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Simple Green Smoothies: 100+ Tasty Recipes To Lose Weight, Gain Energy, And Feel Great In Your Body



Synopsis

Jen Hansard and Jadah Sellner are on a fresh path to health and happiness- deprivation not included. In their book, Simple Green Smoothies, these two friends invite you into a sane and tasty approach to health that will inspire and energize you on your own journey toward a happier life. The Simple Green Smoothies' lifestyle doesn't involve counting calories or eliminating an entire food group. Instead, it encourages you to make one simple change: drink one green smoothie a day. Simple Green Smoothies includes a 10-day green smoothie kick-start to welcome you into the plant-powered lifestyle, with shopping lists included. Follow it up with 100+ delicious recipes that address everything from weight loss to glowing skin to kid-friendly options. Hansard and Sellner are two moms raising their own families on healthy, whole-food recipes. They've seen the amazing health benefits of green smoothies firsthand- from losing 27 pounds to getting more energy. Their wildly popular website has changed the lives of over 1 million people and made them the #1 green smoothie online resource. Simple Green Smoothies will empower you to take control of your health in a fun, sustainable way that can transform you from the inside out. Ready to join the plant-powered party?

Book Information

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Customer Reviews

My family loves all of the innovative and tasty combinations of flavors in Simple Green Smoothies, and I feel good knowing that my family is getting in their greens and other nutrients from the fruits and vegetables! • Danielle Walker, New York Times bestselling author of Against all Grain: Meal

Made Simple â œSimple Green Smoothies is my go-to resource when it comes to nutritious green drinks for my family!â •â “Lisa Leake, #1 New York Times bestselling author of 100 Days of Real Food â œSimple Green Smoothies makes adopting healthy habits as easy as flipping a switch. Their easy, delicious-as-all-hell recipes meet you wherever you’re at and taste so good that youâ ™ll forget just how healthy they are.”â “Michelle and Matt, #1 New York Times bestselling author of Thug Kitchen â œMy life changed when I started drinking green smoothies on a daily basis. If you want more energy, fulfillment, and joy in your life then read this book and drink it up as Simple Green Smoothies is changing the world!â •â “Lewis Howes, author of The School of Greatness â œSimple Green Smoothies offers delicious recipes that work, sumptuous photographs that inspire, and stories that motivate to help us all take exquisite care of ourselves.”â •â “Alexandra Jamieson, author of Women, Food, And Desire, co-creator Super Size Me ”I am an integrative pediatrician and in every single patient plan I create, I include a link to simplegreensmoothies.com. I do this because I feel the single best first step a parent can make toward reclaiming the health of their child is to add one simple green smoothie each morning.”â •â “Dr. Sheila Kilbane, MD, Integrative Physician â œWhen people ask me what the best thing they can do for their health is, I tell them: start with one green drink a day. And if you want it to be amazing and delicious, get your recipe from Simple Green Smoothies!â •â “Vani Hari, New York Times bestselling author of The Food Babe Way ”Drinking one green smoothie a day is a delicious way to sneak nutrient-rich leafy greens and fruits into your diet. And Simple Green Smoothies, packed with recipes, tips, and more, makes it super easy to make this healthy habit stick!”â •Heather K. Jones, RD â œSimple Green Smoothies is changing the world, one blender at a time. Theyâ ™re my go-to resource for tasty, nutritious smoothies that my entire family loves.”â “Jaden Hair, author of The Steamy Kitchen ”Jen and Jada are creating a global health movement one smoothie at a time. Every morning needs a Simple Green Smoothie.”â “Melissa Lanz, author of The Fresh 20 ”Jen and Jada’s passion for healthy living, their generosity and their charisma have enabled them to build a ravenous community who looks to them daily for smoothie recipe ideas, encouragement and inspiration to continue on the path to healthier lifestyle. Their book will be an invaluable resource for everyone and I’m thrilled to get to share it with my community.” â “- Erin Chase, 5DollarDinners.com

Jen Hansard and Jada Sellner are the founders of Simple Green Smoothies. They are the hosts of the wildly popular 30-Day Green Smoothie Challenge. They are on a mission to help busy people rethink their lifestyle choices by establishing healthy habits that are easy to stick with. Hansard lives in Brooksville, FL, and Sellner lives in Walnut Creek, CA.

