

# The BEST Green Smoothies

Super Fast & Healthy Detox Weight Loss



By Victoria Johnson



**\* BONUS \***

*The Best Tasting  
Green Smoothie  
Recipes on the  
Planet!*

# Healthy Green Smoothies

&

# Matcha Green Tea Powder

**Power Packed Nutrition In A Glass!**

**Helps Lose Belly Fat & Stops Bloating**

**Gives You Amazing Energy**

**Aids In Fast Fat Weight Loss**

**Powers Healthy Digestion**

**Improves Acne & Other Skin Problems**

**Ultra Phytonutrients Without Extra Calories**

**Stabilize Blood Sugar**

**Stops Cravings**

**Hair Becomes Silky and Beautiful**

## >> CONTENTS

INTRODUCTION .....	3
PURE JAPANESE MATCHA TEA POWDER BENEFITS .....	6
QUICK MATCHA TEA BENEFITS & HEALTH LIST .....	7
WHY CONSUME <i>BEST</i> JAPANESE MATCHA GREEN TEA POWDER! .....	8
GREEN SMOOTHIES .....	12
Staying Healthy with Yummy Green Smoothies .....	12
Precise Way to Prepare Healthy Green Smoothies .....	13
Ten Great Health Benefits of Green Smoothies .....	14
Six Reasons to Consume & Make Green Smoothies a part of Your Daily Diet .....	15
Green Smoothies – Nature’s Therapy For Natural Weight Loss .....	16
Green Smoothies – Ideal to Clear Acne .....	17
How to make your Green Smoothie tastes good? .....	22
Guidelines to Drinking Green Smoothies .....	23
How many servings of veggies do you eat per day? .....	25
A WEEK OF BEGINNER SMOOTHIE RECIPES! .....	26
Green Smoothie Recipes That Can Help You Lose Belly Fat and Drop Fat Weight .....	26

## FROM THE GREEN QUEEN

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*Hello My New Friend!*

Thank you for subscribing and ordering your Green Smoothie Ebook. I am a whole food eating green freak. I love organic natural food and I have been drinking green smoothies for Years. I started when I was obese and needed to detox my body. I went on to lose over sixty pounds and still drink them daily.

I make them a variety of ways and add many different nutritional ingredients, the most preferred and most potent is Matcha Green Tea Powder. I add one to two teaspoons powder 8 ounce serving. You can experiment and decide for yourself how much you wish to add. The best rejuvenating skin, overall health and wellness results appear in about the third month of use. As the Japanese teach, use and pass on as a legacy of longevity and great health, it is a lifelong bio-cell renewal and regenerating tea.

I have been personally using Matcha tea for three years and my skin, hair nails, performance and overall wellness is remarkable.

I have sustained energy all day, every day! I feel peaceful yet motivated achieve my goals. I have so much physical energy that my nickname has been the “Energizer Bunny” for over a decade and I still have it!

I have a fascination of the Asian culture, lifestyle and food. My love is Brazilian heritage; football (soccer), Jujitsu (came from the Japanese originally) festival dancer, sexy bodies, rainbow of color in fashion and makeup!

As a professional trainer for elite athletes, entertainers, models and high performance professionals, I am always on the lookout for anything that can give my stars in their field, the edge. You have no idea how excited I was to be introduced to Japanese Matcha Green Tea Powder. I had some given to me on a film set where I was doing a video game shoot. It had been a ten-hour day and

was getting tired. I had to do a physical scene and I wasn't sure I could remember the movement sequence, so I was very nervous.

One of the actors who were a martial arts film choreographer asked me if I wanted to try his secret weapon. I wasn't quite sure what he meant, but as desperate as I was to do my scene so I could go home, I said "[Hai](#)" That's yes in Japanese!!

He mixed up a cup of Matcha tea and asked me to sit quietly for a moment and just drink and meditate on my scene. I did exactly what he said, and within fifteen to twenty minutes, I felt like completely relaxed, yet energetic and surprisingly strong and refreshed.

I went back on the set and totally nailed my scene and every movement sequence flowed like I had been doing it all my life. I had never felt that much calm power before. Usually I will myself to do scenes when I am tired, not this time, I actually felt in total control. The director was very pleased!

From that day forward, I began my research study to find the best source to offer my clients and to take on the road with me.

I am fortunate to be able to travel and work with extremely talented individuals from every walk of life. They like to remain private with their behind the scenes training, nutrition and performance psychology. Like attracts like! I also am very private, that's why I don't really use a Facebook page. Most of my clients do not want their private training on display for the public. Plus there are several that have personal safety issues, so I am thrilled to be able to share this part of our "Performance Enhancer Arsenal" with you. It's a dichotomy, I love being in front of the cameras myself and I love training people with BIG goals, but I don't like being social. HA! It's great how I attracted clients who are exactly the same.

