



JJ VIRGIN

# GREEN SMOOTHIE GUIDE

**Energizing 7-Day Cleanse + 11 Tasty  
Green Shakes, Smoothies & Bowls**

JJVIRGIN.COM

# GREENSMOOTHIEGUIDE

## 7-DAYCLEANSE

Whether you're a veggie lover or stay as far away as possible from the salad bar, green smoothies and shakes are a fast, yummy way to eat your greens.

Paired with the 7-day cleanse, the recipes in this guide all make great meal replacements or workout fuel. The extra greens and protein are key to detoxifying your system.

That's why every recipe has a full serving of green vegetables, packed with fiber, vitamins, and minerals. And thanks to your choice of [All-In-One Protein Shake](#) or [Green Smoothie Cleanse](#), they'll give you the nutrition you need to stay energized and full for hours.

If you've got a picky kiddo or hard-to-please grown-up, you won't find a more painless way to sneak in veggies than all the delicious flavors in these recipes. Going green has never been easier!

Enjoy,  
*JJ*





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# THE JJ VIRGIN 7-DAY CLEANSE

Halfway through a week-long juice cleanse, a friend of mine remarked to me, “Well, I feel so terrible, I must be doing something right!”

I’ll let you in on a secret: if you’re doing a cleanse right, it should be misery-free. Terrible cravings, stomach upset, and fatigue are signs that you’re hurting yourself, not ridding your body of toxins!

## Why Most Cleanses Spell Trouble

The problem lies in the fact that most green smoothie cleanses include drinks that are primarily fruit juice. Sadly, by using only the juice, they eliminate the fiber and protein your body needs to detox.

What’s more, the resulting blood sugar roller coaster can crash your energy and mood, plus set you up for inflammation and weight gain. I don’t know about you, but that’s not what I’m looking for in a cleanse!

Time for a change...

*Detox Done Right!*

Below is the plan and recipes for a healthy 7-day cleanse that nurtures and detoxifies your body.

You'll notice a pattern: a detox smoothie every morning, made with Green Smoothie Cleanse powder – that way you always start the day with the protein, healthy fats, and fiber you need, plus an extra boost of greens.

Then you'll have one more detox smoothie as a meal replacement and one sensible, nutritious meal. You can have your second green smoothie for lunch or dinner – whichever is most convenient for you.

Feel free to switch the meals to different days. The goal is simply to have two detox smoothies and one sensible meal every day of your cleanse. (Click on meal titles for recipes!)

**DAY 1** 2 Detox Smoothies and [Cilantro Turkey Burgers with Chipotle Ketchup](#) with a side salad

**DAY 2** 2 Detox Smoothies and [Tangy Lime Shrimp & Avocado Wraps](#)

**DAY 3** 2 Detox Smoothies and [Vegetarian White Chili](#)

**DAY 4** 2 Detox Smoothies and [Turkey, Spinach, and Strawberry Wraps](#)

**DAY 5** 2 Detox Smoothies and [Grilled Salmon with Onion Marmalade Over Greens](#)

**DAY 6** 2 Detox Smoothies and [Flank Steak Bistro Chopped Salad](#)

**DAY 7** 2 Detox Smoothies and [Vietnamese Chicken and Cabbage Salad](#)

# STRAWBERRY DETOX SMOOTHIE



*This is  
the essential  
detox smoothie*

with all you need to cleanse  
and nourish your body. Bonus: it  
tastes great, unlike those other  
green drinks...

## MAKES 1 SERVING

- 1 scoop [JJ Virgin Green Smoothie Cleanse](#) powder
- 10 oz. unsweetened coconut or almond milk
- 1 cup frozen organic strawberries or mixed berries
- 2 tbsp coconut butter or coconut oil
- 1 tbsp chia seeds or 2 tsp [JJ Virgin's Extra Fiber](#)

Blend the ingredients together until smooth. Your smoothie can be thickened by adding ice cubes or thinned by adding cold water.



# GREEN CLEANSING SMOOTHIE

*Start your day  
off right!*

with a tasty green smoothie with healthy, detoxifying ingredients like turmeric, ginger, and coconut oil.

