



# 14 DAY DETOX SMOOTHIE CLEANSE



# 14 DAY SMOOTHIES + GROCERY LISTS

The essential components of a great smoothie are fresh ingredients. Fruit and vegetables are a must. They deliver both taste and health benefits. Shopping for produce in advance will ensure that you have the items required to enjoy a delicious and nutritious smoothie every day. Below are two grocery lists with corresponding smoothie recipes.

## GROCERY LIST WEEK 1

- 20 Medium Strawberries (Fresh or Frozen)
- 10 Cups Fresh Baby Spinach
- 5 Cups Fresh Kale
- 4 Oranges
- 3 Mangos
- 3 Celery Stalks
- 3 Bananas
- 1 Cup Blueberries (Fresh or Frozen)
- 1 Small Ginger Root
- 1 Lime
- 1 Pineapple
- 1 Grapefruit
- 1 Large Apple
- Unsweetened Almond Milk
- Coconut Water

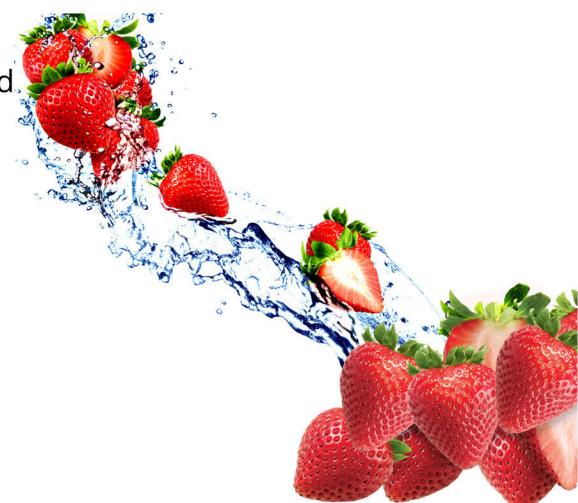


## SMOOTHIE #1

- 2 oranges, peeled and deseeded
- 1 mango, peeled and pitted
- 1 celery stalk
- 2 cups fresh baby spinach
- ½ cup filtered water
- 1 tablespoon of fresh ginger root, peeled and grated or sliced

## SMOOTHIE #2

- 1 mango, peeled and pitted
- ½ lime, peeled and deseeded
- ½ frozen banana, peeled and sliced
- 3 cups kale
- ½ cup coconut water



## **SMOOTHIE #3**

1 large mango, peeled and pitted  
2 cups fresh baby spinach  
1 cup diced pineapple  
1/2 – 1 cup water

## **SMOOTHIE #4**

1 cup diced pineapple  
1 orange,  
1 banana  
2 cups fresh baby spinach  
1/2 cup water if needed



## **SMOOTHIE #5**

2-3 ice cubes  
2 celery stalks  
1 whole orange, peeled and deseeded  
2 cups fresh kale  
1 cup fresh pineapple  
1/2 -3/4 cup water

## **SMOOTHIE #6**

10 medium strawberries (fresh or frozen)  
1 grapefruit, peeled and deseeded  
1 banana, peeled  
2 cups fresh baby spinach

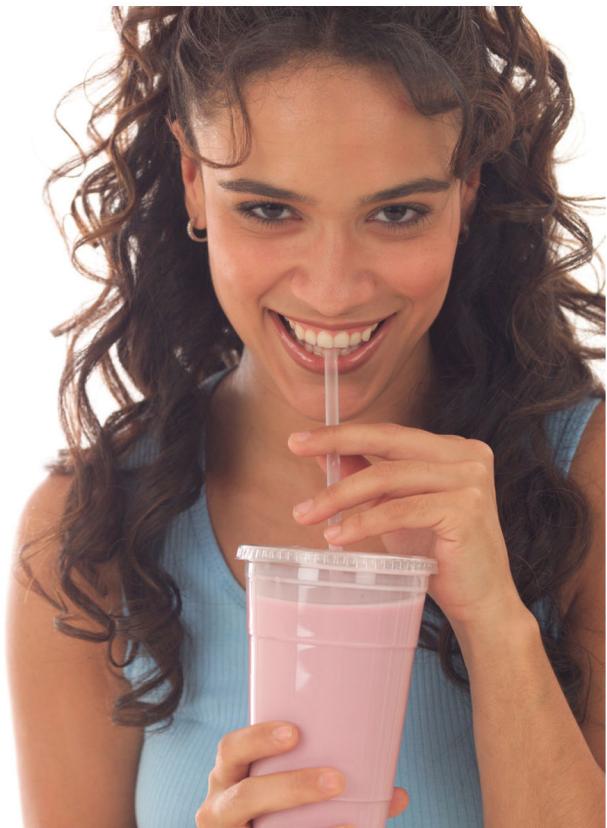
## **SMOOTHIE #7**

10 medium strawberries (fresh or frozen)  
1 large apple, peeled and cored  
2 cups fresh baby spinach  
1 cup blueberries (frozen or fresh)  
½ cup unsweetened almond milk