I found the perfect supplier for our Matcha tea. That's why we named it *Best Matcha Tea*. I'm sharing collected gems of information about green smoothies. As I stated earlier, I drink them every day, twice a day. I hope that you have

greater health, performance and become a Zen master of your own life, like the monks who created a tradition of using Matcha Tea to enhance their meditation.

This guide is a great place to begin your Green Smoothie and Matcha Tea Powder journey. May they bring you great health and wellness.

With Love & Success,

Victoria, Professional Trainer, Best Selling Author and International Speaker

Be Sure to Sign up for our free newsletter that offers cutting edge information and a discount coupon! <http://bestmatchatea.info/>

Best Matcha Pinterest

<https://www.pinterest.com/bestmatchat0179/>

## PURE JAPANESE MATCHA TEA POWDER BENEFITS

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### THE ULTIMATE SUPERFOOD~

- ✓ *Best* Matcha Green Tea Powder
- ✓ ORGANIC Energy Booster
- ✓ Improve Mood
- ✓ Perfect Brain Food
- ✓ Increase Memory, Focus & Concentration
- ✓ Improve Cognitive Functions
- ✓ Boost Performance for Gym, Work, Play, Sports, Cross Training, Yoga, MMA
- ✓ Enhance Studying & Learning
- ✓ Metabolism Boost
- ✓ Antioxidant Rich
- ✓ Detoxifier
- ✓ Uses: Make Tea
- ✓ Blend in Smoothies & Frozen Desserts
- ✓ Whip in Lattes
- ✓ Use in Baking
- ✓ Put on as a Facial Mask
- ✓ Rejuvenate Hair, Skin, Nails & Teeth

## QUICK MATCHA TEA BENEFITS & HEALTH LIST

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- Stimulates healthy digestion
- Natural way to detoxify your body
- Boosts metabolism and increases calorie burning
- Improves concentration and calmness
- Promotes concentration, focus and productivity
- Supports balanced blood sugar levels
- Provides a good steady state of energy four plus hours
- Supports a state of calm awareness and alertness
- Improves memory and cognitive function
- Provides cellular generation and protection
- Antioxidant-rich with catechins and EGCG for healthy longevity
- One cup of *Best* Organic Japanese Matcha Tea is equal to up to 7 – 10 cups of regular green tea





## WHY CONSUME *BEST* JAPANESE MATCHA GREEN TEA POWDER!

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- The best-kept secret of the ages! Pure super food for maximum performance in every area of your life.
- Japanese matcha green tea powder is the best new brain hack that helps improve memory and concentration.
- Great for working on tasks, projects, studying, test taking and all sports. increases endurance and stamina.
- A must for all athletes, whether you are an olympian, tri-athletes, footballer, tennis player, runner, bodybuilder, fitness, bikini athlete, model and all competitors.
- Non jittery like coffee. just steady energy that makes you feel really good. it's kind of a really cool "i got this" kind of power.
- Enhances your focus, concentration so that you can stick to it until it's done.
- Low calorie, good glycemic great for ketogenic and paleo diets.
- Silky smooth and rich in vital anti-oxidants for superior health!
- **Helps Burn Fat 4 Times Faster** - Matcha tea helps you burn calories and lose stubborn pounds. Studies have shown that if you include Matcha tea into your diet program, you can lose up to 25% more weight than those who don't drink it. It has zero side effects and doesn't affect your heart rate or blood pressure.
- **Boosts Fat Metabolism** - Matcha boosts fat metabolism: A study published in the American Journal of Clinical Nutrition in 1999 concluded: "Green tea has thermogenic properties and promotes fat oxidation beyond that explained by its caffeine content per se. The green tea extract may play a role in the control of body composition via sympathetic activation of thermogenesis, fat oxidation, or both."

- **Balances Blood Sugar** - Matcha balances blood sugar, decreases fasting blood glucose and decreases insulin spiking. Matcha tea also has a beneficial effect on the pancreas.
- **Detoxify the Liver**- Matcha helps detoxify the liver and purify the blood. With the help of its chlorophyll, it detoxifies the body and removes heavy metals and other dangerous substances. A way to help the body burn fat is by detoxifying the liver.
- **Anti-aging Properties** - Matcha's anti-aging benefits are connected with the abundance of the tea's antioxidants. Antioxidants fight off disease and protects against UV radiation, thus maintaining the skin's youthful appearance.
- **Reduces Inflammation** - Matcha tea reduces inflammation. Inflammation is called "The Silent Killer" by Time magazine and is at epidemic levels in the UK and the United States. There is a direct correlation between inflammation and obesity, and Matcha tea, which is abundant in polyphenols. Polyphenols reduce inflammation. EGCG, one of the most potent anti-inflammatory polyphenols found in nature, is found in abundance in Matcha green tea.
- **Improves Mood** - Matcha tea increases the secretion of dopamine and serotonin – these two neurotransmitters play an important role in stabilizing mood and preventing depression. When the body is relaxed, the mind becomes clearer and is capable of more efficient cognitive processing. Allowing for a greater state of happiness and joy.
- **Suppresses Appetite** - Matcha suppresses appetite. People who drink Matcha tea report less sugar and carb cravings, and their strong appetite become suppressed. Recent research has concluded that a combination of fiber, caffeine, green tea catechins and l-theanine could be responsible for decreasing carb and sugar cravings. This appetite suppression helps with weight loss and encourages healthier eating.

