in my life, I had my waist to almost 36.5 inches. Currently, it's under 32 (I've been eating much more fresh produce over the last four years).

I have this theory, and it may sound strange to you: most of us are mildly allergic to many of the foods in the standard modern diet, but we don't know it. The more allergy-producing foods you eat, the more subcutaneous and visceral fat cells your body produces to pad and protect your vital organs from toxins. I have no proof of this. It's just something that I've come to understand over the years.

My personal belief is that there is a quick way to find out if you are sensitive to a particular food, by paying attention to two things:

#1 You Feel Discomfort: everybody gets a little gassy sometimes, but if you're seriously bloated and uncomfortably flatulent, then perhaps what you ate is something that your own body is challenged with processing (exception: if you're not used to eating fiber and then you start eating fiber, you'll get gassy, but that's usually just because you're body isn't used to fiber yet).

#2 Your Energy Level Drops: please, believe me when I tell you, that food is supposed to give you energy, not drain it! If you feel even a little tired and irritable after you eat something: receive that as a message from your body.



Most of us who have been eating the standard modern diet for years, are so used to feeling full-and-tired after we eat, that we don't even think anything about it. Full-and-tired is not the feeling you want to go for. And 30 minutes after you eat? Guess what: you *still* want to feel energized. Speaking personally, I think wheat and dairy are common culprits to the ample waistlines on adults (well, beside the obvious culprits – like sodas, fried foods, and alcohol).

A post-meal energy-drop might not be “food allergies,” but rather a *food sensitivity* or *intolerance*. A food allergy produces a specific immune response. A sensitivity produces a less violent reaction with a slower onset.

Food sensitivities to things like gluten or lactose have been part of the public consciousness for years now. There are many possible causes of these intolerances. They range from organic chemicals found in some vegetables, cheeses, and meats, to man-made preservatives, flavorings, or dyes.

Though diagnosis involving blood-testing and systematic elimination or rotation of certain foods can seem like a tedious undertaking, it may be necessary to optimize your diet.

In my case, I've found that when I listen to my body and avoid the foods that it doesn't metabolize easily and naturally, I feel more balanced and ready to take on new challenges.

Once you set sail on this journey toward increased understanding of what your body actually likes and doesn't like – and as you develop sharper “hearing” for what your body is trying to tell you – it actually gets easier. And, as you start feeling more vital and youthful, it gets more fun!

A New York Times article recently linked waist size with longevity. The article revealed details about a recent research study by epidemiologist Dr. Eric Jacobs, who tracked 48,500 men and 56,343 women, over the age of 50, from 1997 to 2006. The upshot of it is that it's important to your lifespan to have a tight waist. The larger your waist size, the more things can go wrong with your health.

I won't kid you: compared to a fast-food lifestyle, the blender lifestyle does require some organizational skills. But these skills can be developed.

Regular readers of our site [Life Quality Examiner](#) and [OverFiftyandFit.com](#) know that I am deeply interested in the art and science of improving personal productivity. I

truly believe that there is a connection between becoming better organized and improving our health. This is especially true when it comes to eating-for-strength. When we “fall off the wagon” with our food and lifestyle choices, it’s usually because we’re not fully prepared (in fact, this has been scientifically proven in research studies about the *Stages of Change* – more on this below).

In my own life, I tend to eat so much better when I pack my lunch and bring it to work (instead of going to a restaurant, market, sub shop, or burrito place during my lunch hour).

The consequence of eating better is *feeling* better.

But packing lunch requires preparation!

It requires having a list for the once-a-week visit to the grocery store. And it requires scheduling a set time to fix and pack the lunch before leaving the house in the morning. Even if you work from home, you still have to be organized in order to pull it off successfully.

Making green smoothies doesn’t have to be a labor-intensive task as long as you have the right preparation. They are fairly easy to make. I find that early in the morning – when I’m groggy and without my wits – is when I benefit from a smoothie most.

A good way to approach this is to do some preparation for your green smoothie beforehand. It’s far easier to spend some time preparing your green ingredients once a week.

Every week I head to the farmers’ market to buy a week’s worth of produce. I pick up all my dark leafy greens: spinach, kale, arugula, swiss chard, and sprouts (along with celery, cucumbers, fruits, etc). I keep all the ingredients in washable produce bags.

Back in the kitchen, I wash the greens and put them in the salad spinner. Once dry, the greens are evenly placed into separate bags which are cable-tied.

