



# Wholesome Green Smoothie Guide

Simple • Delicious • Nutrient-Rich

Created by

## Eat Love Holistic



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Thank you for downloading your Green Smoothie Guide.

Smoothies are a simple and delicious way to bring more plants, fiber, and nourishing ingredients into your daily routine. With the right combination of leafy greens, fruits, healthy fats, and seeds, a smoothie can become a convenient addition to a balanced lifestyle.

Inside this guide, you'll discover six thoughtfully created smoothie recipes designed to inspire your wellness journey.

Enjoy, blend, and nourish your body one sip at a time.

Thank you for being part of the Eat Love Holistic community.

With wellness wishes,  
**Eat Love Holistic**

*Eat well. Love yourself. Live holistically.*



## The Benefits of Green Smoothies

### Why Add More Green Smoothies?



#### **Plant-Powered Nutrition**

Leafy greens provide important vitamins, minerals, and phytonutrients.



#### **Fiber Support**

Fruits, vegetables, seeds, and whole-food ingredients provide dietary fiber.



#### **Healthy Fats**

Ingredients like avocado, chia seeds, flaxseed, and hemp hearts add satisfying nutrients.



#### **Convenient Wellness**

Smoothies make it easy to enjoy a variety of nourishing ingredients in one glass.



## Classic Green Smoothie



### Ingredients

- 2 cups spinach
- 1 banana
- ½ green apple
- 1 tablespoon chia seeds
- 1 cup unsweetened almond milk

### Directions

Blend all ingredients until smooth and creamy. Add ice if desired.

### Nutrition (Approximate)

- Calories: 245
- Protein: 6 g
- Carbohydrates: 36 g
- Fiber: 10 g
- Fat: 8 g
- Natural Sugars: 18 g

### Highlights

- ✓ Fiber-rich
- ✓ Vitamin K source
- ✓ Vitamin C source
- ✓ Contains healthy fats

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## Gut-Loving Green Smoothie



### Ingredients

- 2 cups baby spinach
- ½ cucumber
- ½ avocado
- ½ green apple
- 1 tablespoon ground flaxseed
- Juice of ½ lemon
- 1 cup coconut water

### Directions

Blend until smooth and refreshing.

### Nutrition (Approximate)

- Calories: 285
- Protein: 5 g
- Carbohydrates: 25 g
- Fiber: 12 g
- Fat: 18 g
- Natural Sugars: 11 g

### Highlights

- ✓ High in fiber
- ✓ Contains healthy fats
- ✓ Refreshing and hydrating

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## Immune Support Green Smoothie



### Ingredients

- 2 cups kale
- 1 kiwi
- ½ orange
- ½ cup pineapple
- 1 teaspoon fresh ginger
- 1 cup filtered water

### Nutrition (Approximate)

- Calories: 165
- Protein: 4 g
- Carbohydrates: 38 g
- Fiber: 7 g
- Fat: 1 g
- Natural Sugars: 24 g

### Highlights

- ✓ Rich in vitamin C
- ✓ Antioxidant-rich ingredients
- ✓ Fresh and energizing



## Anti-Inflammatory Inspired Smoothie



### Golden Green Smoothie

#### Ingredients

- 2 cups spinach
- 1 cup frozen mango
- ½ banana
- ½ teaspoon turmeric
- Pinch of black pepper
- 1 tablespoon hemp hearts
- 1 cup unsweetened almond milk

#### Nutrition (Approximate)

- Calories: 245
- Protein: 7 g
- Carbohydrates: 34 g
- Fiber: 7 g
- Fat: 9 g
- Natural Sugars: 22 g

#### Highlights

- ✓ Contains turmeric and ginger-inspired ingredients
- ✓ Source of healthy fats
- ✓ Plant-powered nutrients



## Brain Power Green Smoothie



### Ingredients

- 2 cups spinach
- ½ cup blueberries
- ½ avocado
- 1 tablespoon walnuts
- 1 tablespoon ground flaxseed
- 1 cup unsweetened almond milk