- **Improves immune System** - Matcha's antioxidants act as natural antibiotics and support the immune system. Furthermore, the tea is rich in potassium, vitamins A and C, iron and calcium, that all contribute to the body's defense system.

### **Best Japanese Matcha Green Tea Powder**

- **INCREASE MEMORY, FOCUS & CONCENTRATION** - The improved endurance from a serving of Matcha Green Tea can last up to 6 hours due to the effects of L-Theanine. L-theanine is an amino acid known to relax the mind and improve mood. For this reason, Matcha is also recognized as a natural healthy mood enhancer that makes you feel great. It is great for focus & staying in the zone. It's also wonderful for yoga, studying and doing tedious projects. It will revolutionize your prayer or meditation practice.
- **METABOLIC BOSTER: Helps Burn Calories-** Helps build lean mass and burn fat. Support your weight loss goals in all-natural organic way by increasing your body's metabolic rate. Matcha green tea contains the polyphenol EGCG, a thermogenic component thought to boost metabolism. Athletes and non-athletes love the way it enhances performance and skill concentration. There's no crash, addiction or negative side effects so you can use Matcha Tea as often and as long as you like.
- **SUSTAINED ENERGY, POWER & CONFIDENCE** -Boost your energy, vitality and sense of power and drive with the slow release natural energy from Organic Matcha. There is caffeine in Matcha, but it's released slowly into the bloodstream, making it milder on the stomach, aids with digestion, cleansing, and healing. This makes it more effective yet it's Jittery free.
- **LOWERS CHOLESTEROL** – Consistent Matcha Green Tea drinkers have lower levels of LDL (bad) cholesterol while at the same time increasing higher levels of HDL (good) cholesterol. You can use the powder any way

you like. Drink it as a tea, put it in capsules and keep in your school and gym bag, Put it in smoothies, make lattes, bake with it and put it in frozen yogurt if you want. Just get some today and eat it. Your brain and body will be so happy and healthy!

- **ORGANIC, NON GMO, GLUTTEN FREE & PESTICIDE FREE** -Matcha Tea organically grown and handpicked in its native land of Japan. This premier Matcha is made using the whole leaf in its natural form. No fillers, no additives. It is 100% organic and Natural just what your body deserves. The magnificent green color is pure, the texture is silky smooth and light in it's aroma. Matcha Green Tea is an example of the magic of nature, it's contains ten times more nutrients and 137 times more antioxidants than regular green tea.



## GREEN SMOOTHIES

### *Staying Healthy with Yummy Green Smoothies*

Eating green leafy vegetables along with fresh fruits is an essential demand of healthy body. Despite of knowing this factor most people still find it difficult to consume this type of food stuff because of the taste or may be because they don't have enough time to have them all. In such situation there is one best alternative to it – Green Smoothies. These are drinks made with fresh fruits and green vegetables that are blended proportionately in order to prepare healthy and tasty drinks. The immense amount of benefits offered by these drinks makes them perfect for people of all age group and even for those who suffer from medical issues.

Green smoothies are one of the finest choices that one can have for healthy diet. This is because the drink is made with only organic, fresh and natural ingredients that are being consumed on daily basis but in cooked form. This drink is made with raw yet delicious food items that can provide high nutritional content to body with ease. For this reason, these are even also known as 'health drinks'.

These drinks help in detoxification, are great for treating acne, can help individuals to reduce down excessive weight and are even useful in making them feel refreshed and healthy. From this point on as you read about green smoothies, keep in mind that you can add the Matcha Tea Powder to any and

every possible combination of fruits and vegetables according to your desire and taste buds. Matcha Tea Powder has a strong earthy flavor. So experiment and create your own perfect recipes.

Individuals can add different sorts of fruits and vegetables in their green smoothies according to their preferred taste. The only thing that they must consider is to add only 'green items'. Food stuff with high starch content or high calorific value or ripe must not be added in green smoothies. This is because they not only alter the taste of smoothie to bad but can even make it unfit for digestion or even consumption. So, in order to stay healthy and fine it is better to prepare simple and delicious green smoothies that can be consumed throughout the day.

