

10-DAY *Green* SMOOTHIE DETOX

Lose Up To 15 Pounds in 10 Days



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This book is not proposed as a substitute for medical guidance from a doctor. The reader should regularly consult a doctor in all matters relating to his or her health, particularly when there are any symptoms that may require diagnosis or medial attention.

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Welcome to the 10-Day Green Smoothie Detox!

The 10-day Green Smoothie Detox is designed to help your body operate at the highest level while promoting detoxification and purification!

How The Green Smoothie Detox Works

I wanted to make this as EASY as possible for you so...

... Each day you will have 1 smoothie recipe that will be enough for 3-4 smoothies depending how much water you decide to add.

Make the assigned smoothie in the morning and divide it into 3-4 servings, refrigerating the remaining portions.

You do not have to drink your portioned smoothie all at once. Instead, if you prefer, you can sip on them throughout the day.

In addition to the smoothies you can consume an unlimited amount of:

- ✓ Raw or steamed veggies
- ✓ Green apples

You can also include 1-2 of the following during each day:

- ✓ 1 hard-boiled egg
- ✓ ¼ cup raw unsalted almonds
- ✓ ¼ cup raw unsalted sunflower seeds

What NOT To Have During The 10-Day Smoothie Detox

- ✗ Processed foods (chips, crackers, pretzels etc....)
- ✗ Simple carbs (rice, pasta, potatoes etc....)
- ✗ Candy of any sort
- ✗ Meat
- ✗ Alcohol

- X Dairy
- X Please **DO NOT** use coconut water, almond milk or coconut milk in place of water.

How To Have The BEST Results

I would highly suggest you stick to the exact recipes, but here are some common substitutions that can be used.

Substitutions

- Spinach or mixed greens can be swapped for one another, but you can also use kale, arugula or swiss chard.
- Tropical fruits can be swapped for another – Mango can be swapped with pineapple as well as papaya.
- In the case you do not have access to fresh greens, you can use Spring of Life Greens Powder: Packed with 70 superfoods (Only ships in the US) > [Click Here To Learn More](#)

Optional additions

- ✓ One packet of stevia can be added per smoothie recipe
- ✓ 1-2 cups of water can be added, depending on how thick or smooth you prefer your smoothie
- ✓ 1-scoop of protein powder can be added. I would highly suggest using either BioTrust or Athletic Greens.
 - Athletic Greens Whey Protein > [Click Here To Learn More](#)
 - Athletic Greens Pea Protein > [Click Here To Learn More](#)
 - BioTrust Whey Protein (**GET A FREE CONTAINER!!!**) > [Click Here To Learn More](#)

Modified Green Smoothie Detox

If you are having trouble sticking to the 10-Day Smoothie Detox, here are some suggestions for an “adjusted” version that will still ensure you are getting results!

Use AT LEAST one smoothie from the day you are on and follow the guidelines below....

➤ Always Work In Some Greens & Protein!

Take care when preparing/ordering your salad. Always ask or leave the dressing on the side (ask for a vinegar instead of premixed dressings) and opt in for protein sources such as baked or grilled fish, turkey, chicken or lean red meat. 75

➤ Stick to Steaming, Grilling or Baking:

One of the easiest meals to make is what I like to call “Bake It Till You Make It.” It is so simple and SO delicious. • Line a baking sheet with tin foil and spray or wipe with coconut oil. • Load the baking sheet with as many veggies as you can, leaving room for a piece of protein like salmon or chicken. • Sprinkle the entire sheet with any dry seasoning you like. • Bake for 20-25 minutes, depending on the protein source used.

➤ Stay Away From... Fried/Refried, Processed, And Refined Sugars:

Belly Bloaters disguised as “healthy foods,” include: gluten-free cracks, cereals, “all-natural” chips, and sugar coated trail mix.

➤ Avoid Temptations By Pre-Planning

If you know you are a candy lover, avoid going to the candy store with your kids! I know it seems obvious; however, if you want to set yourself up for success, then you need to make sure you are in control! Pack some healthy snacks to keep yourself in check!

➤ Recipes

❖ Day 1: Greenie

3 handfuls spinach
1 green apple, cored
1 cup frozen mangos
1 cup frozen strawberries
1 cup frozen green grapes (seedless)
2 tbsp. flax seeds

OPTIONAL:

Protein powder
2 cups water
1 stevia packet

❖ Day 2: RG Delight

3 handfuls mixed greens
1 frozen banana
1 cup frozen berries
2 tbsp. chia seeds

OPTIONAL:

Protein powder
2 cups water
1 stevia packet

❖ Day 3: Tropical Love

3 handfuls spinach
2 cups frozen chopped pineapple
1 frozen banana
Juice of ½ a lime
2 tbsp. chia seeds

OPTIONAL:

Protein powder

2 cups water
1 stevia packet

❖ Day 4: Detoxing Green

3 handfuls spinach
1 frozen banana
1 frozen orange, peeled and separated into segments
1 green apple cored
½ lemon, peeled and separated into segments
1 Tbsp. ginger root, peeled

OPTIONAL:

Protein powder
2 cups water
1 stevia packet

❖ Day 5: Berry Green

3 handfuls mixed green
1 cup frozen strawberries
1 cup frozen berries
2 tbsp. flax seeds

