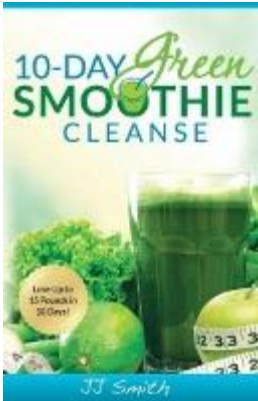


## 10-Day Green Smoothie Cleanse



This challenge uses JJ Smith's Book, 10 Day Green Smoothie Cleanse. There are two options for this challenge, please choose one:

- Full – 3 green smoothies, snacks, and water/tea for 10 days and light snacks or
- Modified – 2 green smoothies for breakfast and lunch, 1 healthy meal for dinner, and snacks and water/tea for 10 days

Below is a description of the food recommendations for the cleanse. There's much more information in the book and I highly recommend buying a copy but here's what you'll need for this challenge.

Use this page as a cheat sheet alongside the book. Send this page to friends, family, and anyone else who you want to understand what you're eating during this challenge.

[Get a copy of 10-Day Green Smoothie Cleanse](#) for a detailed explanation of why a green smoothie cleanse is good for you, green smoothie recipes for the 10-day cleanse, over 100 green smoothie recipes for after the cleanse, clean high protein recipes and more.

### The 10-Day Green Smoothie Cleanse

The Green Smoothie Cleanse is a 10-day detox/cleanse made up of green leafy veggies, fruit and water. It's important to detoxify the body and regularly remove toxins for overall improved health and wellness. Raw greens can heal the body. You will detoxify your body through elimination of certain foods for ten days and reprogram your taste buds to desire healthy, nutrient-rich foods. Thus, you will likely crave less sugar, salt and fat.

### Why Detox/Cleanse The Body?

There are many factors that contribute to weight gain, and one factor that is most overlooked by traditional diets is toxic overload. More simply put, people often have difficulty losing weight because their bodies are full of toxins. The more toxins you take in or get exposed to every day, the more toxins you store as fat cells in the body. Toxins stored in fat cells are difficult to get rid of through dieting alone. You must first detoxify the body. When the body is overloaded with toxins, the body transfers its energy away from burning calories and uses that energy to work harder to detoxify the body. In other words, the body does not have the energy to burn calories. However, when the body is efficiently detoxifying and getting rid of toxins, the energy can be used to burn fat. The following symptoms indicate the presence of excess toxins in the body: bloating, constipation, indigestion, low energy, fatigue/brain fog, depression, weight gain, chronic pain, infections, allergies, headaches, and gut/digestion problems.

### General Cleanse Information

#### Green Smoothies – Ingredients

- All ingredients are raw. Only use green leafy veggies, fruits and water in the green smoothies during the 10-day cleanse



- Use dark green leafy vegetables – greens include arugula, kale, spinach.
- Remove the stems for your greens for the best taste. Rotate your greens so you don't build up harmful amounts of alkaloids
- Green smoothies can contain 40% greens are a source of protein. If you feel you need additional protein because of a heavy workout, you can add protein powder to your smoothies. One scoop of protein powder per day to your green smoothie is recommended. With protein powder you will feel full longer and will help keep your metabolism high. Use a non-dairy, plant -based protein powder, such as rice, soy, or hemp protein, and not whey protein powder, which is made from cow's milk. JJ Smith's favorites are RAW Protein by Garden of Life, SunWarrior protein blend, Light's Acai Berry Blast Protein Energizer.
- Add fruits – e.g. apples, bananas, blueberries, grapes (seedless), mango, mixed berries, peaches, pineapple, strawberries. If you're diabetic or have candida, use only low-sugar fruits, monitor blood sugar. Get a doctor's permission before following the cleanse, this is a good idea for those with diabetes and those without. Go easy on fruits; don't overdo them
- Fruits and vegetables can be fresh or frozen. It is recommended that these be organic. Use ripe fruit – if it isn't ripe when you get it, allow it to get ripe before using it.
- Ground flaxseeds are included in most recipes
- Stevia is optional for most recipes as a plant based sweetener.
- Thoroughly wash fruit and vegetables using special cleansers from a health food store or vinegar, carefully scrubbing and rinsing
- Use filtered or alkaline water in your green smoothies. Alkaline water aids in detoxification, ph balancing the brain and body and in better hydration. Tap water is not recommended for use.
  - Dr. J's TIP: You can add ice if you want. If ice will be used, be sure to freeze filtered or alkaline water to make your ice. If you use tap water you will essentially be making your clean, detoxifying smoothies dirty with tap water ice.