### *Precise Way to Prepare Healthy Green Smoothies*

These days most preferred organic fast food is – Green Smoothies. These are quick to make, easily prepared and 100% organic. With high nutritional content possessed by these drinks, it is very easy to consume it and gets easily assimilated by human body. Only raw fruits and vegetables are used to prepare green smoothies. For this reason, the nutrition value supplied by them is exceedingly high. The raw state or pre-digested food allows the nutrients to be readily absorbed by individuals. In order to make healthy and tasty smoothies, it is essential for people to make use of simple, natural and healthy ingredients.

Keeping the ingredients simple and organic will help people to digest these smoothies with full ease. Even the body will be equipped to better assimilate and digest the food when proportionate amount of ingredients are used in making a smoothie. People must employ only 'green food' in their smoothies. One most common smoothie recipe is made with kale and spinach. Hemp is another green vegetable that can be added in these smoothies. In addition to these ingredients, individuals can even add their preferred fruits. Adding such fruits will not only enhance the overall flavor of green smoothies but will also increase the overall nutritional content of the finally prepared dish.

One vital thing to remember is that healthy green smoothies can be prepared only if sugar is not added to it. Moreover, other artificial flavors such as honey, additives and sweet supplements must not be added to smoothies in order to make them retain their original nutrition content. The finest way to incorporate green smoothies in regular dietary regimen is to consume them just after waking up, or during workout or in evening. Berries, plums, apples, tomatoes and cucumbers are other vital ingredients that can be added to these drinks. No matter which 'green food' is being added, just make sure to blend them in balanced manner

### *Ten Great Health Benefits of Green Smoothies*

Green smoothies are not only delicious drinks but are also excellently beneficial for health. Adding the superfood and Anti-Oxidant Rich Matcha Green Tea Powder, makes your Green Smoothie a powerful nutrition packed meal. The top ten benefits of these smoothies are as follow:

- ✓ They are exceedingly nutritious as they are made with 40% organic green ingredients and 60% of ripe fruit mix. There is no kind of artificial ingredients present in it thereby making it completely nutritious for all.
- ✓ Digesting these smoothies is very easy. The fruit and green cells get easily ruptured when they are blended together that makes it easy for body to absorb all essential nutrients from it.
- ✓ They are totally fiber rich food that helps in maintaining the digestive system of body.
- ✓ Green smoothies are perfect blend of fruit and vegetables. They are even very tempting to consume. So, it is possible for them to supply all vital ingredients required for healthy and fit body.
- ✓ This is great nutrient supplier for those people who do not consume too much of green leafy vegetables and fruits in their diet. By consuming one

to two cup of these smoothies every day, individuals can have totally fit and fine body.

- ✓ There are no added flavors or sugar in these drinks that makes them suitable to be consumed even by people who are suffering from any major or minor health disorder.
- ✓ The best thing about these smoothies is that they can be prepared by adding different fruits and vegetables according to one's preference. So, this avoids occurring of any food allergy that may happen due to any other drink item.
- ✓ These drinks also help in maintaining the cholesterol level within human body.
- ✓ These are refreshing drinks and make a person feel fresh and full of energy after consumption.
- ✓ Finally, green smoothies are great nutrients for kids of small ages and help them to gain strong internal health with ease.

The great health benefits offered by green smoothies along with excellent taste make them suitable drinks for every person.

### *Six Reasons to Consume & Make Green Smoothies a part of Your Daily Diet*

Green smoothies are healthy, tasty and nutritious, that almost everyone knows. There are but more other reasons that why it is considered vital to consume these tasty drinks on daily basis. So, if people are still deciding between having them or not then here are some reasons that will make them understand why it is better to have these drinks.

- **Fantastic Taste** – This is true! These smoothies are as tasty and tempting as smoothies and drinks made with other calorific ingredients. This is because using proportionate amount of vegetables and fruits generates a balanced taste level.



- Easy to Prepare – Fruits, vegetables and water! These are the only things that are required to make green smoothies. People can use their favorite vegetables and fruits and blend them together in balanced proportion in order to make a tasty yet healthy smoothie in minutes. If one wants it cold then even ice cubes or chilled water can be added.
- New Ingredients can be added – Every time a green smoothie is made it allows people to have the opportunity to add any additional flavor of their choice. Vanilla powder, cocoa powder, grated coconut, nibs and more such ingredients can be added to give it a new flavor every time.
- Rich in Fiber – No matter what fruits or leafy vegetables are being used all of them are excellently rich in fiber thereby making the finally prepared green smoothies enriched with high nutritional content. Fiber rich smoothies are not only useful in detoxification but also make body healthy from inside.
- Exceedingly Nutritious – They are real powerhouses of nutrition. Since, they are created with natural ingredients so they are healthy to drink.
- Inexpensive – Vegetables and fruits are available at cheap rates therefore the overall price of making these smoothies is very cheap.