## GROCERY LIST WEEK 2

20 Medium Strawberries (Fresh or Frozen)  
10 oz. Coconut Water  
6-8 Fresh Basil Leaves  
6-8 Fresh Mint Leaves  
6 Cups Baby Spinach  
4 Cups Kale  
3 Bananas  
2 ½ Cups of Raspberries (Fresh or Frozen)  
2 Pears  
2 Peaches  
2 Whole Carrots  
1-2 Sprigs Fresh Rosemary  
1 Cup of Blueberries (Fresh or Frozen)  
1 Avocado  
1 Celery Stalk  
½ Cup Beets  
½ Tablespoon Honey



## SMOOTHIE #8

2 cups fresh baby spinach  
2 pears, seeded and chopped  
1 cup strawberries  
1 carrot  
1/2 – 1 cup water

## SMOOTHIE #9

2 cups fresh kale  
1 banana  
1 carrot  
½ cup strawberries (fresh or frozen)  
½ cup blueberries  
½ cup raspberries  
1/2 – 1 cup water

## SMOOTHIE #10

2 peaches, sliced  
2 cups fresh baby spinach (or other leafy green)  
1 cup strawberries (fresh or frozen)  
1/2 – 1 cup water



## **SMOOTHIE #11**

10 medium strawberries (fresh or frozen)  
1 celery stalk  
1 avocado, peeled and pitted  
 $\frac{1}{2}$  cup beets, chopped  
 $\frac{1}{2}$  cup coconut water

## **SMOOTHIE #12**

1 cup water  
1 fresh or frozen medium banana  
1 cup baby spinach  
6-8 fresh basil leaves  
1 cup raspberries (fresh or frozen)

## **SMOOTHIE #13**

1 cup water  
1 cup frozen raspberries  
1 cup spinach  
1-2 sprigs fresh rosemary, leaves removed and finely chopped  
 $\frac{1}{2}$  cup frozen blueberries  
 $\frac{1}{2}$  tablespoon honey to sweeten

## **SMOOTHIE #14**

6-8 fresh mint leaves  
1 cup coconut water  
1 medium banana  
1 cup strawberries (fresh or frozen)  
1 cup spinach, kale, or other leafy green



# BLENDING VS JUICING

A common question people ask is, "What is the difference between juicing and blending?" Now, you might think the difference is obvious but there is a lot of confusion about the two. Many believe they are juicing when they are blending and vice versa so let's clear things up!

Juicing extracts the juice from fruits and vegetables. The juice extracted is a combination of water and most of the nutrients present in the produce. After the machine extracts the juice the pulp is left behind. The pulp mainly consists of fiber. Blending on the other hand pulverizes the produce to make a smoothie. No pulp is left behind.

## WHICH ONE IS BETTER?

The short answer is, both.

We all need plenty of fresh fruit and vegetables in our diet. Everyone can get the recommended amount through eating, juicing, or blending. They are nutrient dense powerhouses that we can consume however we please.

Both juicing and blending are great ways to integrate a lot of fresh produce into a diet. Both methods allow us to consume a greater variety than we may eat.

As mentioned previously, juicing removes the insoluble fiber from fresh produce also known as the pulp. Is fiber good for you? The answer to that question is yes. Fiber maintains a healthy digestive tract and slows the absorption of sugar. The problem with fiber is that it also slows nutrient absorption. When you juice, you are extracting up to 70% of the nutrition right into your glass and the rest remains in the fiber or pulp. Although true, the body absorbs 100% of these nutrients since the insoluble fiber is removed. Blending on the other hand simply breaks down produce to create a beverage. All the nutrients and fiber are included therefore both fiber and nutrients are consumed.

For detox purposes we will be blending to benefit from the presence of nutrients and fiber.



# SUPERFOODS

Superfoods are nutrient-rich foods considered to be especially beneficial to our health and well-being. There are so many superfoods out there that can be used to make smoothies more nutrient dense. These foods are nutritional gems that deserve a spot in your daily diet. Superfoods are packed with nutrients and improve your health in a number of ways. To reap the benefits, just add a tablespoon to each smoothie and you are good to go!