### Approximate Nutrition

- Calories: **305**
- Protein: **6 g**
- Carbohydrates: **19 g**
- Fiber: **11 g**
- Total Fat: **24 g**
- Natural Sugars: **7 g**
- Vitamin E: Good source
- Potassium: Good source
- Healthy unsaturated fats from avocado, walnuts, and flaxseed



## Heart Healthy Green Smoothie



### Ingredients

- 2 cups baby spinach
- ½ green apple
- ½ cup strawberries
- 1 tablespoon chia seeds
- 1 tablespoon rolled oats
- 1 cup unsweetened oat milk

### Approximate Nutrition

- Calories: **230**
- Protein: **6 g**
- Total Fat: **8 g**
- Fibre: **9 g**
- Natural Sugars: **12 g**
- Vitamin C: High
- Iron: Good source
- Calcium: Good source (fortified oat milk)

### Helpful Tips

1. Add **Greek yogurt** or a scoop of protein powder if you'd like more protein.
2. For a lower-sugar smoothie, replace part of the fruit with extra cucumber or zucchini.
3. Add **hemp hearts**, **chia seeds**, or **ground flaxseed** for extra fiber and healthy fats.
4. Adjust the amount of liquid to make your smoothie thicker or thinner, depending on your preference.

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## Choose Your Greens

Here's a shortlist of 10 different green vegetables you can choose from. Feel free to pick a green veggie from the list if the one given in the recipe doesn't suit your taste buds.

**Kale:** Offers everything you want in a leafy green! It's an excellent source of vitamins A, C, and K. It has a good amount of calcium for a vegetable, and also supplies folate and potassium.

**Collards:** Similar in nutrition to kale but they have a heartier and chewier texture and a stronger cabbage-like taste. A half cup has 25 calories.

**Turnip greens:** Are more tender than other greens. This sharp-flavored leaf is low in calories yet loaded with vitamins A, C, and K as well as calcium.

**Swiss chard:** With red stems, stalks, and veins on its leaves, Swiss chard has a beet-like taste and soft texture. Both Swiss chard and spinach contain oxalates, which are slightly reduced by cooking and can bind to calcium, a concern for people prone to kidney stones. Chard contains 15 calories in one-half cup and is a good source of vitamins A and C.

**Spinach:** Has 20 calories per serving, plus it's packed with vitamins A and C, iron as well as folate.

**Mustard greens:** Have a similar nutrition profile to turnip leaves and collards. Mustard greens have scalloped edges and come in red and green varieties. They have a peppery taste.

**Broccoli:** With 25 calories a serving, broccoli is rich in vitamin C and is also a good source of vitamin A, potassium, and folate.

**Red and Green Leaf and Romaine Lettuce:** These lettuces are high in vitamin A and offer some folate. Leaf lettuces have a softer texture than romaine. Fans of Iceberg lettuce may go for romaine, a crispy green that's better for you.

**Cabbage:** Although paler in color than other leafy greens, this cruciferous vegetable is a great source of cancer-fighting compounds and vitamin C. One-half cup cooked has 15 calories.

**Iceberg Lettuce:** This bland-tasting head lettuce is mostly water. It is last on the list for its health benefits. It's not devoid of all nutrition, but it's pretty close.



## Wholesome Green Smoothie Guide

The ideal quantity of Green Smoothie is 4 glasses (1 litre) a day. Include 200 grams (7oz) of leafy greens and 150 to 300 grams (5 to 10 oz) of fruit plus 1 to 2 glasses of water. If this is too much for you to begin with, start with half this amount and gradually increase each day.

### Blending Instructions

Place your fruit into the blender with 1-2 cups of filtered water and blend for 25 seconds.

Add your leafy greens and blend until very smooth (30 seconds in a powerful blender and longer if your blender is not as powerful).

The recipes we are giving you for your green smoothies are just guidelines. You can choose to try the recipes provided each day, or use your favourite recipe for the entire challenge.

Bananas are a HUGE part of the Green Smoothie Challenge. Bananas have been vilified in the media. You either love bananas or hate them. If you don't like bananas choose from the banana substitute list below and swap them out for a different fruit.

### Banana Substitutes

Mango

Papaya

Pear

Fresh Dates

Avocado

The important thing is that you are using in 2-3 large handfuls of leafy greens and fruit and that you are enjoying the experience!