These are fantastic reasons why it is essential to drink green smoothies. And don't forget to add 1 to 2 Teaspoons per 8 ounce serving.

### *Green Smoothies – Nature's Therapy For Natural Weight Loss*

Are you ready to throw that disgusting excessive weight from your body? As the best natural and nutritional way to it is now here – Green Smoothies! You must have heard about this naturally made drink but do you know that it can actually make you lose weight without diminishing vital nutrients from your body. Well this is actually true! Consuming green smoothies on daily basis can provide people the real freedom from excessive weight that makes them look ugly and imperfectly toned body.

Green smoothies are made with all natural ingredients such as green leafy vegetables, salads and fruits. These natural ingredients are high in nutritional content while extremely low in calorie. So, people who want to get slim body shape can consume these smoothies on regular basis. Even their meals like breakfast and dinner can be conveniently replaced with green smoothies in order to stay fit. Regular consumption of these drinks either twice or thrice a day in place of meals can not only make you lose weight but will also provide you with all vital nutrients that are required for healthy body.

There are various weight loss green smoothies' recipes available on the internet. These recipes are inclusive of vegetables and fruits that aid in weight loss. Such ingredients also help in burning excessive fat from body as well as provide essential nutrients that are otherwise lost due to regular dieting or hectic weight loss regimen. One vital tip that you could consider while preparing weight loss green smoothies recipes is to keep it simple. Individuals who want to make such drinks must make use of either distilled water or green tea; detox or plain tea and water in order to make sure that no calories are added. Moreover, only fresh fruits and vegetables must be used to prepare your weight loss smoothies. You will see more on this later when you get to the weight loss smoothie recipes.

## ACNE – SKIN HEALING

### *Green Smoothies – Ideal to Clear Acne*

Most acne treatments allow cleansing from surface level but truly clean skin appears when the skin is treated from deep inside. Like other body parts, even skin requires essential nutrients and nourishment in order to get deeply cleansed and healed. One very good natural way of treating acne is Green Smoothies. These are exceedingly beneficial for treating acne as they concentrate important nutrients in simple, digested form. This is great item for those who don't prefer consuming leafy vegetables, salads or ripe fruits. When such ingredients are

blended to form smoothies then they become more bio-available and easily supply vital nutrients to body.

There are even some excellent nutrients present in green smoothies that can help in clearing acne to fullest.

**Chlorophyll** – This is an excellent blood purifier that supports in eliminating toxins. It also helps in improving the metabolism rate of cells that enhances healing.

**Vitamin A** – This is again a potent nutrient that helps in rebuilding connective tissue. Nutrients supplied by fresh vegetables and ingredients are more effective than synthetic vitamin suppliers.

**Vitamin K** – This is excellent vitamin for improving the tone of skin and greatly helps in reducing marks and scars from skin that is usually left after acne.

**Sulfur** – Sulfur helps in detoxification and maintains the level of PH in body. It also fights inflammation and infections that may further lead to acne problems.

**Minerals** – Modern dietary regimens highly lack in this nutrient. Green smoothies are great way to secure such nutrients that aid in reducing any kind of deficiency that may occur or are already present in the body.

Green smoothies are very easy to prepare. They can be prepared in bulk and consumed twice or thrice a day. So, in order to totally get rid of acne, switch to this tasty and beneficiary method of treatment – Green Smoothies.

### *Making Detoxifying Green Smoothies for Perfect Health*

Life is full of toxic substances all around. From contaminated water to food to noxious chemicals in hygiene and cleaning items, toxins abound. It is but not necessary to make use of liquid fasts or cleansing products in order to restore personal health. Whole, fresh, ripe vegetables and fruits along with stress free and relaxed lifestyle can facilitate entire process of detoxification and cleansing.

One such way of detoxification in which large volume of whole fruits is used is drinking Green Smoothies. Made with rich quality, natural nutritional substances, these drinks can make you get rid of toxic substances from within the body with ease.

Green smoothies are made with organic fruits and vegetables. The fruits used in making it are rich in water and loaded with vital nutrients especially vitamin C that is main natural source to detoxification. In addition to this, the organic vegetables are rich in chlorophyll that is believed to purify blood and cleanse down entire body. Moreover, the green smoothies hold excellent fiber content and antioxidants that are again greatly helpful in detoxification. So, when the purifying power of fruits is combined with cleansing aid of green leafy vegetables then this results in making a rich smoothie that is perfect for detoxification.

