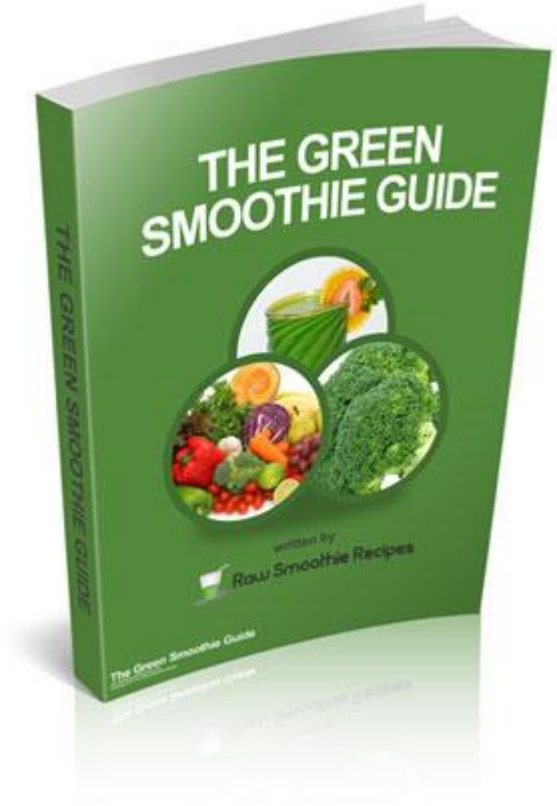
THE GREEN SMOOTHIE GUIDE



written by

Raw Smoothie Recipes

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Why Green Smoothies?

It has long been known that green smoothies are fabulous to maintain your intake of greens. The nutritional value of a raw green smoothie is phenomenal. A green smoothie allows your body to assimilate the greens easily.

It is definitely recommended to use leafy greens for green smoothies because as they have a high phyto nutrient value and they mix with fruits well. These greens include spinach, kale, Swiss chard, Bok choy and many others. Just experiment with starting point of 30-40% greens and 60-70% fruit.

Tasty Green Smoothie Recipe

Here is a new **green smoothie recipe** that I adapted after recently reading Victoria Boutenko's Green for Life book. When I made this one it was so good that I fell in love with the taste of this smoothie. I loved it so much that I modified this *raw green smoothie recipe* with some small changes and have been drinking it regularly ever since. Blend this bad boy up and enjoy healthy, tasty goodness&

I feel that this green smoothie gives me enormous energy and a great boost in my endurance. I love to drink it in the mornings and in the early afternoons as a power booster. i also feel great that it is a healthy raw food as opposed to a processed snack food. So blend this recipe up, drink and enjoy the power boost this green smoothie recipe provides&

- 2 Cups Organic Baby Spinach
- 1 Organic Apple
- 1 Organic Banana
- The Juice of 1 Organic Lime
- 1 Tbsp Raw Organic Hemp Seed (Optional)
- 2 Cups Water

Blend thoroughly and enjoy this awesome green smoothie recipe!

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Delicious Kale and Pear Smoothie Recipe

If you are looking for green smoothie recipes that are beneficial for your heart and will improve your immune system, then look no further than this delicious **kale and pear smoothie recipe**! When you think of a traditional smoothie, kale is generally not the first ingredient you would add, but it is chock full of nutritional benefits. For example, it is full of calcium that is easier for your body to digest than milk is. When paired with bananas, pears, oranges, or fruits, you will get a surprisingly sweet and nutritional snack that you will grow to love!

The green grapes included in this *kale and pear smoothie recipe* are known to improve blood circulation and to prevent the formation of blood clots. Moreover, the flavinol compounds that are found in green grapes help the body fight the damaging effects of free radicals and to repair reconnective tissue in the body.

