

SMOOTHIEBOX

# 10 DAY GREEN SMOOTHIE CLEANSE

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## WHY DO A GREEN CLEANSE?

We all try our best to make healthy choices. Sometimes something happens to disrupt our healthy routines. Maybe it was a hard day at work, or stressful travel. We've all been there. When you are in the habit of unhealthy meals, it's so hard to choose healthy ones.

One of the best ways to eat healthier is to join a challenge or start a cleanse to flush toxins from your system and break through those annoying sugar or carb cravings. **Green smoothies are one of the best ways to do it** while giving you the creative freedom to customize flavors with the ingredients and toppings. The green smoothies in our 10 Day Green Smoothie Cleanse are easy to make, great for the whole family, and you can take them to go!

## The Benefits of SmoothieBox's 10 Day Green Smoothie Cleanse



BREAK UNHEALTHY  
HABITS



INCREASE YOUR  
ENERGY



SHARPEN YOUR  
FOCUS



HELP WITH WEIGHT  
LOSS GOALS



IMPROVE YOUR  
OVERALL HEALTH

## HOW TO MAKE YOUR SMOOTHIE MORE FILLING

The best way to make your smoothies more filling is to add protein. The most tasty and common protein sources to add into smoothies are nut butters, oats, seeds (chia, hemp, flax, pumpkin), greek yogurt, milk, and collagen. Head over to [The Blender](#) to learn more about how and why to add more protein to your smoothies.

## HEALTHY WAYS TO SWEETEN YOUR SMOOTHIES

Many people do not realize that natural ingredients can give smoothies a sweet taste without adding lots of sugar. Instead of reaching for the sugar or artificial sweeteners, try these three ways to sweeten your smoothie and keep it healthy, and find the full list on [The Blender](#).



Sweeten Your Smoothie with **Dried Fruit**



Sweeten Your Smoothie with **Natural Sweeteners**



Trick Your Tastebuds with **Flavor**

## BLENDING TIPS FOR THE PERFECT SMOOTHIE

While blending up a smoothie is a fairly simple task, on occasion, there may be some issues that cause a smoothie not to be mixed together as perfectly as you'd like. There are also a few tricks to making sure you get a smoothie at the perfect consistency, every time.

And so, we'd like to share some of our favorite learnings and smoothie tips from making smoothies pretty much every day for the last year or so. You can find the full list of tips and tricks on [The Blender](#).



### **Is your blender lacking “oomph?”**

Allow your frozen ingredients to soften for a few minutes prior to blending.

### **Is your smoothie not smooth and has a little “chew?”**

Blend your smoothie for a full 60 seconds. (I count 1 Mississippi, 2 Mississippi). You may think your smoothie is done blending, but in reality you only blended for 30 seconds. The full 60 will get you the smooth consistency you are looking for.

### **Is time not on your side?**

Prepare your smoothie the night before. If you blend your smoothie and store it in a double-walled, insulated container and put it in the refrigerator it will have the same consistency and great taste as if you blended it that morning.

# INDEX

**DAY 1 - 2** STRAWBERRY SPINACH SMOOTHIE

**DAY 3 - 4** DETOX SPINACH GREEN SMOOTHIE

**DAY 5 - 6** VANILLA GREEN SMOOTHIE

**DAY 7 - 8** KALE AND GINGER GREEN SMOOTHIE

**DAY 9 - 10** GINGER COLADA GREEN SMOOTHIE



## STRAWBERRY SPINACH SMOOTHIE

Serving: 1 glass

Calories: 286 kcal

Smoothies are an easy way to incorporate fruits and vegetables to your daily diet. It's also a great way to start your 10 Day Green Smoothie Cleanse Challenge. This Green Strawberry Smoothie recipe is vegan and packed with lots of nutritious ingredients.

### Ingredients

1 cup of unsweetened milk preferably almond milk or other milk forms of your choice  
1 cup whole frozen strawberries  
1/4 cup frozen pineapple chunks  
1 medium very ripe banana peeled, cut into small chunks and frozen  
1 tablespoon chia seeds  
3 cups packed spinach

### Directions

Mix all these ingredients in your high-speed blender and blend till smooth, then serve.



You can substitute the following recipe for Days 1-2 using SmoothieBox's Green Super Smoothie and a few simple ingredients:

## Ingredients

SmoothieBox Green Super Smoothie pouch

1 cup unsweetened nut milk of choice

1 cup whole frozen strawberries

One medium, very ripe banana peeled, cut into small chunks and frozen

## Directions

Mix all ingredients in your blender and blend until smooth.





## DETOX SPINACH GREEN SMOOTHIE

Serving: 1 glass

Calories: 163 kcal

Try this easy and delicious smoothie that takes just 2 minutes to prepare—it's vegan-friendly too.

