

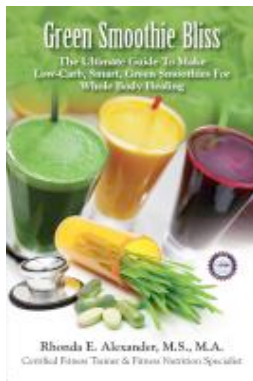
Green Smoothie Bliss

The Ultimate Guide To Make
Low-Carb, Smart, Green Smoothies For
Whole Body Healing



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Green Smoothie Bliss: The Ultimate Guide To Make Low-Carb, Smart, Green Smoothies For Whole Body Healing educates and assists the carb conscious in navigating the trendy world of green smoothies. Healthful, delicious recipes arranged in three stages (high-medium-low carb), the ingredient spotlight and the carb/calorie count sections make this reference book a must have for anyone who-like the author-is fighting to break the cycle of type 2 diabetes that plagues her entire family.

Green Smoothie Bliss

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Part of the *Live Younger, Longer and Prettier!™* series



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First Edition

Preface

Hello Green Smoothie lovers!

Are you ready to find your bliss? Your green smoothie bliss, that is ...

Thank you so much for allowing me to be a part of your wellness journey. Thank you for trusting me to share information I've learned along the way, through research, studying, experimentation and interviews, but mostly trial and error, as I discovered my own green smoothie bliss.

There's no shortage of information about making smoothies on the World Wide Web, but I noticed, a lot of the recipes don't disclose the carb content. The reason is most likely because the carb content is through the roof, in many cases. Some of the recipes I found during my research had over 100 carbs in one recipe, with no serving suggestions or precautions! That many carbs might send a diabetic to the hospital, if consumed all at once.

This guide started out with me looking for ways to enjoy fruity drinks, which have always been my weakness, in a healthier way. As a child, I loved a particular strawberry flavored milk drink, but as an adult, I found out the powder was nothing but sugar. When I checked the label, I found the delicious strawberry drink was a whopping 150 calories, in an 8-ounce serving (and let's be real, who drinks only 8-ounces of something delicious at one time?), 15 grams of carbs and zero nutrients.

By the time I reached my mid-thirties, my doctor had begun to talk to me about starting diabetic medication since my blood sugar level was high every time I went for a visit and my weight was getting out of control. My 5'3" frame was carrying over 180lbs of weight and all the exercising in the world was not making a lasting dent. When I refused

the diabetic meds, she gave me six months to get my weight under better control, which she thought would stabilize my blood sugar. Giving up those sugary drinks that I loved was the hardest habit to break. Because the cravings for my fruity drinks didn't go away, I turned to the Internet to find answers and began to learn about using fruits and vegetables to make *healthy* fruit drinks. That's when my journey to *Green Smoothie Bliss* began.

I started making green smoothies to get control of my health, but along the way, it's become much more. Not only have I created recipes that allow me to enjoy fruity drinks in a healthier way, the low-carb options actually taste better than the processed, sugary drinks I'd grown addicted to over the years.

A big bonus was that I lost 38 lbs with this one tweak in my lifestyle: cutting out sugary, store-bought drinks. Then I began to discover just how influential vegetables, fruits, herbs and spices could be to improving other areas of my health. I began experimenting even more with different recipes that targeted complaints I heard from friends, family members and even social media contacts. The pages of *Green Smoothie Bliss* soon filled up with recipes containing foods that were known to target complaints, such as low energy, inflammation, muscle soreness, insomnia, low sex-drive, bad skin, bloating and so much more.

That's why it's taken over 16 months to bring this book from conception to publication. I couldn't stop myself!

I decided to pursue my certification in personal training and fitness nutrition in an effort to construct healthful recipes using whole foods that were known to target health conditions that plagued so many people I knew and loved. As I learned more, I couldn't stop experimenting with recipes and I delighted in my findings that green smoothies can do so much more than help you lose water weight.

*Yes, I said it. **Water Weight.***

There are a lot of books out there claiming to detox you with green smoothies, promising you'll lose X amount of pounds in X amount of days, but come on folks. You're intelligent. You already know that if you stop eating solid foods for any amount of time, you will lose weight. You also know, and have maybe even experienced this for yourself, that the minute you stop the "smoothie diet/detox/flush" and begin reintroducing solid foods to your system, that weight is coming right back.

So I want to make it clear that this guide does NOT claim to help you lose weight by doing ALL green smoothies, ALL the time. No one can do that. I will claim that when you treat your body right by putting good food, with good nutrients, in it, your body will be good to you. The **best detox** is feeding your body well. That will ultimately help all the systems that are already in place (liver, kidneys, lymph nodes) for that purpose (to detox) do their job even better.

However, there is a right time to consume your smoothie to reduce the likelihood of it converting to stored calories the moment you consume it. Yep, there is a "guilt-free" time of the day to consume your green smoothies. Personal trainers may get upset with me for "spilling the tea," but oh well! There are still many more health secrets kept in the fitness community, so this is one they can just release because I'm giving it to you.

I also offer that watching the amount of carbs you put in your green smoothie will help you watch your weight. Since many people have an aversion to liquid vegetables -- at least I did when I first began making smoothies -- a gradual transition to a green smoothie that is low-carb, yet still very tasty will help you make smart, green smoothies too. The tips and short cuts I provide for you will make your transition very easy.