The oranges included in this kale and pear smoothie recipe are an optimal source of Vitamin C, and Vitamin C is an essential ingredient for the body in protecting itself from colds and the flu. Oranges can also help prevent the development of heart disease and strokes. Likewise, bananas are fortified with potassium, which is great for controlling your cholesterol. Additionally, the bananas used in these green smoothie recipes gives the smoothie a creamy consistency.

To make your own kale and pear green smoothie, you will need to collect:

- 1 cup of green grapes
- 1 large and peeled orange
- 1/2 of a Bartlett pear
- 1 large, fresh banana
- 1 cup of kale
- 1/2 cup of purified water
- 2 cups of ice cubes

All of these ingredients should be added to a blender, and the blender should be turned onto a high speed setting for approximately 1 & 1/2 minutes. One recipe of the kale and pear smoothie mix will yield about four servings. Whatever you do not drink in one sitting can be frozen or refrigerated and stored to drink later! Perfect for children and adults alike, it is a recipe that your whole family is guaranteed to love!

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Green Smoothie Recipes 4 Rules for Preparation

Welcome to the world of raw smoothie recipes! Here, your body will receive the vitamins and nutrients it needs on a daily basis, and you will experience an increase in your overall health, as well as a noticeable increase in energy! All benefits of **Green Smoothie Recipes**. Here are three guidelines for preparing green smoothie recipes to get you started on your journey:

Green Smoothie Recipe Rule #1:
Prepare your raw smoothie recipes first thing in the morning in the entire amount you will consume throughout the day. Consume what you need in the morning to satisfy your cravings, and the rest should be chilled until you are ready to drink it. Don't add anything to your *green smoothie recipe* except water and raw vegetables or fruit. Do not add nuts, oils, or other supplements as these can slow down your body's digest of the fruits and vegetables found in your smoothie.

Green Smoothie Recipe Rule #2:
Drink your smoothie as a snack, as opposed to part of your meal. You may eat other food items approximately 40-60 minutes before or after your smoothie, but you want to ensure that your body has an adequate amount of time to consume the maximum amount of nutrients from the smoothie. Other snack items can interfere with your body's ability to absorb the nutrients it needs. However, your raw smoothie recipe may be accompanied by a glass of water.

Green Smoothie Recipe Rule #3:
Do not add fifteen different ingredients to your *green smoothie recipes* as you prepare them. At most, you should not add more than 3-5 ingredients per smoothie recipe. This is to make the absorption and digestive process easier on your body and to derive the maximum amount of nutrients from the ingredients you do add. As a general guideline you should avoid adding starchy vegetables to your **green smoothie recipes**, including carrots, green beans, and cauliflower.

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The Kale and Banana Smoothie

This kale and banana smoothie is a method for adding more edible greens to your diet. Moreover, it is a popular recipe amongst children, who are often notoriously picky eaters.

The taste of banana masks the taste of the greens well. You will need the following ingredients for this raw food smoothie recipe:

- 2 Bananas
- 2 tablespoons of hulled hemp seeds
- 1 bag of frozen blueberries
- 2.5 cups of filtered water
- 5 or 6 leaves of kale

All of these ingredients should be placed in a high speed blender. If the prescribed amount of water does not completely cover the fruits and vegetables, then you may add a little more until it does. The ingredients should be blended on a high speed for 45-60 seconds. If you find that your smoothie is too thick, then you may add a little more water. If you do not have a blender, then Vitamix, Cuisinart, and Blendtec are all excellent options for blenders.

This recipe makes approximately 3 smoothies, and the ingredients can be safely kept cold for up to twelve hours without losing any of their nutritional value. The raw smoothie recipe is great for kids when you are traveling. It serves as a great treat without the addition of preservatives or processed sugars.

Kale is chock full of vitamins and nutrients, from potassium to fiber, and the proven health benefits of bananas are many, including Vitamin A, potassium, and iron. Bananas are also a great source of natural energy. Of course, you are encouraged to experiment with this recipe. You may find that you like a little more banana or less blueberries. There is no right or wrong amount of ingredients to place in this raw smoothie recipe, but it is a great start to encouraging your whole family to eat healthier.