## **COCONUT OIL**

A whopping 90 percent of coconut oil is composed of medium chained fatty acids. These fatty acids are easily digested and sent directly to the liver. Once they reach the liver they are used for energy production rather than being stored as fat. Since they are used for energy, these fatty acids help boost the metabolism. As an added bonus, coconut oil also has anti-fungal, antibacterial, antiviral and antimicrobial properties.

## **WHEATGRASS**

Wheatgrass contains powerful antioxidants that prevent cell damage caused by free radicals. There are also large amounts of beta-carotene in wheatgrass to guard against free radical damage.

## **SPIRULINA**

Spirulina is an excellent replacement for animal protein or greens. Because of its high chlorophyll content it cleanses and detoxifies by clearing the system of heavy metals and other toxins.

## **MACA POWDER**

Maca can be used for anemia and chronic fatigue syndrome (CFS) as well as enhancing energy, stamina, athletic performance, memory, and fertility. Women use maca powder for hormone imbalances, menstrual problems, and menopausal symptoms.

## **CHIA SEEDS**

Chia seeds are packed with omega-3 fatty acids. There is nearly five grams per one ounce serving. These fats are essential for maintaining a healthy brain among other things. Chia seeds also contain a significant amount of protein and no cholesterol. In addition to that, these small seeds are a good source of fiber which means they can assist with weight loss and maintenance. Fiber does keep you full!

## **HEMP SEEDS**

Hemp seeds contain all 20 amino acids including the 9 essential amino acids (EAAs) that the body is unable to produce. These lovely seeds also contain omega-6 and omega-3 fatty acids which are good for combating heart disease. Along with heart healthy fatty acids, hemp seeds offer two "super" fatty acids called gamma-linoleic acid and stearidonic acid. These fatty acids increase metabolic rate, lower bad cholesterol levels, decrease inflammation and are good for the skin.

# BENEFITS & IMPORTANCE OF DETOXING

By cutting sugar, caffeine, trans fat and saturated fat from your diet and replacing them with fresh fruits and vegetables, you will experience a natural energy boost. Even more importantly, this boost will come without a resultant crash. As you probably know, it's vital to stay well hydrated. This is especially so when on any detox program. Proper hydration can be a source of energy on its own if you typically don't get enough water throughout the day.

Detoxing helps the body rid itself of any excess waste that has been stored. Most detox programs are designed to encourage the body to purge which puts the liver, kidneys and colon into action. Cleansing the colon is an important part of the detoxification process because toxins need to exit the body. Sticking with fruits and vegetables even after the detox program is completed is a good way to keep things moving.

It's easy to see how a detox diet would cause you to lose weight in the short term, but a healthier approach would be to establish long-term eating habits by eliminating unhealthy habits. To transition to healthier habits continue to follow these recipes even after the 14 days. Consuming real, whole foods will soon become a habit.

Detoxing the body allows organs to function as they should. When organs are up and running the immune system is boosted because the body is able to absorb more nutrients. Many of the herbs you take while on a detox will help the lymphatic system, which plays a huge role in keeping you healthy and firing on all cylinders!

One of the reported benefits of detoxing is simply feeling lighter. When you stop eating foods that weigh you down, and replace them with organic fruits and vegetables, a lighter feeling is bound to occur. You must also avoid overeating while detoxing. Doing so will contribute to that lighter feeling as well.

Detoxing makes you feel good and when you feel good, good things happen. Detoxing is often used strategically to lose weight or kick start a new diet plan but there's no better reason than just wanting to feel better. When you set the stage for your well-being, all areas of your life will improve. You will better your relationships, be more productive and develop a newfound or renewed zest for life.



# ORGANIC VS CONVENTIONAL



## DIRTY DOZEN

APPLES, STRAWBERRIES, GRAPES, CELERY, PEACHES, SPINACH, CUCUMBERS, CHERRY TOMATOES, SNAP PEAS, POTATOES, SWEET BELL PEPPERS, NECTARINES, KALE AND COLLARD GREENS, HOT PEPPERS

## CLEAN FIFTEEN

AVOCADO, SWEET CORN, PINEAPPLES, CABBAGE, SWEET PEAS, ONIONS, ASPARAGUS, MANGOES, PAPAYAS, KIWI, EGGPLANT, GRAPEFRUIT, CANTALOUPE, CAULIFLOWER, SWEET POTATOES

The question that remains, however, is whether or not the low level of pesticides that remain on our food presents much of a risk?