Okay - I'll admit I've only had the book for 24 hours - but I do already love it. :-) I had my first smoothie from the book this morning - and it had sweet potato, so I was of course a bit apprehensive - but it was fantastic. I needn't have worried. I've been enjoying the Simple Green Smoothies lifestyle for almost a year now and Jen and Jadah rarely steer me wrong. I was first introduced to SGS via their 21-day cleanse - which I *highly* recommend. (look for it on their website) I've done it twice now and plan to do it at least 2x per year - forever. I can safely say SGS has changed my life. I have completely changed the way I eat, starting with having a Green Smoothie 5 out of every 7 days, or more. Having so many smoothie recipes in one book is going to be the best. Quite of the book is devoted to "setting up" and the "gear." (too much, imho) SO don't let that intimidate or steer you away. It's not a big deal and before you know it you'll be whipping up smoothies every day without thinking twice. I now have a complete routine and inventory of what's on the counter, what's in the fridge and what's in the freezer. It's just a matter of deciding which one to make when I wake up each morning. One final note: I especially love the book's index. Say you've got a pear on the counter that's perfect and ready to be eaten - today! - just look up "pear" in the index and there you go, all 10 smoothies featuring pear. Take your pick. Yum!!Love it.

This is the best smoothie book I could've ever invested in! I drink green smoothies daily due to my digestive motility disorder. I had a total colectomy and gallbladder surgery and there are a lot of fruits and vegetables I can no longer eat raw. This makes it very difficult to get nutrients you need and to ear a healthy lifestyle (when I was told no more salads I cried). I also have to have electrolytes and potassium because I no longer have a large intestine. So bananas and things like Smart Water are always incorporated in my smoothies. Now I have this reference book that actually tells me what to add to my smoothies when I am lacking those things and other nutrients. All the recipes are kept affordable and simple. The shopping guides are fantastic and the special sections they created for specific scenarios (meal replacement, work out, dessert etc) are so helpful. There are so many tidbits and ideas that are very useful!! I could not recommend this book more. Here I have been doing smoothies for a long time and still learned so much from this. It's is my smoothie Bible now!

This book is seriously a game changer. After buying one for myself, and devouring it from cover to cover in one evening and then stocking my fridge with inspiring ingredients, I went back and bought a second one to ship to my daughter at college. After following Jadah and Jen's Instagram for years,

I have been dying for this book to come out because I am a book junkie- and like to have a hard copy in my hands when working in the kitchen. They could not have done a better job! I had high expectations and they blew them away! I feel like buying this book for everyone in my life. I always made green smoothies-but they were always pretty gross. The way they break it down, transforms the process into something inspiring, life-changing, exciting, and delightful. They structured the book so that it breaks it down for any particular level-beginners, connoisseurs, smoothie pros. They tell their personal stories, they recommend gear, awesome ingredients with which to stock your kitchen. They kick it off with an inspiring 10 day challenge, and then fill the rest of the book with amazing recipes and photographs to die for. This is probably the second review I have ever written on -but this book made me a raving fanatic and I had to recommend it! Buy it and you will never need another book on dieting or health or smoothies.

I've lost over 100lbs thanks to green smoothies. I started way before this book even existed. I wish it had existed when I started as it is full of so many useful tips and information. And tons of recipes to help you get creative and make your own blends. If you want a way to get your greens in you, get this book it will help so much.

I have made nine of the smoothies so far, and only 2 were not my taste. My husband and son love them, and I feel good knowing I'm giving them healthy and yummy nutritious smoothies. They are sweet and creamy, are perfect as meal replacements or pre-workout energy boosts, and even satisfy my sweet tooth when cravings hit. I cannot be happier with this book and hope to continue having 1 smoothie a day.

I love the feel and look of the pages - great job on publication! The smoothies I've had so far are great tasting; however, it seems that with almost all of them, spinach is the only veggie. Most of recipes use high-glycemic index fruits, which makes this not the ideal book for those who are pre-diabetic or diabetic. Great for people just starting to make smoothies, since you'd likely want them more sweet to begin with...

I love this book! It's exactly along my way of thinking: eating healthy, organic when you can, simple, easy-to-find ingredients, and recipes that the family likes! I appreciate their breakdowns of some very basic information, such as, "1 cup of spinach is a packed full cup." I've wondered this for so long, always guess as to what the exact amount should be--a small handful, a large handful (?)

These kinds of notes really helped me like what they are doing. I'm about 1 week in, and so far, I like the recipes. I am interested to try more kale in my smoothies...just because I know it has different nutrients that spinach doesn't. Anyway, an absolute must for anyone looking to start smoothies!

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