



JJ VIRGIN

GREEN SMOOTHIE GUIDE

**11 TASTY GREEN SHAKE,
SMOOTHIE & BOWL
RECIPES**

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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 in the Detox Reboot Program, the recipes in this guide all make great meal replacements. The extra greens and protein are key to detoxifying your system.

And with the addition of Green Smoothie Cleanse, you'll get the complete 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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detox101

5 ESSENTIAL DO'S & DON'TS

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!

Detoxification should be an ongoing process, and it's easily jump-started with a cleanse. But there are plenty of myths out there about how to do it right. Let's set the record straight!



DO taste the rainbow.

A rainbow of fruits and veggies is a must when you're cleansing and detoxifying! The antioxidants and sulfur compounds in fresh produce help cleanse your body on a cellular level, as well as aiding in the healing and regeneration that prevent disease and the signs of aging.

The fiber in fruits and vegetables are also extra helpful for cleansing your gut. Think of them as the broom that will sweep out all the toxins that keep you from feeling your best...



DON'T drink the Kool-Aid.

More precisely, don't drink the juice that you'll find in most cleanses! Juicing removes all the blood-sugar balancing fiber from fruits and veggies and concentrates the sugars, sending your insulin levels (and mood!) on a roller coaster ride.

Juicing might temporarily help you shed some water weight. But in the end, it leaves you cranky, tired, and even more likely to pack on pounds when your "cleanse" is complete.

DO pack in the protein.

If fruits and veggies are the guards that sniff out uninvited guests, protein is the bouncer that escorts them out of the party. In fact, it's physically impossible to cleanse your system of toxins without plenty of clean, lean protein!

That's where so many traditional cleanses fail: they give you fluids, detoxifying fruits and vegetables, even coffee or tea to help the process along. But without protein, the whole exercise is pointless.

DON'T be afraid to sweat.

Sweating is crucial to detoxifying your system. So whether you work up a sweat with some time in the sauna or spending 10 minutes burst training, be sure you get hot!

Sweating is also good for your skin. The minerals it contains naturally exfoliate, and it also pulls the bacteria and dirt out of your pores. (Just be sure you shower right after so you finish the cleansing process.)

DO get plenty of water.

H2O does so much more than keep you from feeling thirsty! Getting plenty of water is essential to a successful cleanse, as well as daily cellular detoxification.

Your kidneys are key when you're ridding your body of toxins; when you don't get enough water to help flush them out, those toxins stay put instead. So keep your water bottle full – you can throw in some chopped mint and fresh berries to keep it exciting.

Ready to get started?

With the **Detox Reboot Program**, you get Green Smoothie Cleanse, a mini spa kit just right for detoxing, and all the meal plans, recipes, trackers, and support you need to do your own detoxifying cleanse right!

Here's 11 delicious recipes to choose from during your cleanse...

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SMOOTHIE RECIPES





STRAWBERRY DETOX SMOOTHIE

MAKES: 1 serving

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...

- 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 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

MAKES: 1 serving

Start your day off right with a tasty green smoothie with healthy, detoxifying ingredients like turmeric, ginger, and coconut oil.

1 scoop JJ Virgin Green Smoothie Cleanse powder

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

dash ground cayenne pepper

4-5 ice cubes



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



CHOCOLATE SUPERFOODS SHAKE

MAKES: 1 serving

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

1 scoop JJ Virgin Green Smoothie Cleanse powder

10 oz. unsweetened almond milk

1/2 small avocado

1 cup frozen organic mixed berries

1 Tbsp cacao nibs

2 tsp raw cacao powder

1 tsp grated fresh ginger



Blend the ingredients together until smooth. Your shake can be thickened by adding ice cubes or thinned by adding cold water. Now that's what I call super!



INCREDIBLE HULK SMOOTHIE

MAKES: 1 serving

This smoothie is dark green and powerful, just like its namesake. (It's a lot more friendly, though...)

