



The 5 Best Green Smoothies for Weight loss and Joy

By Christine Campbell, CHC, AADP

Beautiful you,

I'm Christine Campbell, health, happiness and life coach and founder of www.glamorouslyhealthy.com, an inspiring life transformation site with an abundance of natural nutrition, positive mindset and healthy lifestyle resources to enlighten, awaken and motivate you to live a life of health, happiness and success.

For a decade I worked as a designer in the crazy, fast paced world of fashion design. During that time health was a challenge for me. I was stressed out, tired, exhausted and always on the go. It was hard to eat well, take time for myself, hit the gym regularly and spend quality time with friends and family. I was so busy!! I was also much heavier than I am now due to the lifestyle I was living. Point is, I was miserable. Finally I decided enough was enough and decided a big paycheck was not worth being unhealthy and unhappy. I retired from design. This is when I changed my life. I went back to school and graduated as a holistic health and lifestyle coach. I learned how to eat clean and manifest the life that I truly desired. I started taking care of ME first. My life is so much more enjoyable now! Maintaining my weight is simple, I am passionate and proud about what I do and I am finally an entrepreneur truly serving my purpose to make a difference in the lives of others. The transformation from not feeling good to feeling great is one I can now help others achieve.

Crazy as it might sound; Green smoothies ignited my own personal life transformation. They were my first nutritional step into taking care of my well-being. I started to feel so good physically which also resulted in a boost in my mental and emotional health! I had a lot of work to do to get to where I am today. Due to the loss of both my brother when I was 17, and my father 15 years later to heart disease, I was an emotional and psychological disaster with a whole bunch of deep-rooted issues. For way too many years "victim" was my middle name. I wasn't even aware of my symptoms until I chose to try new things, take risks and change. New experiences, relationships, and the desire to grow have an interesting way of bringing up your "stuff". This is exactly why we need to always be moving forward, learning new things, facing our fears and striving to be our best. Bring the stuff up, acknowledge it and then kiss it goodbye! We all deserve to live a life full of passion, love and happiness. I did, and you can too!!

My desire to never settle for an unsatisfactory life has taught me a great deal about survival, inner strength, personal responsibility, the power of the mind, the truth behind the law of attraction and the magic behind setting goals, visualization and consistently moving forward.

It is my absolute pleasure to share with you my own personal journey of transformation and gift you with the awareness of the Green Smoothie. They have had such a positive influence on me and I hope that they will with you as well. For whatever reason I was brought into your life, be it to inspire, motivate, enlighten or coach you, just know that you deserve to be happy and have a wonderful life and I am here to support you in creating that however I can.

If you want to learn more about me or my coaching programs you can do so by [clicking here](#). I would love to answer any questions you might have or hear your comments in regards to your Green Smoothie experience!

To Your Health, Happiness and Success,

Christine Campbell



In my early 20's before discovering clean, natural healthy eating...



Livin' Life Today Healthy, Happy and Sparkling!! I'm 36 now and I feel better than ever!

My First Green Smoothie Experience...

Ok, let's just get it out there. I thought drinking raw vegetables for breakfast was going to be disgusting too. I was quite skeptical the first time and found the combination of my new smoothie recipe really strange. But curiosity caught the cat and I really wanted to reap these "amazing benefits" I had heard about. At this point if drinking a glass of green gunk every morning was going to make me skinny, prevent sickness and turn back the clock I would do it! Goodness, I've tried everything else up to this point!

I blended up the bizarre mixture of fruits and strange veggies with fascination as it combined into a scary bright green concoction that *did not look very appetizing* to say the least. All I was thinking was "this is the weirdest thing I have ever made and I can't believe I'm about to drink it".

I poured a taster of the green goop into a glass, squished up my face, took a sip and was forced to chew a little...."definitely planty...kind of crunchy...a little sweet...extremely healthy! Overall, not bad!" I topped up my glass and sucked and crunched my way through my very first Green Smoothie and I felt really impressed with myself the whole time!!

Here is a tip; it's not supposed to be crunchy. This would call for a better blender like a vitamix, which I am obsessed with, or sometimes just a little less hard food and more liquid :).

[\(If you desire to get a Vitamix click here and through my affiliate code you can get free shipping in Canada and the USA. Yay! \)](#)

Since that moment I am sure I have enjoyed and praised myself 1000 times with a variety of Green Smoothies and even juices! It's such an incredible feeling when you know you're doing something good for yourself and your body...kind of like that feeling right after you finish a work-out!

