

THE 5 DAY GREEN SMOOTHIE BOWL CHALLENGE

from The Lifestyle Circle



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Why **green** smoothies?

- A healthy gut is essential for healthy skin. Green smoothies are easy on your digestive system. They're a great way to boost your fruit and veg intake, giving you a fibre hit without leaving you bloated.
- Hidden beneath that green glow is a rainbow of colours. Eating a wide variety of colourful food is the best way to boost your gut health, strengthen your immune system and heal your skin.
- They're a great way to kick start a healthy eating habit. Consciously starting your day with something super healthy means you'll be more likely to make better food choices throughout the rest of the day.
- Having a green smoothie for breakfast is an easy way to rehydrate your body first thing in the morning. After 8 hours of sleep, your body will be dehydrated. It needs fluids to kickstart your digestion and metabolism.
- There's always time for breakfast with a green smoothie. They literally take 5 minutes to make. You can drink them on the go if you really don't have time to sit down. You can even make them the night before so you just have to grab your cup from the fridge on the way out of your door.



CHOOSE YOUR GREENS





Choose your leafy greens

To make sure we're getting as wide a range of nutrients in our diets as possible, variety is key.

This applies to your green smoothies as much as it does to the rest of your meals.

When you first start with green smoothies, I recommend using spinach as your leafy greens. It has the mildest flavour, it's easy to blend and you can buy it pretty much everywhere.

When you're feeling a bit braver, vary your greens. Choose from the following:

- Spinach
- Kale
- Swiss chard
- Romaine
- Baby gem lettuce
- Rocket / Arugula
- Pak Choi
- Cabbage

Top tips

- Blend your liquid and your greens first since they take more blending than fruit.
- The recipes use almond and coconut milks. You can substitute these for any other non-dairy milk. You can even just use water.
- Feel free to make your own milk. If you're buying it, be sure to check the ingredients. Choose the purest varieties you can find.
- Keep a little of the fruit back to decorate your bowl. You'll have a great looking breakfast plus it gives you something to chew.
- Clean your blender as soon as you've made your smoothie. If you do it straight away, it will only take 30 seconds to clean. If you leave it until later, you'll have to soak it first, which I don't recommend. Simply half fill your blender with water, add a drop of dish washing liquid, blend for 30 seconds then rinse. Done!





Shopping List

Liquids

- Almond milk
- Coconut milk

Greens

- 1 bag spinach

Fruits

- 3 bananas
- 1/2 cup mango
- 1/2 cup pineapple
- 2 figs
- 1 cup cherries
- 1 cup blueberries
- 1 cup raspberries
- 1 avocado

Extras

- 9 tablespoons chia seeds
- 3 tablespoons pumpkin seeds
- 2 tablespoons shredded coconut
- 2 medjool dates
- 1 tablespoon raw cacao
- 1 tablespoon pistachios
- 1 tablespoon almond butter
- 1 tablespoon flaked almonds
- 2 cups oats



Day 1 - Tropical Green Smoothie

Ingredients

- 3/4 cup coconut milk
- 1 cup spinach
- 1 banana
- 1/2 cup mango
- 1/2 cup pineapple
- 2 tablespoons chia seeds
- 1 tablespoon pumpkin seeds
- 1 tablespoon shredded coconut

Directions

- Blend the milk and spinach.
- Add the banana, mango and pineapple then blend again. Save some fruit slices for the topping.
- Pour into a bowl and top with the seeds, coconut and saved fruit.



Day 2 - Fig & Cacao

Ingredients

- 1 cup almond milk
- 1 cup spinach
- 2 medjool dates
- 2 figs
- 1/2 cup oats
- 1 tablespoon raw cacao
- 2 tablespoons chia seeds
- 1 tablespoon pistachios
- 1 tablespoon of flaked almonds

Directions

- Blend the milk, spinach, dates and oats.
- Add the figs and cacao then blend again. Save some fruit slices for the topping.
- Pour into a bowl and top with the nuts, seeds and saved fruit.



Day 3 - Simple Cherry

Ingredients

- 3/4 cup almond milk
- 1 cup spinach
- 1/2 cup oats
- 1 banana
- 1 cup cherries
- 2 tablespoons chia seeds
- 1 tablespoon pumpkin seeds

Directions

- Blend the milk, spinach and oats.
- Add the banana and cherries then blend again. Save some fruit slices for the topping.
- Pour into a bowl and top with the seeds and saved fruit.



Day 4 - Indulgent Berry Bowl

Ingredients

- 3/4 cup almond milk
- 1 cup spinach
- 1/2 cup oats
- 1 cup fresh blueberries
- 1 cup fresh raspberries
- 1 teaspoon almond butter
- 1 tablespoon chia seeds
- 1 tablespoon flaked almonds
- 1 tablespoon pumpkin seeds

Directions

- Blend the milk, spinach and oats.
- Add the berries, almond butter and chia seeds then blend again. Save some berries for the topping.
- Pour into a bowl and top with the seeds, nuts and saved berries.
- The blueberries and chia seeds will gel giving this one a pudding type texture.



Day 5 - Creamy Avocado

Ingredients

- 3/4 cup coconut milk
- 1 cup spinach
- 1/2 avocado
- 1 banana
- 2 tablespoons chia seeds
- 1 tablespoon shredded coconut

Directions

- Blend the milk and spinach.
- Add the avocado and banana then blend again. Save some banana for the topping.
- Pour into a bowl and top with the seeds, coconut and saved banana.



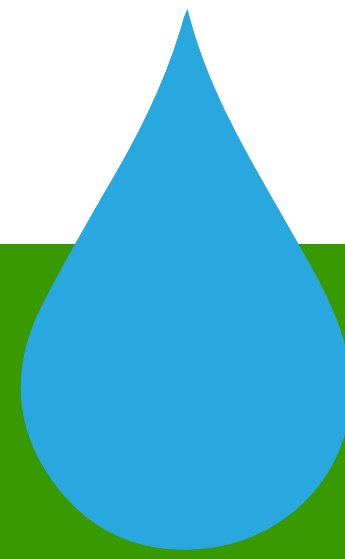
Healthy Snacks

The added extras in these green smoothie bowls such as oats, chia seeds and nut butter will keep you full until lunchtime. A bit of a break from eating allows your digestion to better do its job setting you up for a happy tummy for the rest of the day.

If you do get hungry, make sure you're drinking plenty of water and, if you need to, choose one of the following healthy snacks:

- 1 handful of fresh berries
- 2 tablespoons of hummus with vegetable crudités
- 1 sliced apple with 2 tablespoons of peanut butter
- 1 handful of raw almonds
- 2 oatcakes with nut butter

Challenge +



To get great skin, you need to nourish your gut.

Over the next 5 days you'll be eating a wide variety of plant-based foods. You're feeding the 100 trillion microbes in your body.

If you do nothing but replace your current breakfast with green smoothies for 5 days, you'll definitely feel a difference.

There are a few additional things you can do throughout the 5 days to boost the challenge and get even better results.



Drink 2 - 3 litres of water every day



Schedule some exercise every day, even if it's only 15 minutes



Replace your regular snacks with the healthy snacks in this guide

Congratulations, you did it!

How do you feel? Inspired to keep going?



Banish the beige is the one healthy eating principle that I follow to keep my skin looking its best. It's not fussy or restrictive and totally works.

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