There are various fruits and vegetables that can be specially added in green smoothies prepared for detoxification. Citrus fruits like lemon, oranges, limes, grapefruit and green vegetables like spinach, cucumber can be particularly added to make detoxifying green smoothies. Even ginger is a great detoxifying element that can be added to smoothies made for body cleansing purposes. If garlic suits you then it can be added to smoothie drink. In order to prepare perfect smoothie drink, it is better to avoid adding sugar or sugar powdered flavored foods. Adding your own personal healthy supplements, pure sugar free protein powders, fats, refined oil and other similar substances are okay if they suit your training, body type or preferences.

So, prepare light and healthy green smoothies for detoxification that can be consumed on daily basis. Be sure to drink water throughout the day to stay hydrated and keep your digestion moving freely.

### *Guidelines to Consuming Green Smoothies for Staying Fit*

Green smoothies are excellent health benefiting drinks that can be consumed on daily basis so as to restore fit health structure. Although, people can have these drinks at any time of day but there are certain guidelines that can be followed in order to undertake maximum benefit from these drinks. Some of these guidelines are as follows that can help you have a number of benefits from drinking green smoothies.

- Prepare green smoothies as the first thing to have in morning. More benefits can be gained through it if it is being consumed even before the breakfast. People can make bulk of smoothie at one time and drink a glass full in morning while have the remaining at other time of day.
- Slowly sipping the green smoothie can help individuals to digest it thoroughly. This will even reduce the chances of spilling and will make individuals get rid of problem of indigestion.
- It is better to make a simple smoothie. Don't add too many ingredients in it as they will not only make it difficult to digest but will also reduce the benefitting effect. Avoid adding large volumes of seeds, oils, nuts, supplements or other ingredients to green smoothies.
- If individuals suffer from problem of gas or irritation in digestive system then it is better to drink smoothies made with detoxification agents. Such smoothies hold large amount of citrus fruits while less volume of other organic materials.
- Another guideline to have more benefits from green smoothie is to consume it as it is and not as part of meal. Try drinking these smoothies at time breaks in afternoon or evening when hunger is at its peak. This will make people absorb more nutrients and will even help them to avoid putting on weight.

- Finally, it is better not to add starchy substances such as beets, carrots, zucchini, cabbage or more.

Following these simple guidelines can therefore make you have more advantages from green smoothies.

### *Type of Food to Consider While Making Green Smoothies*

Many distinct types of vegetables and fruits may be green in color but in reality they are not actually 'green items for smoothies'. The reason to this is simple as they are unripe. For instance, grapes, green apples, bananas, melons, pears, limes are some green yet unripe food stuff that are green in color and highly nutritious but are actually unfit for making green smoothies. This is because when these unripe ingredients are combined with other food elements they can become toxic and thereby unfit for consumption. It is therefore essential for individuals to clearly understand what kind of green food is fit for making healthy green smoothies.

There are three different categories to be considered – vegetables, fruits and greens. 'Greens' is mainly defined as flat leaves of vegetables or plants that are attached to the stem and that can be easily wrapped around with help of a finger with only very little exceptions like celery or cactus leaves. These items are categorized as totally different category of greens as they are highly nutritious and most importantly, can be combined with other food items without losing their nutritional value. For such reasons, it is always wise to make use of green food for preparing green smoothies that are free from toxic and greatly good for health.

Besides having high nutritional content, the green food holds excellent fiber content. The high fiber content slows down the level of sugar that can be absorbed from fruits. This is why such smoothies are considered beneficial for people suffering from diabetes or any other health disorder. Vegetables like beets, carrots, daikon radish, cabbage, cauliflower, squash peas, okra, green beans, eggplant and more hold high content of starch and therefore must not be

used for making green smoothies. Besides this, one can add tomatoes, bell peppers, celery, avocados, cucumbers, berries, plums, cherries, apples, grapefruit and other items to make tasty yet healthy green smoothies

### *How to make your Green Smoothie tastes good?*

We all have different taste buds. There are ways by which we can make our green smoothies taste good. You can make a blend of delicious fruits and vegetables and a myriad of spices and herbs to add flavor and extra nutrients. You may want to add more of ripened fruits in the beginning than just all green vegetables. As the individuals we get used to different flavors in our own way. So play with different fruits and vegetables and find your own way to make them delicious.

There are ways to add flavor to your green smoothie.