### Green Smoothies – Instructions

- Each day you drink up to 60 ounces of green smoothies per day. Amount varied per recipe.
- Follow the recipes in the book, as these have been designed for detox and cleansing. Each recipe for the 10-day cleanse is for 3 servings – they make about 48 – 60 ounces of smoothie, which you will divide into 3 servings of. You may drink 1/3 of the recipe every 3-4 hours throughout the day . Dr. J's TIP: Start your day with your biggest smoothies, with a slightly smaller amount for lunch and the smallest amount for dinner. This way you get a lot to help jump start your day and don't have so much to drink before bed.
- Prepare your entire day's worth of green smoothies in the morning and pack it up to take with you. Keep the smoothies refrigerated as much as possible.
- Chew your smoothies as much as possible, to avoid gas and bloating
- If you don't feel like drinking the entire day's worth of smoothie, then drink at least two of them to ensure your body gets the proper nutrition. It's important to drink a green smoothie or snack every three to four hours to keep your metabolism revved up. You



will desire less food, but you still need to give your brain and body fuel (smoothie or snack) every three to four hours

- Blenders – Use a high-speed blender, around 1000 watts. These brands are mentioned: Vitamix, Blendtec and Nutibullet. If you're using a smaller blender, you may need to make the day's recipe in two - three batches.

### The Daily Experience

- Begin each morning by drinking a few glasses of water to replenish what was lost overnight. Follow with a cup of detox tea which will provide cleansing support for your liver and kidneys. Feel free to add stevia, a natural sweetener, to your detox tea to enhance the taste
- It is very important to drink a lot of water each day during the cleanse. Drink at least 8 glasses of water (64 ounces) per day as well as detox tea (e.g. Detox Tea by Triple Leaf and Yogi brands) or herbal teas (e.g. chamomile tea, peppermint tea, green tea, dandelion root tea, ginger tea, milk thistle tea, sarsaparilla tea, ginseng tea), as desired. Dr. J's TIP: Buy organic teas when possible to reduce toxic chemical that can be harmful, such as herbicides and pesticides.
- For the first few days, you will feel hungry and irritable. Snack until your body adjusts to less food. You can snack to get rid of the hunger. However, limit peanut or other nut butter and nuts and seeds intake when snacking.
- Typical detoxification symptoms include headaches, pains, nausea, cravings, fatigue, muscle aches, skin rashes, and irritability. If the detox symptoms are too strong, follow these guidelines:
  - Change the ratio of fruit to vegetables – start with 30% greens to 70% fruit and work your way up to more greens and less fruit over time
  - Hydrate – drink lots of water to help with the cleansing process
  - Ease gradually into the full cleanse – on your first day, have a green smoothie for breakfast and eat light, healthy meals for lunch and dinner (big salads). Remember to still avoid sugar, meats, dairy, etc. On your second day, have green smoothies for breakfast and lunch but a light healthy meal, such as a salad, for dinner. By the third day, you should be ready to resume with green smoothies all day. If not, just switch to the modified cleanse for the remainder of the cleanse period.

### **OPTION #1: The Full cleanse**

The full cleanse consists of three smoothies, snacks, and water/ tea for the entire ten days. This will provide the most health benefits and detoxification. Don't stay on the full cleanse for longer than 2 weeks straight.