1 scoop JJ Virgin Green Smoothie Cleanse powder

10 oz. unsweetened coconut milk

1/2 small avocado

1 cup frozen organic blackberries

1 Tbsp chia seeds or 2 tsp JJ Virgin Extra Fiber

1 Tbsp lime juice



Blend the ingredients together until smooth. Your shake can be thickened by adding ice cubes or thinned by adding cold water. Mighty good!



BLUEBERRY-MINT SMOOTHIE BOWL

MAKES: 1 serving

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!

1 scoop JJ Virgin Green Smoothie Cleanse powder

10 oz. unsweetened coconut milk

1/2 small avocado

1/2 cup frozen organic blueberries

1 Tbsp chia seeds

1 Tbsp chopped fresh mint

1/2 cup fresh organic blueberries

2 Tbsp shredded unsweetened coconut



Blend the smoothie powder, coconut milk, avocado, frozen blueberries, chia seeds, and 2 teaspoons of the fresh mint together until smooth.

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



COCO-VANILLA MATCHA SHAKE

MAKES: 1 serving

Creamy coconut, vanilla, and green tea come together in this delicious protein shake with plenty of health-boosting benefits.

- 1 scoop** JJ Virgin Green Smoothie Cleanse powder
- 10 oz.** unsweetened vanilla coconut milk
- 1 tsp** matcha powder
- 1 Tbsp** coconut oil
- 2 tsp** JJ Virgin Extra Fiber
- 1 tsp** real vanilla extract
- 4-5** ice cubes



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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TART GREEN APPLE SHAKE

MAKES: 1 serving

This shake recipe is an extra fruity twist on the flavors of Mom's apple pie, plus the power of greens, protein, and fiber.

- 1 scoop** JJ Virgin Green Smoothie Cleanse powder
- 10 oz.** unsweetened coconut milk
- 1 cup** peeled green apple chunks
- 1 Tbsp** coconut oil
- 1 Tbsp** freshly ground flaxseed
- 4-5** ice cubes



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



PEACH-BERRY GREEN SMOOTHIE BOWL

MAKES: 1 serving

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!

1 scoop JJ Virgin Green Smoothie Cleanse powder

10 oz. unsweetened vanilla almond milk

1/2 avocado

1/4 cup frozen organic strawberries

1/4 cup frozen organic peach slices

1/4 cup fresh organic strawberry slices

1/4 cup fresh organic peach slices

2 Tbsp sliced almonds



Blend the smoothie powder, almond milk, avocado, and frozen fruit together until smooth.

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



CHERRY-BERRY ALMOND SHAKE

MAKES: 1 serving

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

- 1 scoop** JJ Virgin Green Smoothie Cleanse powder
- 10 oz.** unsweetened coconut milk
- 1 cup** frozen organic pitted cherries
- 2 Tbsp** almond butter
- 1 Tbsp** freshly ground flaxseed
- 1/8 tsp** almond extract



Blend the ingredients together until smooth. Your shake can be thickened by adding ice cubes or thinned by adding cold water. So cherry-berry good!



CHOCOLATE RASPBERRY SHAKE

MAKES: 1 serving

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

1 scoop JJ Virgin Green Smoothie Cleanse powder

10 oz. unsweetened coconut milk

1 cup frozen organic raspberries

1 Tbsp cacao nibs

2 tsp JJ Virgin Extra Fiber

2 tsp raw cacao powder



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



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ISLAND COCONUT GREEN SMOOTHIE

MAKES: 1 serving

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

- 1 scoop** JJ Virgin Green Smoothie Cleanse powder
- 10 oz.** unsweetened coconut milk
- 2 Tbsp** coconut butter
- 2 Tbsp** shredded unsweetened coconut
- 1 Tbsp** chia seeds or 2 tsp JJ Virgin Extra Fiber
- 1 tsp** lime juice
- 1/8 tsp** coconut extract (optional)
- 4-5** ice cubes



Blend the ingredients together until smooth. Your shake can be thickened by adding ice cubes or thinned by adding cold water. The perfect drink for your next stay-cation...



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