Now, in anticipation of when I wake up, I've just simplified my steps: I pour one of the bags of "green leafys" into the blender, then add the extra ingredients – such as fruit, seeds or nuts, plant-protein powder, spices and ice. No thinking, no fuss, and best of all: no washing. I can start drinking my smoothie first thing in the morning and have a great start to the day.

I also encourage you to consult with your favorite holistically minded, integrative health professional. I believe everyone should have a prevention specialist – someone to help you find ongoing solutions for improving your health (not just waiting until a problem presents itself before taking action). I have a medical doctor who specializes in prevention and longevity; and I also have a nutritionist/naturopath who helps me fine-tune my diet and supplementation throughout the year.

I encourage you to always consult with your own medical doctor before making any significant changes in how you eat or how you exercise.

The 3 Levels of Smoothie-Making

Smoothie-making generally moves through three levels: *beginner*, *intermediate*, and *advanced*.

I encourage people who are new to green smoothies to *begin at the beginning*. One reason for this, is that it takes a little while for the palate to change.

If you're used to the acidic, salty and sweet tastes of the standard modern diet, then an advanced-level green smoothie is going to taste peculiar to you. It's better to start with a beginning-level recipe, which will taste more comforting and familiar (and that way you'll be more likely to stick with it).

I've learned that if people experience nutritional or menu changes too drastically and too quickly, then they see the changes as a "diet." Diets generally don't work. It has been relentlessly proven that most people gain back any weight they lost, and then some. Therefore, I don't believe in diets. I believe in *lifestyle changes*.



The thing about lifestyle changes is that they require letting go of some old habits, and adopting newer, healthier habits.

Forming new habits is not always as easy as it might sound, but evidence on the stages of permanent change – precontemplation, contemplation, preparation, action, and maintenance – reveal that if people move through the stages at a pace that is uniquely good for them, and, if in particular they don't skip the essential third stage (preparation), then their new lifestyle habits will often stick!

Therefore, I encourage you to take a more methodical approach to smoothie-making and use the information in this book to help guide you through the levels of smoothie-making at a pace that is good for you.

4 Smoothie Tips for Beginners

#1 The first rule of smoothie-making is to **cover your blades with liquid first**. That means that your first ingredient when making a smoothie is always a liquid, which you pour into the blender until the blades are covered (in most blenders, that means a couple of inches of liquid at the bottom of the blender).

With a good blender you can minimize liquid. To keep your smoothie from being too watered down, only add enough liquid base to cover those blades, and then a little more liquid on top of all your ingredients at the end (once you've blended it, you can always then add more liquids to find the consistency and taste you enjoy).

Here are some ideas for the “liquid base” of your green smoothie:

- almond milk
- green tea

- hemp milk
- water
- pomegranate juice
- coconut milk or coconut water

#2 The second rule of smoothie-making is that you must understand that, eventually, you're going to need an excellent blender.

There are a few companies that make the blenders that smoothie aficionados enjoy. These are the blenders that can turn almost anything into the consistency of a milkshake, with no chunks of anything remaining. The motors are powerful and usually under warranty, so that you can blend ice, seeds, nuts, vegetables – you name it – for many years, without burning out the motor.

If you have one of those \$40 blenders from the box stores, well, that's fine to start out with. But just realize that as you become more experienced in smoothie-making, you'll eventually become desirous of an advanced-level blender.

#3 The third rule of smoothie-making is to realize that your taste buds are going to change. What that means, in a practical way, is that in the beginning you'll want more fruit (and less vegetables) in your smoothies. Generally, you want the simple, sweet recipes to start with.

Later, however, **your palate will evolve** and you'll start to crave the sustained "high" you get from a smoothie that has *less* fruits and **more vegetables**. You start craving the buzz! This generally happens at the intermediate and advanced levels,

when the smoothies get very... green. I suggest, however, not rushing this process. Spend as much time at the beginning level as you need to, with the understanding that when you move up to the next level, your health will turn up a notch too.

#4 The fourth rule is: always start your blender at the lowest speed, then increase speed gradually. This stops the larger chunks of frozen fruits and vegetables from overworking or jamming your motor.

Finally, though I wouldn't call this a "rule," I do suggest that you get in the habit of *chewing* your smoothies as you drink them.