Part I

Introduction

Whether you want to release the “winter sludge,” or you want to transition to a healthier lifestyle, adding green smoothies to your regimen can improve your life if you’re willing to consider a few simple guidelines to help you make the most of your green smoothies.

1. There’s a right time to consume green smoothies that can maximize calorie usage
2. Green smoothies made with whole foods, herbs and spices are best for your health
3. Don’t be afraid to experiment and be open to new flavor combinations
4. Share high-carb recipes (more than 50 carbs) to continue to enjoy higher carb, green smoothies while you transition to low-carb, green smoothies

I’m sure you know someone who decided to incorporate green smoothies into their lifestyle thinking they would lose weight only to later have them report that not only have they not lost weight, they’ve actually **GAINED WEIGHT!**

How disappointing is that?

Many people think just because they are putting vegetables and fruits into their smoothies, it must be healthy. This must be the ticket to weight loss, and green smoothies are the answer they’ve been looking for. However, it’s very important to realize that there is a **SCIENCE** to making a nutritious smoothie that is delicious, simple and good for your health.

Smoothie maker beware – the higher the calories in the ingredients, the higher your caloric intake will be and if your mission is to release extra weight, you must be careful of every ingredient you add to these recipes.

As one of my doctors put it, “Fruit is nature’s candy and you have to be just as careful about the amount of fruit you consume as you do processed sugars like taffy and potato chips.”

How is Green Smoothie Bliss different?

While there are a lot of low-cost and free books out there with tons of recipes in them, I want to tell you exactly what makes this one *different*.

I have compiled these recipes so those who have little to no experience making healthy, green smoothies can begin to enjoy them without the trial and error you would endure trying to make recipes with foods you aren’t sure about mixing together.

I’ve also arranged them in order – high, medium and low-carb – for those with carb sensitivities to gradually and naturally adjust to the reduction of carbs in green smoothies and still enjoy them. The recipes here provide a healthy alternative to a sit down meal or snack that tastes great and satiates your appetite for two to four hours.

Make no mistake – you’re not supposed to use green smoothies as your only food source, by any means. The most I would encourage is to use green smoothies as two or three of the 10 servings of fruits and vegetables you should consume every day.

GSB starts out with recipes that have more ingredients in them, which masks the taste of the vegetables and makes them easier to tolerate for those who may initially find veggies such as, Swiss chard, kale and even spinach hard to swallow in liquid form.

Carb Requirements for Women and Men

Take note of the carb content and the calorie content – from the first recipe through the last – you will note that the calorie and carb content contains a high enough count to be considered a snack or a meal. If your goal is to lose weight, don't eat again until you're due for your next **meal** after you consume a smoothie that contains at least 45 carbs for women; for men, 60 carbs is allowed.

Exceptions to the Rule

There's one group of people who may require more than the normal amount of carbs per meal than the rest of us: Athletes. Especially right after a competition or a training session.

Athletes must immediately replace lost carbohydrates because they build glycogen (stored carbs), which is the storage fuel for muscles. After working out, muscles are able to store more glycogen than before working out. That storage of glycogen keeps athletes from becoming fatigued. Especially since they may be on diets that are lower in carbs as they prepare for competition and in many cases, much lower than they should actually be consuming.

To benefit from this principle, even if you aren't an athlete, consuming a higher carb smoothie, balanced with protein within 90-minutes of a rigorous workout allows your body to use up the extra carbs right away to replenish carbs during that time. This is only recommended if you're pushing your workout to the max. You'll also need to replenish 24-ounces of water per pound of weight lost during a workout as immediate "weight" lost during a workout is not fat, but fluid.

Best time to consume smoothies and enjoy “guilt-free” carbs

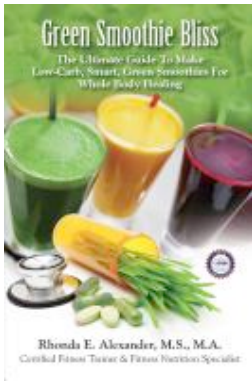
Keeping in mind, the “exceptions to the rule” principle above, the best time to enjoy a smoothie with a higher carb content is right after a hard workout. Prepare your ingredients before your workout, so you won’t lose time when you’re finished. Once you have finished your workout, pop your ingredients in the blender and enjoy. You’ll notice I didn’t suggest blending your ingredients and refrigerating the smoothie beforehand.

Pre-blending your smoothie is a personal choice. I don’t recommend it because, once the cell walls of the vegetables have been broken, the enzymes immediately begin to “die.” If the enzymes are dying for an hour or more, by the time you return to consume your smoothie, you’ve lost the opportunity to optimize the benefits of the nutrients. There’s no hard and fast scientific evidence as to how much of the enzymes are still viable, but I prefer not to guess. I know that if I blend just before I drink, the enzymes are at their peak of viability. This is why I recommend waiting to blend until you’re actually ready to drink. There are differing schools of opinion on this, but mine is to blend just before consumption.

Foundational Green Smoothie Weight Loss Jumpstart Formula

Yes, I know, a couple of sections ago, I shared my disdain for the popular green smoothie diets that claim to help you shed pounds. It’s true; the weight loss is normally temporary; and the weight lost is normally water weight that comes back as soon as you return to your regular diet. However, I do believe there is merit to what I refer to as a “foundational green smoothie weight loss jumpstart formula.”

Sounds unnecessarily complicated, I know, but hear me out. I offer, that if you use this formula, you actually *can* have lasting weight loss.



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