

Nutritionist J.J. Smith 10-Day Smoothie Cleanse Recipes

Hello Inspiration! Guess What, YOU can do this – It's Mind over Matter. YOU GOT THIS! Just think of how loose those jeans or shirts will feel the next time you put them on. The first 3 Days are challenging, but I believe in you, you just have to believe in yourself. Good Luck!!

Per JJ's Book: You may also have several high-protein snacks throughout the day during the cleanse, you can have apples, crunchy vegetables (carrots, broccoli, celery and hard-boiled eggs (two per day), or unsweetened peanut butter (two tablespoons per day).

Just Remember: You should refrigerate any remaining smoothie and use it within 48 hours for optimal nutritional value.

In order to make the most of your smoothies – It's best to follow this method for each one:

Place leafy greens and water into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.

See all 10 of the recipes below:

Day 1: Berry Green

3 handfuls spinach
2 cups water
1 apple, cored, quartered
1 cup frozen mangos
1 cup frozen strawberries
1 handful frozen or fresh seedless grapes
1 stevia packet (add more to sweeten, if necessary)
2 tablespoons ground flaxseeds
OPTIONAL: 1 scoop of protein powder

Day 2: Apple Strawberry

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3 handfuls spring mix greens 2 cups water
1 banana, peeled
2 apples, cored, quartered
1½ cups frozen strawberries
2 stevia packets (add more to sweeten, if necessary)
2 tablespoons ground flaxseeds
OPTIONAL: 1 scoop of protein powder

Day 3: Apple Berry

1 handful of spring mix greens
2 handfuls of spinach
2 cups of water
1 ½ cups of frozen blueberries
1 banana, peeled
1 apple, cored and quartered
1 packet of Stevia
2 tablespoons of ground flax seeds
OPTIONAL: 1 scoop of protein powder

Day 4: Berry Peachy

2 handfuls kale
1 handful spinach
2 cups water
2 apples, cored, quartered
1½ cups frozen peaches
1½ cups frozen mixed berries
2 packets stevia
2 tablespoons ground flaxseeds
OPTIONAL: 1 scoop of protein powder

Day 5: Peach Berry Spinach

3 handfuls spinach
2 cups water
1 cup frozen peaches
1 handful fresh or frozen seedless grapes

1½ cups blueberries

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3 packets stevia to sweeten
2 tablespoons ground flaxseeds
OPTIONAL: 1 scoop of protein powder

Day 6: Pineapple Spinach

2 cups of fresh spinach, packed
1 cup of pineapple chunks
2 cups of frozen peaches
2 bananas, peeled
1 1/2 packets of Stevia
2 cups of water
2 tablespoons of ground flax seeds
OPTIONAL: 1 scoop of protein powder

Day 7: Pineapple Berry

2 handfuls of spring mix greens
2 handfuls of spinach
1 banana, peeled
1 1/2 cups of pineapple chunks
1 1/2 cups of frozen mango chunks
1 cup of frozen mixed berries
3 packets of Stevia
2 cups of water
2 tablespoons of ground flax seeds
OPTIONAL: 1 scoop of protein powder

Day 8: Spinach Kale Berry

2 handfuls kale
2 handfuls spinach
2 cups water
1 apple, cored, quartered
1 banana, peeled
1 1/2 cups frozen blueberries
2 packets stevia
2 tablespoons ground flaxseeds
OPTIONAL: 1 scoop of protein powder

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Day 9: Apple Mango

3 handfuls of spinach
2 cups of water
1 apple, cored, quartered
1 1/2 cups of mangoes
2 cups of frozen strawberries
1 packet of Stevia
2 tablespoons of ground flax seeds
OPTIONAL: 1 scoop of protein powder

Day 10: Pineapple Kale

2 handfuls of Kale
1 handful of spring mix greens
2 cups of water
1 1/2 cups frozen peaches
2 handfuls pineapple chunks
2 packets of stevia
2 tablespoons ground flaxseeds
OPTIONAL: 1 scoop of protein powder

What's Your Blender Size?

Blender size really does make a difference in whether your smoothie will actually be smooth or chunky. I just purchased a Ninja earlier this year what was on sale at Wal-Mart for 100.00. It has made a complete turn-around in my smoothie, better than the blender I had previously, in which I had to let blend for an extra 15-20min just to get smooth and it still was chunky. Investment in a GOOD blender is key!

More about JJ Smith

<https://www.facebook.com/groups/Green.Smoothie.Cleanse/>

Hey, why don't you go and follow JJ Smith on FB! While the recipes for this book did come out in 2014, she's got a WHOLE lot more nutritional info on how to slim your waistline and so much more! Check her out so your journey to health can continue even after the 10 days!

You can purchase JJ Smith's 10 Day Green Smoothie Cleanse Book and her other book entitled "Green Smoothies for Life" on [Amazon](#)