I'm not a big fan of gulping down a big smoothie in under 30-seconds. It just feels strange to me to hit the body with 300 or more calories in such a short amount of time. By chewing a bit before drinking, you activate a process of digestive enzymes that aids the body in getting the most from your food.

The recipes section of this book contain beginning-level recipes that utilize simpler ingredients. I realize that a single mom of four children who works outside of the home full-time may not be able to make it to her local farmers market every week, so these recipes include fewer ingredients and frozen items in order to save time.

Smoothie Tips for Intermediates

At the intermediate level of smoothie-making, you will come to realize two things:

#1 Lemons and limes give most green-smoothies an excellent tang that makes drinking them a delicious experience. Therefore, see if you can find somewhere in your town that sells bags of lemons and limes (preferably organic and, when possible, locally grown). Keep your refrigerator stocked with lemons and limes at all times, if you can.

#2 Start a little patio garden of tiny pots of all kinds of mints, microgreen sprouts, and basil (if you're lucky enough to have an actual yard and enough free time, you can start a real garden; but for the rest of us, even a sunny windowsill is enough).

The final ingredient you'll toss into your blender when making an intermediate-level smoothie is usually a sprig of mint, spearmint, apple mint, or chocolate mint (there are so many varieties!) and some sprouts, too.

Live, green foods will heal, nourish, and strengthen your body, and add terrific flavor to your smoothies. Hopefully, you can find lemons, limes, and small potted mints and microgreens at your local farmers market or health food store. If not, you might try the online resource LocalHarvest.org, which many people have found helpful.

Of course, if you find the maintenance associated with a windowsill garden off-putting, or if you just want to take things one step at a time, ready-to-use organic mint leaves, basil leaves, and microgreens can all be found at other markets and specialty stores as well. Sure, a little patio or windowsill garden is not very time-consuming (and

you can't beat the value), but we all have unique temperaments, and schedules, so I'm happy to report that there are alternatives.

The key point here is to encourage yourself, over time, to go greener in your smoothies. Remember, you don't taste the vegetables in the smoothies at all, except as accent flavors that give the drink an appetizing edge. It's all about the ratios of ingredients, and discovering what vegetables complement what fruits, so that the fruit becomes the predominant flavor but without becoming overly sweet.



In a way, all green smoothies are taking on the same fight – battling off the everyday toxins from daily environmental pollution, or



processed and packaged foods.

Armed with antioxidants, chlorophyll, and fiber, a daily green smoothie can be a powerful weapon in the fight against premature aging.

Advanced Smoothie-Making Tips

This section applies to recipes on forthcoming pages.

Remember when you first started out making smoothies? It took more time then.

Now, you move more swiftly and effortlessly. A smoothie takes less time to make and you enjoy the process even more. Also, frankly, **your addiction to sugar is probably losing its grip**, and you feel naturally inclined to include more vegetables (and less fruits) into your smoothies.

At the advanced level of smoothie-making, you're becoming an expert at tossing things into the blender. You have probably developed confidence, a zest for adventure, and a willingness to experiment with more ingredients and flavors.

At this point, I encourage to create your own recipes!

You might have to make a few "so-so" smoothies in the beginning while you get the hang of it, but the advantage to doing it this way is that you really *learn*. The process of trial and error teaches you to think about smoothies in terms of protein, fat, and complex carbohydrates, because you want to find ingredients you like for each of the three ("macros") nutritional categories.

I'll talk with you more about advanced-level smoothie-making in the final section of this book.

Getting the Best Protein into Your Green Smoothie

Protein is a funny thing. Most people are less active than they think they are, and therefore need less protein than they think they do.

On the other hand, for hobby athletes who exercise strenuously and often, ample protein intake is an important part of recovery.

Adding quality protein to your smoothie is an easy way to strengthen and nourish your body (protein is needed in virtually every part of our body; our bones, skin, muscle – you name it – all need protein).

Excess protein creates inflammation (and some people also believe that excess protein converts to glucose), so it's important not to have too much. On the other hand, our bodies don't store protein the same way as they store fat, so it's important that we consume quality protein, daily, as part of a healthy diet. The more physically active you are on a given day, the more important it is to pay attention to your intake of protein – and a smoothie can be a great way to top-off your daily dose.

One option is to add a protein powder. This can be made from whey from pasture-raised cows, or it can be made from hemp and other plant-based proteins. You can even make your own powder by putting flaxseeds and into a spice or coffee-bean grinder or by pre-soaking chia seeds in the liquid base of your green smoothie.