- Add peeled '*Lemon*' to the green smoothie to make it tangier. It can also act as a preserving agent to help it last longer in the fridge.
- '*Ginger*' can be added to the green smoothies prepared during winter. It helps in adding warmth to your body.
- Then there is '*Cinnamon*' which is used with apples to give the green smoothies a more delicious taste.
- Many prefer to add '*Vanilla*' or other sugar free spices in their smoothies to cut the taste of green leafy vegetables. Check them out on your next trip to the market.
- Then there are '*health fats*' like buttermilk, raw butter and avocado to make the green smoothie tastes good.
- Individuals can also replace the water with coconut milk '*cream*' or '*milk*'. It will make the green smoothie more smooth and delicious. You can also add your favorite sugar free protein powder. The list goes on forever. Make this a lifelong journey of experimenting. You will have dynamic health because of your new hobby.
- You can also use '*ice cubes*' to make chilled green smoothies.

As you get use to green smoothies you can always experiment with other ingredients. Adding flax seeds in the green smoothies will help in providing a rich source of fiber content to the body. Mix the different fruits and vegetables and enjoy the different flavors. Just stay open and committed to a green smoothie and Matcha Tea lifestyle.

### *Guidelines to Drinking Green Smoothies*

Through everyday blending, research, experience, these basic principles for green smoothie making and consuming. To help people receive the most benefits from drinking green smoothies and to avoid some typical mistakes, Victoria created the following guidelines:

- Prepare your green smoothie first thing in the morning in the amount that you usually consume in one day, one or two quarts (liters). Pour enough smoothie in a glass for your morning enjoyment and keep the rest in a refrigerator or another cold place.
- Sip your green smoothie slowly, mixing it with saliva. Sometimes I put my smoothie in a coffee mug with a lid and carry it with me to the car or to my office. That way I minimize a chance of spilling it and keep it private without distracting others.
- Don't add anything to your smoothie except greens, fruit and water. I don't recommend adding nuts, seeds, oils, supplements or other ingredients to your green smoothie. Most of these items slow down the assimilation of green smoothies in your digestive tract and may cause irritation and gas. Even though I provide recipes with more than basic ingredients in my books I encourage you to stick to the basic green smoothie recipe (fruit and greens) in your daily routine.
- Drink your smoothie by itself, and not as a part of a meal. Don't consume anything, even as little as a cracker or candy with it. You may eat anything you want approximately 30-40 minutes before or 30- 40 minutes after you



finished your smoothie. Your goal is to get the most nutritional benefit out of your green smoothie.

- When you first start, do not add starchy vegetables such as carrots, beets, broccoli stems, zucchini, cauliflower, cabbage, Brussels sprouts, eggplant, pumpkin, squash, okra, peas, corn, green beans, and others to your green smoothies. Starchy vegetables combine poorly with fruit and may produce what my children call “gas 4 less.”
- Don’t add too many ingredients into one smoothie, such as nine different fruits and a dozen different greens. Try to keep most of your recipes simple to maximize nutritional benefits and to keep it easy on your digestive system.
- Learn to prepare a really delicious green smoothie so that you are always looking forward to the next one. If your drink is not tasty, you will eventually discontinue consuming it. Keep your taste buds happy.
- Always rotate the green leaves that you add to your smoothies. Almost all greens in the world contain minute amounts of alkaloids. Tiny quantities of alkaloids cannot hurt you, and even strengthen the immune system. However, if you keep consuming kale, or spinach, or any other single green for many weeks without rotation, eventually the same type of alkaloids can accumulate in your body and cause unwanted symptoms of poisoning. Please note that you don’t have to rotate the fruit in your green smoothies.

Most commonly used fruit have very little or none of the alkaloids and cannot cause the same toxic reactions as greens. At the same time, rotating fruits will enhance the variety of flavor and nutrition in your smoothies.

- Choose organic produce whenever possible. The absence of pesticides and other toxic chemicals is only one of many benefits of organic food. The most important reason to consume organic food is the superior nutritional

of organic fruits and vegetables in comparison to conventionally grown produce. We have been discussing earlier, how deficient most people are.

The best way to nourish your body is to consume organic produce and whenever possible, locally grown. I consider it very important to get the fruit that was allowed to ripen on the vine because it is the best for nourishment. Tree-ripened fruit is several times more nutritious and when consumed shortly after picking retains significantly more nutrients.

Green Smoothies Are an Awesome Way to Get Your Vegetables and Fruits per Day

### *How many servings of veggies do you eat per day?*

For most people, the answer is “not enough.” According to the USDA, the average adult should eat 3 cups of veggies every day.

The easiest way to substantially increase your fruit and vegetable intake is to drink smoothies. And we’re not talking the sugar-packed, artificial junk that’s disguised as a “smoothie” at most fast food joints.

These are real smoothies with all natural ingredients (read: fruits and vegetables). Green smoothies, in particular, are nutrition powerhouses. Green leafy vegetables are among the healthiest, most nutrient-dense foods on the planet. And when you mix them up in the right proportion with a bit of fruit, you can’t even taste them! When I was overweight and trying to lose belly fat, I had no idea that drinking green smoothies would help, but they did! After the first two weeks, my pants started to get really loose around my stomach and my lower belly started to shrink. It was a fantastic side effect of getting healthy. How wonderful is it that healthy green smoothies can actually help you lose belly fat.