### Ingredients

1 apple  
1 cup young spinach leaves  
2 bananas  
1 lime (or orange, lemon)

### Directions

Peel the apple and bananas, put in the blender, and then add in the spinach and squeeze in the lime. You can also use an orange or lemon. Blend till smooth, and then serve.



An easier way to enjoy The Detox Spinach Green Smoothie is to grab your Green Super Smoothie from SmoothieBox. Your body will benefit even more from the added ingredients in your Super Smoothie pouch!

## Ingredients

SmoothieBox Green Super Smoothie pouch

1 cup of water

Two bananas

One lime

## Directions

Add one cup of water to your blender, along with the Green Super Smoothie pouch and two peeled bananas and squeeze in the lime. Blend until smooth and serve.



## VANILLA GREEN SMOOTHIE

Serving: 1 glass

Calories: 314 kcal

You will enjoy this green smoothie with hints of vanilla and berry flavors; it's full of nourishing nutrients that boost your body's immunity. What a great immunity booster for the 5th day of your 10 Day Green Smoothie Cleanse?

### Ingredients

1/2 - 3/4 cup unsweetened vanilla almond milk  
1 tbsp flaxseed meal  
1 tbsp of natural, salted peanut butter  
2 cups fresh spinach  
1/2 cup mixed frozen berries  
1 frozen banana  
Ice cubes

### Directions

Blend all the ingredients for two minutes till everything mixes uniformly. Change things up and try out different fruit toppings.



If you haven't noticed yet, SmoothieBox takes on a lot of the prep work in your 10 Day Green Smoothie Cleanse. Grab your Green Super Smoothie pouch and enjoy our take on the Vanilla Green Smoothie.

## Ingredients

SmoothieBox Green Super Smoothie pouch

1 cup unsweetened almond milk

1 tbsp natural, salted peanut butter

1/2 cup frozen berries

1 frozen banana

## Directions

Add almond milk to your blender, along with peanut butter. Top with smoothie pouch, frozen berries, and frozen banana. Blend until smooth.



## KALE AND GINGER GREEN SMOOTHIE

Serving: 1 glass

Calories: 270 kcal

This smoothie is rich in fiber and antioxidants that help to cleanse your body of toxins. It's a good energy boost pre-workout, and you can have it any time of the day. This healthy recipe has a spicy and fruity taste, and it's delicious too.

### Ingredients

- 1 tbsp ginger
- 1/2 tbsp ground flax seeds
- 1/2 tbsp chia seeds
- 1/2 banana frozen works well
- 1/2 cup frozen pineapple
- 1 cup soy or almond milk
- 1/2 cup baby kale
- 3/4 cup ice cubes

### Directions

Blend the almond milk with the flaxseeds and chia seeds, followed by other ingredients, and finally finish off with the ice cubes.





Ready to cut your prep time for the Kale and Ginger Green Smoothie in half? Check out the Green Super Smoothie from SmoothieBox and follow the recipe.

## Ingredients

SmoothieBox Green Super Smoothie pouch

1 tbsp ginger

1/2 tbsp chia seeds

1/2 banana

1 cup almond milk

## Directions

Add all ingredients to a blender and blend until smooth.



## GINGER COLADA GREEN SMOOTHIE

Serving: 1 glass

Calories: 272 kcal

If you love citrusy, gingery, and coconut-infused beverages, this green smoothie recipe is for you. It's an easy and fun recipe that you will have fun making.

### Ingredients

- 2/3 cup unsweetened plain almond milk
- 1 tbsp fresh ginger
- 3 leaves of baby spinach
- 2 leaves of kale
- 1/2 lime juice
- 1/3 cup light coconut milk
- 1 tbsp flaxseed meal
- 1 tbsp raw hulled hemp seeds
- 1 tbsp agave nectar or maple syrup
- 1 1/2 cups chopped frozen pineapple
- 1 small ripe frozen banana

### Directions

Blend all ingredients to a smooth consistency, and if necessary, add water till you achieve your desired thickness. Serve and enjoy.



You can substitute the following recipe for your final last two days using SmoothieBox's Green Super Smoothie and these ingredients:

## Ingredients

SmoothieBox Green Super Smoothie pouch

1 tbsp ginger

Juice from half of one lime

1/2 cup frozen pineapple

1 small frozen banana

1 tbsp agave nectar

2/3 cup almond milk

1/3 cup light coconut milk

## Directions

Mix all ingredients in your blender and blend until smooth.



## SHARE YOUR SMOOTHIE

Join the smoothie party with us and our friends!  
We love seeing your smoothie creations and  
swag, so make sure you tag us using:  
**@smoothiebox + #smoothiebox**



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Have an issue or just want to say hello?  
Drop us a note at [hello@smoothiebox.com](mailto:hello@smoothiebox.com)