### Foods to Include – Full Cleanse

- You may snack on apples, celery, carrots, cucumbers, and other crunchy veggies throughout the day
- Other high-protein snacks include unsweetened peanut butter, hard-boiled eggs, and raw or unsalted nuts and seeds (only a handful)



### Foods to Avoid – Full Cleanse

In your smoothies for the 10-day cleanse, do not include any starchy vegetables such as sweet potatoes, carrots, beets, or any other vegetable that are not leafy greens. Also avoid eating the following:

- Refined and processed foods
  - Refined sugar
  - Refined carbs – white bread, pastas, donuts, etc.
  - Processed foods
- Animal products
  - Meat
  - Dairy – milk, cheese, etc.
- Sugary and dehydrating beverages
  - Liquor, beer
  - Coffee
  - Sodas/ diet sodas
  - Juices
- Fried foods

### **OPTION #2: Modified cleanse**

The modified cleanse consists of two green smoothies (one for breakfast and one for lunch), with one healthy meal for dinner, snacks, and water/ tea. The modified cleanse was designed for people who are unwilling or unable to stick with the full cleanse for 10 days.

### Foods to Include – Modified Cleanse

- See Foods to Eat – Full Cleanse above
- Eat green smoothies for 2 meals each day, and have a healthy meal for one meal
- Suggestion is to have smoothies for breakfast and lunch and the healthy meal for dinner, but you can use any two meals for the green smoothies as long as you have one healthy meal per day
- Healthy meal for dinner:
  - The one healthy meal may consist of a salad, sautéed veggies, and fish or chicken (grilled or baked)
- Drink at least eight glasses of water (64 ounces) per day, and drink detox or herbal teas as desired. Drink the detox tea first thing every morning

### Foods to Avoid– Modified Cleanse

See Food to Avoid – Full Cleanse above

### **Breaking the cleanse**

- Resist the urge to go right back into eating whole foods right after the cleanse. Take at least 3 days to reintroduce whole foods. Salads are a good way to start. Continue drinking your smoothies and listen to your body to see what foods work well for you. In the first two days after the cleanse, drink a green smoothie for breakfast and have a salad or sautéed veggies for lunch and dinner. The goal is to eat very light. Going back to eating whole foods too quickly can make you feel bloated and nauseous. The third day after the cleanse, you



should be able to have one green smoothie for breakfast and light meals (salads and lean, healthy meats such as fish or chicken) for lunch and dinner. By the fourth day, you should be able to eat whole foods easily, but keep your meals light and healthy

- It's a good habit to always start your day with a green smoothie for breakfast to maintain healthful benefits. Even one green smoothie a day will put you on the road to better health. It will reawaken your metabolism and give you more energy.

### **Repeating or extending the cleanse**

JJ Smith doesn't recommend the full cleanse be longer than two weeks (14 days) straight. You don't want to run the risk of slowing your metabolism so it's important to take a break from the full cleanse and slowly re-introduce whole foods into your diet. A "break" means several (3-4) weeks. However, two green smoothies plus a high-protein meal per day is very healthy and can be done for life.

If you've been off the 10-day cleanse for a few weeks and now want to redo the full cleanse or do it for longer than 2 weeks, you have to deliberately add more protein into your diet and be sure to rotate or use different greens each week. By doing the full cleanse longer than 14 days, you run the risk of slowing your metabolism. Detoxing should not be used as an extreme diet; that is not the answer to long-term health goals.

### **How to continue healthy habits after the 10-day cleanse**

- Continue drinking one - two green smoothies a day and eat clean, high-protein meal(s).
- Other health tips
  - Eat a big salad daily, including dark green leafy vegetables and lots of colorful vegetables
  - Drink at least one green smoothie daily. You can add some protein, flaxseeds, spirulina, coconut oil, and bee pollen to it for an extra health boost
  - Choose nutrient-rich foods, not empty calories like junk food
  - Eat protein with every meal. Whenever you eat a carbohydrate, eat some protein with it – as a general guideline, the protein should be about half the amount of the carbohydrates in grams
  - Avoid sugar, salt, and trans fat
  - Limit red meat to 2-3 times a week
  - Eat at least 30 grams of fiber a day
  - Eat 4-5 times a day
  - Buy organic as much as possible
  - Drink lots of pure water
  - Drink green tea, instead of coffee
  - Don't give in to emotional hunger