When you've chosen a powder (I usually prefer unsweetened soy-free plant-based mixes), try adding a teaspoon or two to the blender on days that you exercise.

Generally, your smoothie's taste will not be affected by the powder at all. Hemp powder can be a bit bitter on its own, but the fruits in your smoothie will render the hemp's taste invisible.

Your second protein option is nuts and seeds, which can enhance the taste and texture of your smoothie.

Next time you're in the store, pick out some of your favorite raw nuts and add them to your recipe. Once you've mastered that, you may want to try seeds. Try to purchase the raw kind as they have a richness that is lost in the pasteurization or roasting process. My favorite are chia seeds and sprouted raw pumpkin seeds. My personal inclination is to avoid peanuts (in my opinion, not all nuts are created equal; some are more inclined to contain molds). I also like raw pecans, almonds, cashews and macadamia.

Nuts and seeds can be a valuable source of protein. For instance, just one ounce of raw pecans contains 2.6 grams of protein. Over time, as you become more experienced and adventurous in your smoothie-making, you might find that you get the most out of your nuts and seeds when you soak-and-sprout them – an increasingly common practice among smoothie aficionados.

My understanding of the main reason to soak your nuts and seeds is because they contain enzyme inhibitors. These enzyme inhibitors are intended to protect the nut until it has the right conditions to grow. Your body likes enzymes, and isn't crazy about enzyme inhibitors, so we can soak our nuts and seeds to reduce the inhibitors (phytic acid) – which allows for better digestion.

Not all nuts sprout; shelled pecans and walnuts don't and neither do some chemically-pasteurized almonds.

Soaking or sprouting nuts and seeds is for advanced-level smoothie making only. There is a way to do it safely, and when you graduate to the advanced level I encourage you to do further research first.

Bonus Tips

When making smoothies, you learn many tips and tricks along the way to get the most out of your blender. As blending is most likely a daily activity, it doesn't take long to discover what works best for you. Within a few weeks, you'll have invented many of your own tricks! In the meantime, here are some handy tips to help you improve the taste and quality of your smoothies:

Love your ingredients. Read up on your favorite fruits and vegetables so that you can know their unique benefits. As you become attuned to your body's needs, you'll be able to tell which ones to add – or combine – within your recipe. With a high quality blender (i.e. super strong motor), you'll be surprised at the kinds of ingredients that come out in a milkshake-like consistency.

You'll want ingredients that are high in the following:

- energy boosters
- vitamins
- strength enhancers
- fiber

- detoxifying qualities

A good blender loves ice. Before adding ice to the ingredients, blend what you have and do a taste test. Ice will water down your smoothie a bit, so tasting beforehand will give you a better idea of how much ice you'll really want. Once again, the better the blender, the more easily it deals with ice.

Use natural sugars only. A smoothie can be so sweet that it becomes a dessert. Using fruits can really satisfy your sweet tooth. You really won't need to sweeten your drink with honey or agave if you put the right amount of fruit in. However, too *much* fruit is not good for you either, so only add the *least* amount of fruit needed that will help make the smoothie pleasing to your taste buds.

Balance your pH. Many nutritional experts believe that it's ideal to keep your diet 80% alkaline and 20% acid. Most popular items found in the grocery store are *acidic*, but you can use your smoothie to help create pH balance by adding alkaline vegetables.

Alternatively, if you have a good balance of acid/alkaline in your diet you can make 20% of your smoothie out of acidic items (like strawberries) to stop yourself becoming too alkaline.

If making a pH-balanced smoothie sounds complicated, no need to worry! The experimentation aspect of smoothie-making is what makes it fun. By listening to how your body feels after each smoothie, you will eventually develop an intuitive sense of what ingredients and ratios are working best for your own unique chemistry.

How Many Calories are in a Green Smoothie?

The leafy green vegetables used in a green smoothie have a very low calorie-count and that means that green smoothies are typically low in calories. Just *how low* they are depends on the particular recipe.

It's generally believed that the body can process approximately 600 to 800 calories at a time, and that (unless you're running a marathon) when you exceed that amount the body then has to store some of that food energy as fat.

If we use that 600-calorie mark as a barometer, we can see that green smoothies – which are usually between 250 to 400 calories each – provide us with a nutrient rich meal, packed with dietary fiber, and low enough in calories to prevent an increase in body fat.