The vast number of studies performed on the typical pesticide-treated produce have demonstrated that consumption of produce, whether organic or not, is related to lower rates of cancer and increased disease protection.

Of course it is better to eat fruits and vegetables grown and harvested using pesticides than not eating them at all, but it is also wise to minimize pesticide exposure.

The Environmental Working Group provides lists of produce called the "Dirty Dozen", being those highest in pesticides, and the "Clean 15" also described as produce lowest in pesticides. These are their most recent lists.

Buying organic minimizes pesticide exposure as well as the amount of pesticides the environment is exposed to. Organic farming is clearly the more environmentally-friendly choice. In addition to being more environmentally friendly several studies suggest that organically grown produce is richer in antioxidant nutrients than conventional produce. Buying organic is the ideal choice—organic foods taste better, have more antioxidants, and organic agriculture protects both farmers and our environment.

# THE IMPORTANCE OF STAYING HYDRATED

We need to hydrate with pure water to retain our physical and mental health. All our tissues' cells need to be hydrated to function properly. They have to be plumped in order to work as they should. Would you believe that most of us are dehydrated?

In fact, about 75% of the population suffer from mild dehydration. If dehydration becomes chronic, it can lead to poor health, aches and pains, low energy, mental fogginess, and even the development of serious diseases.

Pure water helps our bodies detoxify. It washes the bad out. Water does this by separating blood platelets and flooding fatty tissues where toxins often accumulate. While undergoing any kind of detox protocol, drinking more water is necessary.

Many say 8 glasses a day but it is recommended that you drink half of your body weight in ounces on a daily basis to ensure you are getting all the benefits and truly detoxing your body.



# DETOX THE BODY WITH APPLE CIDER VINEGAR

Drinking a glass of water mixed with raw apple cider vinegar benefits the body and the mind.

Mixing apple cider vinegar into your water will naturally improve digestion and cause you to assimilate more of your food. Since your body will utilize more of your food intake as nourishment, appetite will be suppressed which will assist in weight loss.

Aside from naturally improving digestion and nutrient absorption, detoxing with apple cider vinegar has other advantages. It contains valuable minerals and trace elements, LDL cholesterol lowering pectin, fat burning acetic acid, anti-viral malic acid, live enzymes and amino acids.

In order to benefit from all that apple cider vinegar has to offer you must use raw, unpasteurized apple cider vinegar with "the mother". The mother is the cloudy strings of naturally occurring pectin and proteins that form during fermentation. Filtered and pasteurized vinegars will not have this and lack the enzymes and other nutritional properties present in raw apple cider vinegar that positively affects the digestive process.

We recommend adding the following recipe to your morning routine:

## Ingredients:

- 1 (8 oz.) glass of warm filtered water
- 1 tablespoon raw apple cider vinegar juice with the mother
- 1 teaspoon raw honey (optional)

## Instructions:

Add the apple cider vinegar to the water along with the honey. Stir and drink.



# CONCLUSION

Toxic agents are all around us. They are in the food we eat, the air we breathe, the household cleaners we use along with our beloved electronic devices. However, toxic free radicals are formed in the body too. Stress hormones, emotional disturbances and anxiety all create free radicals. Living without toxic buildup is virtually impossible and that is why the human body has built in mechanisms to deal with toxic overload. Crying, sweating, urination and defecation are all natural protocols employed to rid the body of toxins.

Since toxins are part of daily life, both inside and out, it may seem that they are a natural part of living and additional measures to deal with them are unnecessary. Free radical exposure is part of life but with the overabundance of chemicals and pesticides in our foods and environment, as well as the increasing levels of stress in our society, our bodies can become overwhelmed with toxic buildup. When that occurs it is up to us to provide the additional help needed to expel unnecessary waste material.

Detoxification is so important because it can literally reverse the symptoms of illness and change your life. Liquid cleanses are a wonderful way to cleanse your entire body. Consuming produce in liquid form rather than chewing and making the digestive system work hard to break it down allows it to rest and rejuvenate. Blending/juicing your food floods your body with live enzymes as well as an abundance of antioxidants that help to not only neutralize free radicals but strengthen and support the immune system, reduce blood pressure, improve sleep, boost concentration, improve memory, circulation and increase energy. Antioxidants even have anti-aging properties! They are literally life-changing miracle compounds. Liquid cleansing is an excellent way to inundate your system with powerful nutrients. It's time to start detoxing today.



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