## MAKES 1 SERVING

2 scoops Vanilla or Chai [JJ Virgin All-In-One Protein Shake](#) powder  
1 cup fresh greens (kale leaves, baby spinach, or chard)  
1/2 small avocado  
10 oz. unsweetened coconut milk  
1 tbsp chia seeds  
1 tbsp coconut butter or coconut oil  
2 tsp grated fresh ginger  
1/4 tsp ground turmeric  
1/8 tsp ground cinnamon  
dash ground cayenne pepper  
4-5 ice cubes

Blend the ingredients together until smooth. (If you're using Paleo shake mix, ramp up the blender speed slowly to keep it creamy.)

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Enjoy!



# CHOCOLATE SUPERFOODS SHAKE

## MAKES 1 SERVING

- 2 scoops chocolate [JJ Virgin All-In-One Protein Shake](#) powder
- 10 oz. unsweetened almond milk
- 1/2 small avocado
- 1 cup fresh baby spinach or 1 scoop [JJ Virgin Green Smoothie Cleanse](#)
- 1 cup frozen mixed berries (look for blueberries, raspberries, or açai berries)
- 1 tbsp chia seeds
- 1 tbsp raw cacao powder
- 1 tsp grated fresh ginger

*Full of yummy nutritious superfoods!*

This protein shake is full of yummy, nutritious superfoods that can help you burn fat, fight disease, and slow aging.

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Blend the ingredients together until smooth. (If you're using Paleo shake mix, ramp up the blender speed slowly to keep it creamy.)

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Now that's what I call super!

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# INCREDIBLE HULK SMOOTHIE

## MAKES 1 SERVING

- 2 scoops chocolate [JJ Virgin All-In-One Protein Shake](#) powder
- 10 oz. unsweetened coconut milk
- 1/2 small avocado
- 1 cup fresh baby chard or spinach or 1 scoop [JJ Virgin Green Smoothie Cleanse](#)
- 1 cup frozen blackberries
- 1 tbsp chia seeds
- 1 tbsp lime juice



*This smoothie is dark green & powerful*

just like its namesake. (It's a lot more friendly, though...)

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Blend the ingredients together until smooth. (If you're using Paleo shake mix, ramp up the blender speed slowly to keep it creamy.)

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Mighty good!

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# BLUEBERRY-MINT SMOOTHIE BOWL

## MAKES 1 SERVING

2 scoops vanilla [JJ Virgin All-In-One Protein Shake](#) powder  
10 oz. unsweetened coconut milk  
1/2 small avocado  
1 cup fresh baby kale or 1 scoop [JJ Virgin Green Smoothie Cleanse](#)  
1/2 cup frozen blueberries  
1 tbsp chia seeds  
1 tbsp chopped fresh mint  
1/4 cup fresh blueberries  
2 tbsp shredded unsweetened coconut

*With plenty of protein,  
fruits & vegetables*

With plenty of protein, fruits and vegetables, and refreshing mint, this smoothie bowl not only tastes delicious, it's full of cleansing antioxidants that will make your whole body happy!

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Blend the shake powder, coconut milk, avocado, kale, frozen blueberries, chia seeds, and 2 teaspoons of the fresh mint together until smooth. (If you're using Paleo shake mix, ramp up the blender speed slowly to keep it creamy.)

Pour smoothie into bowl and top with fresh blueberries, shredded coconut, and remaining mint. Yum!

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# BUTTERNUT CHAI BEAUTY

## MAKES 1 SERVING

2 scoops [JJ Virgin Chai Plant-Based All-In-One Protein Shake](#) powder  
1/2 cup canned packed butternut squash or cooked, cubed butternut squash  
1 cup fresh kale leaves  
1 cup unsweetened coconut milk  
2 tbsp sunflower seed butter  
1 tsp real vanilla extract  
1/8 tsp ground nutmeg  
dash ground cinnamon  
4-5 ice cubes

*Autumn in a cup*

This yummy, filling protein shake is autumn in a cup. It's got the natural, buttery sweetness of butternut squash, plus spices from chai, cinnamon, and nutmeg.

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Blend the ingredients together until smooth.

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Beautiful!

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# MAKE YOUR SHAKE MORE FILLING BY ADDING EXTRA FIBER

JJ's Green Smoothie Cleanse and All-In-One Protein Shakes work hand-in-hand with Extra Fiber to keep you full, satisfied, and nourished for hours.

Fiber is an all-star when it comes to losing weight and keeping it off, and it also boosts your gut and heart health.