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Healthy Kale and Goji Berry Raw Smoothie Recipe

Here is a healthy smoothie with a Sweet and crunchy twist. It packs an insane amount of nutritional power with the addition of three super foods. Blend this one up for a breakfast meal that will invigorate and energize you to your fullest potential&

- 3-4 Whole Organic Leaves of Kale (with the stalk)
- 1 Whole Organic Banana
- 1 Cup Frozen Strawberries
- 2 Cups water
- 1 Tbsp Ground Flaxseed
- 1 Tbsp Hempseed

Blend this raw smoothie up, then after pouring/serving just sprinkle some dried Goji Berries on top for a crunchy, tasty surprise!

Enjoy!

Raw Smoothie Recipe That Tastes Like Candy?

This is a nutritious and tasty raw food meal, a green smoothie recipe that packs so much of nutrition your body needs to be healthy. In fact whenever you eat raw recipes they always provide unparalled nutrition for you and your body. This ***raw smoothie recipe*** is so good it almost tastes like candy.

For some reason this awesome raw food ingredients combo just tastes so good! It must be something to do with mixing strawberries and mangos or maybe it's the apple. Whatever it is it's great, this raw smoothie recipe is one to keep!

- One Cup Organic Baby Spinach
- One Cup Organic Arugula
- One Cup Organic Strawberries
- One Organic Mango
- One Organic Apple
- One Tbsp Pure Organic Maca Root Powder (optional)
- Two Cups Water

Make sure if you can, that the fruits and vegetables in this smoothie are all organic. I mean if you cannot find organic then it's OK but it is indeed preferred for nutrition and health value. Grab all these ingredients above, blend em up thoroughly and enjoy!

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Delightful Mixed Berry Raw Smoothie Recipe

For a delightful mixed berry raw smoothie, try blending the following ingredients for a refreshing treat.

- Handful of Organic Spinach
- 1 Organic Swiss Chard leaf
- 1 Cup Frozen Mixed Berries
- 1 Tablespoon Organic Maca Root Powder
- 1 Organic Peeled Banana
- 1 cup water (8 oz)
- Handful of Ice Cubes

Blend thoroughly and enjoy!

Blueberry Banana Dream Raw Smoothie Recipe

For a Blueberry lovers smoothie, try placing the following ingredients in a blender for a dreamy banana blueberry smoothie.

- Handful of Spinach Leaves
- 1 Cup Frozen Organic Blueberries
- 1 tablespoon organic ground flax
- 1 Whole Peeled Organic Banana
- 1 cup water (8 oz.)
- If you want it sweeter, you can add a pinch of stevia

Blend ingredients and enjoy!

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Mango Goji Berry Raw Smoothie Recipe

I had a craving for berries today, so here is the amazing raw smoothie recipe I came up with. I mixed up some Mango, Raspberies, Goji Berries, Pure Maca Root and a Banana. Yum, yum good, it was very tasty and the fruit covered up the maca taste very well. I really enjoyed this for breakfast today.

Here are the ingredients

- 1 Organic Banana
- 1 Organic Mango
- 1/4 Cup Organic Raspberries
- 2 Tablespoons Pure Organic Maca Root Powder
- 2 Tablespoons Organic Goji Berries

Blend well and enjoy!

Cacao Banana Raw Smoothie Recipe

So you’re on a Raw Diet and you want a Raw Smoothie Recipe that tastes great and is totally nourishing. Well look no further& Here is a great Chocolate Banana Raw Smoothie Recipe. If your in the mood for something chocolaty, this will surely give you your chocolate fix&

Mix the following in your blender for a tasty treat:

- 2 Medium Bananas
- 2 Tbsp Organic Raw Cacao Powder
- 1 Cup Organic Raw Almond Milk

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Green Smoothie Recipe

Why Green Smoothies?