I think everyone will have a similar experience the first time they make a Green Smoothie – enjoy the moment because it's like your first kiss. You will never forget it!

That being said here is a list of my five FAVORITE Green Smoothies along with a special treat. I have included as well five of the most powerful affirmations to help re-set your beliefs, amp up your courage and attract abundance into your life ~ anytime a negative thought enters your mind or you find yourself vocalizing negativity catch it quickly, cancel it, and replace it with a positive thought or affirmation. Believe me, it really works in shifting your mindset.

So here are the Green Smoothie Recipes! Have fun, enjoy and let the first stage of your beautiful life transformation begin :)

The 5 Best Green Smoothies for Weight loss and Joy

1. Lean Green Sexy machine

I love my body. I am fit, healthy and beautiful

This one is my absolute favorite! It's rare a day goes by that I don't indulge! It's great for after a workout if you add the protein boost!

- 🌿 1 small banana (frozen is best)
- 🌿 1 cup fresh pineapple
- 🌿 2 cups kale, chopped
- 🌿 4 to 6 oz hemp milk
- 🌿 1 cup ice
- 🌿 For a great protein boost add 1 scoop Vegan protein powder.

My favorite vegan protein powder is Vanilla Bean by Plantfusion.
Learn more about it here. <http://plantfusion.net/vanilla.html>

2. SkinnyLicious

I deserve the very best in my life

The SkinnyLicious Green Smoothie is a great choice for your daily regime. It has very little sugar, yet is tasty enough to truly enjoy! Try this one out first if you want the full Green Smoothie experience. This was my first recipe and I got the best results from drinking it twice daily until I reached my ideal weight. You can easily double or triple the recipe and drink it over 48 hours. You can also make a huge batch and freeze it! Once thawed drink within 24 hours.

- 🌿 2 -3 cups kale or romaine lettuce or spinach (chopped)
- 🌿 1 cup cucumber
- 🌿 1 cup celery
- 🌿 ¼ cup parsley
- 🌿 1 green apple
- 🌿 1 pear
- 🌿 Fresh squeezed juice from a half lemon
- 🌿 6 - 8 oz. filtered water
- 🌿 1 cup ice

3. Orange you glad your Green

Wealth is pouring into my life

Simply refreshing and delicious!! This makes an excellent fresh pressed juice as well!

- 🍃 1 large orange (peeled)
- 🍃 1 green apple (cored)
- 🍃 2 cups kale
- 🍃 Fresh squeezed juice of 1 lime (never use concentrate)
- 🍃 4 – 6 oz. filtered water
- 🍃 1 cup ice

4. Green Champion

I can change anything I want about myself or life any time I choose.

The ULTIMATE Green Smoothie for the courageous one. No fruit. All greens. Unless you want to ruin your first green smoothie experience I do not recommend you start with this one. Unless of course you are the “extremist” type that likes to test your limits - in that case go for it Rockstar.

I drink this one when I feel the need to detox or slim down quickly for an event. It's not the tastiest but it is the best for you and it works!!

- 🍃 1 cup Kale
- 🍃 1 cup Spinach
- 🍃 ½ a small cucumber
- 🍃 1 cup celery
- 🍃 ¼ cup parsley
- 🍃 Fresh squeezed juice of ½ a lemon
- 🍃 6 – 8 oz cold filtered water
- 🍃 1 cup ice

5. Berry Green

I am grateful and happy

Sweet, healthy and simply delicious! Another great Green Smoothie to add a scoop of vegan protein powder too! Enjoy!

- 🍃 1 cup frozen strawberries
- 🍃 2 cups spinach or kale
- 🍃 1 small banana (frozen is best)
- 🍃 4 - 6 oz. hemp milk
- 🍃 1 cup ice
- 🍃 Boost it? 1 scoop vanilla vegan protein powder such as Vanilla bean by plantfusion (yum).

I truly hope that Green Smoothies will become a part of your daily routine. They are SO good for you and will not only create immediate results in weight loss, improvements in your skin as well and increasing your energy they will also have incredible long term results such as reducing the signs of aging, reducing cravings and disease prevention. Get used to them, they are good for you.

Stay Connected!!

For inspiring and life changing tips on improving your health, happiness and wellness, recipes, fitness motivation, confidence building, natural beauty tips and a whole delicious list of other life perfecting goodies visit www.glamorouslyhealthy.com

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