## GREEN APPLE CHAI SHAKE

### MAKES 1 SERVING

- 2 scoops [JJ Virgin Chai Plant-Based Protein Shake](#) powder
- 10 oz. unsweetened almond milk
- 1 cup peeled green apple chunks
- 1 cup mixed baby greens
- 2 tbsp cashew or almond butter
- 1 tbsp freshly ground flaxseed
- dash ground cinnamon
- 4-5 ice cubes

## *Exotic twist on flavors of Mom's apple pie*

This shake recipe is an exotic twist on the flavors of Mom's apple pie, with apples and chai spices, plus the power of greens, protein, and fiber.

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Blend the ingredients together until smooth.

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Delicious!

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# PEACH-BERRY GREEN SMOOTHIE BOWL

MAKES 1 SERVING

2 scoops [JJ Virgin Vanilla All-In-One Protein Shake](#) powder  
2 tsp [Extra Fiber](#)  
10 oz. unsweetened vanilla almond milk  
1/2 avocado  
1 cup baby spinach or 1 scoop [JJ Virgin Green Smoothie Cleanse](#)  
1/4 cup frozen strawberries  
1/4 cup frozen peach slices  
1 tsp real vanilla extract  
1/4 cup fresh strawberry slices  
1/4 cup fresh peach slices  
2 tbsp sliced almonds

## Summer in a bowl!

Peaches, strawberries, and greens come together in this tasty smoothie bowl recipe. It's like summer in a bowl, with the protein and fiber you need to feel great!

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Blend the shake powder, Extra Fiber, almond milk, avocado, spinach, frozen fruit, and vanilla together until smooth. (If you're using Paleo shake mix, ramp up the blender speed slowly to keep it creamy.)

Pour smoothie into bowl and top with fresh fruit and almond slices. Pretty and tasty!

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# CHOCOLATE RASPBERRY SHAKE

MAKES 1 SERVING

2 scoops [Chocolate JJ Virgin All-In-One Protein Shake](#) powder  
2 tsp [Extra Fiber](#)  
10 oz. unsweetened coconut milk  
1 cup frozen raspberries  
1 cup fresh baby chard or 1 scoop [JJ Virgin Green Smoothie Cleanse](#)  
1 tbsp cacao nibs  
2 tsp cacao powder

## Raspberries & Chocolate!

Enjoy this delicious protein shake with raspberries and plenty of chocolate. You'll never even notice the greens...

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Blend the ingredients together until smooth. (If you're using Paleo shake mix, ramp up the blender speed slowly to keep it creamy.)

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Delightful!

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# CHERRY ALMOND SHAKE



*Yummy!*

Not only do the flavors of cherries and almonds compliment each other beautifully, they're great sources of vitamins A and C, plus calcium.

## MAKES 1 SERVING

- 2 scoops [JJ Virgin Vanilla Plant-Based Protein Shake](#) powder
- 10 oz. unsweetened almond milk
- 1 cup frozen pitted cherries
- 1 cup baby kale
- 2 tbsp almond butter
- 1 tbsp freshly ground flaxseed
- 1/8 tsp almond extract
- 2 tbsp sliced almonds

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Blend the ingredients together until smooth. (If you're using Paleo shake mix, ramp up the blender speed slowly to keep it creamy.)

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Delicious!

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# ISLAND COCONUT GREEN SMOOTHIE

MAKES 1 SERVING

2 scoops [JJ Virgin Vanilla Plant-Based Protein Shake](#) powder

2 tsp [Extra Fiber](#)

10 oz. unsweetened coconut milk

1 cup mixed baby greens

2 tbsp coconut butter

2 tbsp shredded unsweetened coconut

1 tsp lime juice

1/8 tsp coconut extract (optional)

4-5 ice cubes



## Paper Umbrella Anyone?

There's plenty of coconut flavor in this refreshing green smoothie, not to mention all the healing, anti-inflammatory benefits of this island favorite.

Blend the ingredients together until smooth. (If you're using Paleo shake mix, ramp up the blender speed slowly to keep it creamy.)

Your shake can be thickened by adding ice cubes or thinned by adding cold water. The perfect drink for your next stay-cation...

# Detox Right

- yummy strawberry-vanilla flavor
- 18g of vegan-friendly protein per serving
- 14 whole fruits and vegetables, with 7 different types of greens

**NEW!**

- none of the 7 foods most likely to cause intolerances, including added sugars or artificial sweeteners





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**\$10**

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