It has long been known that green smoothies are fabulous to maintain your intake of greens. The nutritional value of a raw green smoothie is phenomenal. A green smoothie allows your body to assimilate the greens easily.

It is definitely recommended to use leafy greens for green smoothies because as they have a high phyto nutrient value and they mix with fruits well. These greens include spinach, kale, Swiss chard, Bok choy and many others. Just experiment with starting point of 30-40% greens and 60-70% fruit.

Tasty Green Smoothie Recipe

Here is a new **green smoothie recipe** that I adapted after recently reading Victoria Boutenko's Green for Life book. When I made this one it was so good that I fell in love with the taste of this smoothie. I loved it so much that I modified this *raw green smoothie recipe* with some small changes and have been drinking it regularly ever since. Blend this bad boy up and enjoy healthy, tasty goodness&

I feel that this green smoothie gives me enormous energy and a great boost in my endurance. I love to drink it in the mornings and in the early afternoons as a power booster. i also feel great that it is a healthy raw food as opposed to a processed snack food. So blend this recipe up, drink and enjoy the power boost this green smoothie recipe provides&

- 2 Cups Organic Baby Spinach
- 1 Organic Apple
- 1 Organic Banana
- The Juice of 1 Organic Lime
- 1 Tbsp Raw Organic Hemp Seed (Optional)
- 2 Cups Water

Blend thoroughly and enjoy this awesome green smoothie recipe!

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Trying to Avoid Sugars? Try This Great Sugar Free Green Smoothie Recipe!

Although the sugars that are found in the organic ingredients of *green smoothie recipes* are definitely healthier than processed sugars, there are still some individuals, like diabetics, who must minimize their sugar intake at all costs. If you fall into this category, never fear! There are numerous sugarless green smoothie recipes for you to choose from. Here is one of our personal favorites!

All of these ingredients should be added into a high speed blender, with the water being added last. It is important to ensure that the water you add is purified to remove any impurities. The ingredients should be blended together on a high speed setting until the entire mixture has achieved a smooth consistency. This list of ingredients makes 1-3 servings, and what you do not drink can be stored in the refrigerator until you are ready to drink it.

The ingredients in these **green smoothie recipes** work together really well. The avocado gives the smoothie a creamy texture, and the lemon is excellent for masking the taste of the leafy green vegetables. If you do not like the suggested fruits, you can always substitute strawberries, blueberries, or raspberries. It should be noted that while these fruits are low in sugar, they are not completely sugar free.

The ingredients that you will need to gather include:

- 1/2 of an avocado
- 5 small broccoli leaves
- 5 leaves of kale with the stems removed
- 1 medium sized handful of spinach leaves
- 1/2 of a lemon, peeled and seeded
- A handful of rhubarb or cranberries
- 2 cups of purified water
- 8 ice cubes

Think of this smoothie as drinking a liquid salad. 1-2 servings of this smoothie will provide you with your recommended doses of fruits and vegetables. If you do not like the taste of broccoli or kale, you can try substituting wheatgrass instead, which is considered one of nature's superfoods. Don't be afraid to experiment with your own green smoothie recipes, but it will be important to check the sugar content of any fruits that you add to a recipe.

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Green Smoothie Recipes: A Spinach and Fruit Salad Smoothie

It's no secret that when most adults and kids think of spinach, the first thought that comes to mind is "Blech!". Although the nutritional benefits of spinach are well-known, the thought of including in your list of **green smoothie recipes** may not sound appealing. However, making green smoothie recipes with spinach does not have to be a trying ordeal. Spinach is actually a mild, leafy green vegetable, and it will assume the taste of whatever fruits and vegetables you add to it. Here is a Spinach and Fruit Salad recipe that you are sure to love!

