

jump-start your weight loss, increase your energy level,
clear your mind, and improve your overall health.

~~10 Day~~ GREEN SMOOTHIE CLEANSE



Smoothie Resource Sheet: Top Ingredients for Your Next Smoothie

In the ebook, we have already discussed a ton of different options for your next smoothie. We've looked at recipes that help you to lose weight, build muscle, protect your immune system, boost your brain and even fight stress!

But what if you want to freestyle it and make your own smoothie? The good news is that it's easy – you just need to make sure you know what to put in it. This list will help you out...

The Liquid

First you'll choose a liquid, which will determine how runny your drink is going to be. These have their own benefits too...

Water

Having water as your base is great for water soluble vitamins and also very important for hydration in general. It can also help you to produce more saliva and is great for watering down sugary fruits.

Juice

Choosing a juice liquid makes for a sweet and refreshing drink. It's also ideal for getting even more goodness in!

Milk

Milk has a ton of benefits. Whole milk might be calorific but it is high in the good kind of saturated fats and also aids with the digestion of other nutrients (fat soluble nutrients). Whole milk is high in protein and calcium too.

Ice

Ice is great for refreshing you and waking you up early in the morning. It also just so happens to be a handy thermogenic that increases calorie burn!

The Base

The base is what you're going to use to make your smoothie thick and creamy. It's thanks to your base that your smoothie is a smoothie and not a fruit drink!

Banana

Bananas are high in potassium of course, as well as being a good source of energy. Bananas also contain B6 and numerous other micronutrients. They go very nicely with strawberry.

Pear

Pears are nice if you want a less sweet smoothie and are high in vitamin C, K, B2, B3 and B6. The vitamin C content makes them great for stress busting/mood boosting smoothies as well as for general defence.

Mango

Mangos are, in a word, delicious. They are also great for lowering cholesterol, improving eye health and clearing the skin. They can also help to reduce the likelihood of cancer thanks to their antioxidant benefits!

Be careful though: mangos can easily overwhelm the flavour of a smoothie!

Peach

Peaches are another sweet and delicious choice for a smoothie base. They're high in calcium, potassium, magnesium and fiber. Getting lots of fiber will help to keep your blood pressure down, your bowels operating normally and your blood flowing smoothly!

A tip is to use tinned peaches and pears to save yourself time!

Yogurt

Yogurt is a good choice if you're looking for a creamy kind of smoothie. Yogurt's big advantage is that it is high in natural cultures of 'friendly bacteria'. These help your digestion by breaking down foods in your stomach and also produce various digestive enzymes and even some key micronutrients.

Peanut Butter

Peanut butter is going to make your smoothie a lot thicker and richer and also increase the calories. But what it does on the positive side is to provide you with a ton of protein which can help you build muscle. It's also a great source of healthy fats like omega 3 *and* an excellent way of getting some magnesium.

Avocado

One of the most popular choices right now, avocado is a healthy saturated fat that provides a steady release of energy throughout the day. If you're looking for a smoothie that will keep you full from breakfast until dinner, then avocado is an excellent place to start. It's also very high in omega 3 fatty acid, which improves testosterone levels, brain function and joint health!

Additional Fruits and Vegetables

There are more fruits and vegetables you can add too of course for a *ton* of additional health benefits...

Oranges

Packed with vitamin C and with a very sweet flavour!

Lemon

This is another source of vitamin D as well as being very refreshing and a useful choice for boosting digestion.

Pineapple

Speaking of digestion, pineapple contains bromelain which is a great benefit for breaking down foods. It's also good for your teeth!

Red Grapes

Red grapes are high in resveratrol – one of the best antioxidants in the world and also useful for enhancing energy levels in the cells.

Kiwi

Massively high in zinc, to boost brain plasticity, testosterone and your sense of smell!

Berries

Berries are superfoods that are packed with all kinds of great nutrients – particularly antioxidants!

Spinach

For a green smoothie, spinach is high in iron as well as ‘phytoecdysteroids’ which might boost muscle building and fat loss!

Kale

A very popular superfood right now, kale is high in vitamin A, K and C and is also very good for you in general thanks to a low sugar content!

Mint

Mint is not only a good choice for a refreshing start to the day but also a great way to increase your energy metabolism.

Carrots

High in all manner of vitamins and great for your eye health!

Apples

Apples are high in vitamin C, fiber and several other micronutrients. They also add a nice acidic flavour.

Strawberries

These go incredibly well in banana smoothies are also high in vitamin C and magnesium!

Extras

For added credit, consider:

Honey

A good natural sweetener that offers long-term energy benefits, as well as combating hangovers and improving sleep! Might also fight allergies...

Protein Shake

If you want to make your smoothie into a muscle building shake, just add in some whey. Protein is good for any weight loss diet, also.

Spices

You can add a range of spices such as cayenne pepper, cinnamon, curcumin etc. which will not only provide a nice kick to the flavour but also offer a lot of additional health benefits.

Garnishes

If you want to make your smoothie look the part, then why not add some garnish? This could be a herb leaf or it could be a few nuts!