OPTIONAL:

Protein powder
2 cups water
1 stevia packet

❖ Day 6: Cherry Down

3 handfuls mixed green
2 cups frozen cherries
2 tbsp. flax seeds

OPTIONAL:

Protein powder
2 cups water

1 stevia packet

❖ Day 7: Lean Green

3 handfuls spinach
2 green apples cored, skin on
1 cucumber, peeled
3 organic celery sticks
1 Tbsp. ginger root, peeled
1 oz. parley
Juice of 1 lime and 1 lemon

OPTIONAL:

2 cups water

❖ Day 8: Greenalicious

3 handfuls spinach
1 cup frozen mango
1 cup frozen pineapple
1 frozen banana

OPTIONAL:

Protein powder
2 cups water
1 stevia packet

❖ Day 9: Lean Out Green Out

3 handfuls of greens (your choice)
1 frozen pear
½ cup frozen banana
1 cup frozen mango

OPTIONAL:

Protein powder
2 cups water
1 stevia packet

❖ Day 10: Complete GREEN

- 3 handfuls of spinach (your choice)
- 1 green apple, cored
- 1 green pear
- 1 cup frozen green grapes

OPTIONAL:

- Protein powder
- 2 cups water
- 1 stevia packet

Frequently Asked Questions:

Q. I am a Vegan/Vegetarian.

The 10-Day Green Smoothie Detox is 100% vegetarian friendly!

Q. Can I make substitution?

No problem! Please see the “substitutions” list!

Q. I Can't Do Smoothies For Every Meal!

Please stick as closely as you can to the suggested smoothie schedule to get the best results.

If you need to make an adjustment please see the “adjusted version.”

Q. I Am Having Trouble With Bowel Movements, What Can I Do?

For some people, constipation can be just a temporary side effect of the transition from a modern to a purification style diet. In the first few week of any new diet, especially if that diet is a radical change from how you were eating before, it's normal for your body to need some time to adjust.

During the first week or so, give your body a chance to adapt before you assume that purification is obviously unhealthy. If you're very uncomfortable during this period, using a bulking laxative Like Metamucil or physiium husk (not a stimulant laxative; more on this below) or digestive teas that can help get you through the initial adaptation more smoothly.

Make sure you are drinking at least 64oz. of water per day NOT including the lean belly detox water, smoothies or other teas.

Q. I Am Having Gas/Am Feeling Bloating. Is This Normal?

Yes, in the first couple of days (within the purification period), digestive side effects include bloating, cramping, and flatulence. The degree of gas, bloating and cramping you undergo during a detox cleanse depends on the overall condition of your colon and how you ate prior to engaging in the detox diet. To decrease symptoms, try consuming ginger root (tea or capsule).

Q. Will My Face Break Out During Detoxing?

You may notice an increase in breakouts during the beginning periods of the detox, particularly if you are not having regular bowel movements.

The skin is the body's largest organ and one of most prominent avenues that the body will use to get rid of waste products, especially if they're not leaving fast enough through the colon or the kidneys (i.e. constipation). These symptoms will subside as your body releases toxins, usually within 2-3 days.

Q. I Am On Day 3 And I Feel A Bit Lethargic. What Should I Do?

Depending on your normal diet, feeling lethargic within the detox period is normal. This is your body adjusting to a cleaner and less processed diet. You will feel these effects even more if you were consuming large amount of sugar and/or processed foods prior to the Svelte Life program.

Q. How Much Water Should I Be Drinking?

Please try and drink a minimum of 8 – 8oz. glasses of water a day to ensure that you are hydrated. Depending on your activity level and heat exposure, this may vary.

Q. Can I Have Coffee?

Yes! You are human right ;) HOWEVER please drink only 1-2 cups per day. Make sure it is unsweetened (unless using stevia) and black.

Q. What supplements, protein powders or other “additives” are recommended?

Spring of Life Whey Protein Powder (Only ships in the US): [Click Here](#)

Spring of Life Greens Powder: Packed with 70 superfoods (Only ships in the US): [Click Here](#)

Biotrust Whey Protein Powder (ships outside the US): [Click Here](#)

Q. Can Workout Per Day During The 10-Day Green Smoothie Detox?

As a result of detoxifying your body, you might feel lethargic, however this is normal. If you are new to exercise and this program is radically different than what you were previously doing, take caution with your exercise.

However, listen to your body, if you are up for more, then by all means please do as many as you see fit!

Q. I Am Not Getting ANY Emails From Mere 😊.

Make sure that you have “whitelisted” mere@sveltetraining.com. This will ensure that all of your emails will be sent to your inbox and not your “spam,” “junk,” “trash” or “promotions folders.

A great way to ensure this is to reply to an email from Mere and then your email provider will know we are friends!

Q. I Really Need Support... What Should I do?

Great question! So the great thing about the Svelte Life Program is that you have access to all kinds of help!

To get support you can:

- Get dialed in with Mere's Facebook Page [Facebook.com/SvelteTraining](https://www.facebook.com/SvelteTraining)
- Use your member's only dashboard and hit the "help" tab. Send An Email to help@sveltetraining.com with the subject line "HELP!"