## A WEEK OF BEGINNER SMOOTHIE RECIPES!

The following green smoothie recipes are a great way to help you lose belly and they all jam-packed with vitamins, nutrients, and fiber. Drinking at least one of these smoothies every day is a simple way to add more fruits and veggies into your diet. They can help you lose weight, look better, and most importantly, feel better. For each of these, all you need is some fresh (or frozen) fruits and veggies (preferably organic), a little water or almond milk, ice, and a blender.

### Green Smoothie Recipes That Can Help You Lose Belly Fat and Drop Fat Weight

#### Strawberry Kale Power Smoothie -

##### Ingredients:

- 1 cup organic kale
- 2 cups organic strawberries
- 1 cup almond milk (no sugar added)
- 1 cup water
- Ice (if you're not using frozen fruit)

Serves 2. *Nutrition Information:* 87 calories, 2 g fat, 17 g carbs, 4 g fiber, 1.5 g protein, 104 mg sodium

#### Tropical Green Smoothie

##### Ingredients:

- 1 cup organic spinach
- 3/4 cup pineapple
- 1 banana
- 3/4 cup organic mango
- 3 cups water
- Ice (if you're not using frozen fruit)

Serves 2. *Nutrition Information:* 129 calories, 0 g fat, 32 g carbs, 3.5 g fiber, 1.5 g protein, 22 mg sodium

#### Green Apple Grape Smoothie

##### Ingredients:

- 1 cup organic Swiss chard
- 1 organic green apple
- 1 cup organic green grapes
- 3 cups water
- Ice (if you're not using frozen fruit)

Serves 2. *Nutrition Information:* 106 calories, 0 g fat, 26 g carbs, 2.5 g fiber, 1.5 g protein, 38 mg sodium

#### Strawberry Banana Green Smoothie

##### Ingredients:

- 1 cup frozen organic strawberries
- 1 banana
- 1 cup organic spinach
- 2 cups almond milk (unsweetened)
- Ice (if you're not using frozen fruit)

Serves 2. *Nutrition Information:* 210 calories, 0 g fat, 45 g carbs, 6.5 g fiber, 9 g protein, 40 mg sodium

### Berry Kale Flaxseed Smoothie

#### Ingredients:

- 1.5 cups organic kale
- 2 cups mixed organic berries
- 2 T flaxseed
- 3 cups water
- Ice (if you're not using frozen fruit)

Serves 2. *Nutrition Information:* 115 calories, 3 g fat, 22 g carbs, 7.5 g fiber, 3.5 g protein, 15 mg sodium

### Green Citrus Smoothie

#### Ingredients:

- 1 cup spinach
- 1 orange
- 1 grapefruit
- 1 T honey

- 3 cups water
- Ice (if you're not using frozen fruit)

Serves 2. *Nutrition Information:* 100 calories, 0 g fat, 25 g carbs, 2.5 g fiber, 2 g protein, 15 mg sodium

### Cherry Walnut Blueberry Smoothie

#### Ingredients:

- 1 cup organic kale
- 1 cup organic cherries
- 1 cup organic blueberries
- 1/4 cup raw walnuts
- 3 cups water
- Ice (if you're not using frozen fruit)

Serves 2. *Nutrition Information:* 199 calories, 9 g fat, 27 g carbs, 6 g fiber, 2 g protein, 15 mg sodium

This is just the beginning. Check out our Best Matcha Tea Pinterest Page for lots of more recipes! <https://www.pinterest.com/bestmatcha0179/>

Order yours today!

[http://www.amazon.com/gp/product/B013W3BTLA/ref=as\\_li\\_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B013W3BTLA&linkCode=as2&tag=victorishodys-20&linkId=OINFBJEDQJGYMGG5](http://www.amazon.com/gp/product/B013W3BTLA/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B013W3BTLA&linkCode=as2&tag=victorishodys-20&linkId=OINFBJEDQJGYMGG5)

# 19 Delicious Tasting Green Smoothies

Here are the best tasting smoothies on the planet featured on Buzzfeed you can try.

My favorite is number 1. The Coconut Clementine Green Smoothie.

Here is the link to get the recipes and find out why they are rated so good!

[https://www.buzzfeed.com/sallytamarkin/green-is-great?utm\\_term=.wsoWmmDRgO#.iqVNddPDL6](https://www.buzzfeed.com/sallytamarkin/green-is-great?utm_term=.wsoWmmDRgO#.iqVNddPDL6)