I suggest letting the purpose of the green smoothie determine the calorie count:

- Is the smoothie, a meal, or just a snack?
- Did you exercise yesterday? Do you have a workout scheduled for today?

How you answer these questions will determine what kind of green smoothie you make for yourself.

It's not a bad idea to keep an eye on your calorie consumption. Dr. Chris Mohr explains: "for every extra 100 calories a person eats each day, that adds up to 10 pounds at the end of a year. Just 100 calories! You know how *easy* that is?"

Of course, the reverse is also true: for every 100 calories less a person eats in a day, that's 10 pounds *less* body fat at the end of the year!



By looking at the caloric breakdown of some of the more common smoothie ingredients, you'll get a better sense of what ingredient or smoothie is right for you at that particular time. Here are some typical green smoothie ingredients and proportions, with their corresponding calories:

- 1/2 cup or more of raw kale ~ 16 cal
- 1 stalk of celery ~ 7 cal
- 1/8 cup of raw sprouted pumpkin seeds ~ 90 cal
- 1/2 cup pineapple ~ 45 cal
- 1 Tablespoon plant-based protein “powder” (optional for athletes) ~ 50 cal
- 1 teaspoon of coconut flour ~ 10 cal
- 1/2 teaspoon of bee pollen ~ 8 cal
- 3 dashes of ginger and 1 dash of turmeric ~ 2 cal
- 1 1/2 cups of frozen organic spinach ~ 38 cal
- 1 cup of raw vegetables
(e.g. chard, yellow bell pepper, parsley, cucumber) ~ approx. 25 cal
- 1 1/2 teaspoons of raw organic macadamia nut butter ~ 54 cal
- 14 small cubes of mango (about 1 1/2 cups) ~ 90 cal

Section 2

Recipes

Recipe #1: **The Red Robin**

Level: Beginner

This delectable smoothie is designed for the very beginner who, over the years, has become accustomed to the salty and sweet flavors of the standard modern diet. To help *ease* the beginner into the blender lifestyle, this first recipe has no green ingredients and is less alkalizing. (For me, as an advanced-level smoothie maker, this recipe is perhaps too sweet for breakfast or lunch, but I do enjoy it in place of dessert, as it makes a scrumptious milkshake and is much healthier than the standard modern dessert.) **Serves: 1 person**



- 2/3 cup pomegranate juice
- 1 frozen banana
- 5 frozen strawberries
- 1/2 Tablespoon raw macadamia nut butter
- 1/2 Tablespoon coconut flour
- 1 teaspoon high-quality, pure whey protein powder
- 1/2 teaspoon real vanilla extract
- 3 generous dashes of cinnamon
- 3 ice cubes
- 1 Tablespoon of water

**advanced variations:
vegans can substitute plant protein for whey protein.*



Recipe #2: **The Chai Choc-o-nut**

Level: Beginner

Serves 1 person.

This recipe begins to incorporate a bit of leafy greens, helping ease the beginner into increased green vegetable consumption. Tastes like a milkshake.

Delicious!

- 3/4 cup earl grey tea (cold)
- 1/4 cup rice milk
- 8 raw hazelnuts
- 1 light dash of cardamom
- 2/3 cup green chard
- 1 frozen banana
- 2 teaspoons raw chocolate cocoa powder
- 1 teaspoon coconut flour
- 1 Tablespoon of stevia-sweetened plant-based protein powder (soy-free)
- 1 teaspoon high-quality whey protein powder (optional)
- 4 ice cubes

Recipe #3: **The Blue Beauty**

Level: Beginner

The sweetness of blueberries and apple vary by region and harvest, so if you enjoy more sweetness, feel free to add just a bit of stevia or raw honey to this sporty and refreshing smoothie.

Serves: 1 person

- 1/2 cup water (for liquid)



base)

- juice of 1/2 fresh lemon
- 3/4 cup fresh cucumber chunks (peeled)
- 1/3 cup frozen broccoli
- 1 apple (cored, with skin)
- 1 cup frozen blueberries
- 1/4 cup raw pecans
- 1 prune
- 1 teaspoon stevia-sweetened plant protein powder
- 1 sprig of mint leaves or apple-mint leaves
- 1 very small chunk of peeled ginger root
- 4 ice cubes
- 1 Tablespoon water
(on top of ingredients, before blending, to prevent blender “freeze-ups”)

Recipe #4: **The Neon Lean-n-Green**

Level: Intermediate

Pre-soak the seeds in the liquid (in the blender) while you do other activities. This makes them easier to digest (no need to rinse the seeds, as they’re already sprouted). Even a 10-minute presoak is helpful.



Serves 1 person.

Soak in the blender; set aside:

- 2/3 cup water
- 1 teaspoon raw pumpkin seeds
- juice of 1/2 fresh lime

Later, add:

- 1 1/2 cups fresh spinach
- 1 cup frozen mango chunks
- 1/2 stalk of celery
- 1/2 cup fresh parsley
- 1 Tablespoon raw almond butter
- 1 Tablespoon of stevia-sweetened plant-based protein powder (soy-free)
- 3 ice cubes



Recipe #5: **The Green Tropicale**

Level: Intermediate

Pre-soak the seeds in the liquid (in the blender) while you do other activities.

This makes them easier to digest (I don't rinse chia seeds, because they're too small). Even a 10-minute presoak

is helpful. **Serves 1 person.**

Soak in the blender; set aside:

- 3/4 cup coconut milk
- 1/2 teaspoon chia seeds
- 3 raw brazil nuts
- 1 light dash of tumeric

Later, add:

- 1 1/2 cups fresh kale
- 1 cup pineapple chunks (fresh or frozen, not canned)
- 1/4 cup fresh cilantro
- 1 Tablespoon of stevia-sweetened plant-based protein powder (soy-free)
- 2 Tablespoons water
- 3 ice cubes

Section 3



Friendly Reminders

Green smoothies are more than just an efficient synthesis of nutrient-dense superfoods, they are the foundation of a lifestyle.

As I mentioned earlier, the progression from beginner to advanced smoothies is essentially a progression from more fruits and less vegetables, to **more vegetables** and *less* fruits. With these five recipes, you can begin at the beginning and progress as your palate changes...at your own unique pace:

- starting out, you might prefer to add a bit more fruit than what the recipe states
- later on, you'll limit your fruit to what the recipe recommends
- still later, you might toss in some extra veggies
- one day, you'll make a green smoothie simply out of what seasonal produce is in your refrigerator (for example, I've been known to throw in chunks of orange bell pepper, a small red tomato, and/or a small clump of arugula).

As you move through the process toward intermediate-level smoothie-making, you will find that the recipes become somewhat more intricate – and the ingredients a tad more exotic. Personally, I like to use organic ingredients whenever possible.

When you're ready to go to the advanced level, you might experiment with buying trays of live sprouts – such as radish and sunflower – and add a small handful into each smoothie, using the recipes provided here as a starting point.

By the way, sometimes when I need to make a big batch of smoothies – for 2 or more people – I *combine* recipes #2 (the Neon Lean-n-Green) and #3 (the Green Tropicale) into one mega-green smoothie. *Yum!*

Incidentally, to see how to freeze bananas, check out my [1-minute video](#) (and while you're there, you might as well subscribe to my channel so that you don't miss future helpful videos).

This recipe eBooklet is meant to be your companion as you gradually begin exploring the blender lifestyle. Reference the recipes as you need them; revisit them as your cravings change.

Ultimately, you will want to alter recipes often – and I encourage you to experiment. Think of these recipes as loose guidelines. If there's one thing I cannot stress enough, it's that we all have different needs which depend on a variety of factors.

Remain tuned-in to *your* specific circumstances ...and have fun with it! You'll be hard-pressed to find a more delicious way to add high energy into your body and clarity into your mind.

About Dane Findley

For the first 20 years of his career, Dane Findley was a professional fitness trainer.

Today, he is an international relocation specialist who – together with his partner David – helps people buy and sell [luxury lifestyle properties](#) in fair-weather climates. Many of Dane and David's clients are people overseas who want to add a Southern California or Hawaiian home to their real estate portfolio.

In his free time, Dane enjoys writing health articles and has over 200 published online. He also curates [OverFiftyandFit.com](#).

Dane is also a Pilates enthusiast who holds a masters degree in counseling depth psychology.

Move into Action

The key to filling your life with joy is to craft a lifestyle that matches your unique interests while also supporting your health.

The strategies revealed at [Life Quality Examiner](#) can prove extremely valuable as you set out to raise the standard of health, comfort, and happiness that you experience each day.