The ingredients that you will need to make this particular green smoothie recipes include:

- Two cups of baby spinach
- One whole banana
- One whole pear
- 1/2 cup of strawberries, blueberries, or raspberries
- Two cups of purified or filtered water

First, the baby spinach should be added to the blended. You can choose whether or not you would like to cut the stems off of the spinach. Secondly, the banana should be peeled, smashed well, and added to the blender. Likewise, the pear should be halved and seeded and added to the blender. Next, you should add the berries. In the case of strawberries, you might wish to remove the heads, and it should be noted that raspberries contain small seeds that may not disintegrate entirely during the blending process.

In the last step, you should add the 2 cups of purified water. The amount of water that you add should barely cover the top of the fruit. If 2 cups is not enough, you can always add a little more. Once all of the ingredients have been added, the blender should be put onto a high setting and allowed to run for 2-3 minutes, or until the smoothie concoction has achieved a creamy consistency.

The health benefits of green smoothie recipes are well-known, but you are strongly encouraged to create your own recipes. Try experimenting with different fruits and vegetables in this recipe to find the mixture that pleases your taste buds best. When it comes to green smoothie recipes, there is no right or wrong combination of ingredients.

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Green Smoothie Recipes: Strawberry and Banana Green Smoothies With a Twist!

There is no doubt about the numerous health benefits that **green smoothie recipes** offer, but kids often prefer what tastes good over what is actually good for them. This strawberry and banana smoothie recipe offers the perfect compromise between the two opposites!

The heads should be removed from the strawberries, and the bananas should be peeled. Additionally, the romaine lettuce will need to be washed. Once the prep work is done, you simply need to add the ingredients into your blender (adding the water last), and blended on a high setting for 30-60 seconds. If the concoction is a little thick for your taste, you can blend it for a few seconds longer.

So what are the health benefits of this particular *green smoothie recipes*?

Green Smoothie Recipes Nutritional Information

- Strawberries are rich in dietary fiber and Vitamins C & K. There are also rich in folic acid, Vitamin B6, manganese, and biotin, and their high level of antioxidants can decrease the risk you have of suffering from a chronic disease.
- Bananas are high in fiber, calcium, and potassium. The potassium found in bananas is great for lowering blood pressure. Furthermore, there is scientific evidence that suggests bananas may be an effective preventative for colon cancer.
- As a leafy green vegetable, romaine lettuce is fortified with Vitamin C, folate, Vitamin B, and Vitamins A, K, & C. The American Institute for Cancer Research also lists romaine lettuce as an essential ingredient in foods that fight cancer.

So what are you waiting for?

For a green smoothie recipes that will make 2-3 smoothies, you will need the following ingredients:

- 1 cup of strawberries (between 12-16 strawberries)
- 2 large bananas
- 1/2 a head of romaine lettuce
- 2 cups of purified spring water (Water may come from the tap, but it should be purified first.)

Grab your ingredients and kids and start experimenting with your own version of this green smoothie recipes! You may even find that you like the recipe better

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when you add or subtract other ingredients, but the most important thing is to ensure that any ingredients you add be organic and raw.

Green Smoothie Recipes a Comprehensive Ingredient Guide

There are numerous **green smoothie recipes** to be found on the Internet today; however, the most basic ingredients of any raw smoothie recipe are fresh fruits and vegetables, as well as organic leafy greens. The most important factor is that the ingredients be raw in order to preserve the integrity of their enzymes and biophotons. It is also recommended that you use filtered or natural spring water to mix your ingredients in a blender.

Choosing Green Smoothie Recipes

When you are choosing your green smoothie recipes for the day, you should ensure that the recipes you choose are different from the ones you had the day before. Different fruits and vegetables contain different enzymes, nutrients, and antioxidants, and it is important to ensure that your body receives the proper doses of each. A good idea is to alternate using a spinach or kale base each day mixed with different fruits.

green smoothie recipes are ideal for men, women, and children of all ages. The fresh fruit sugar contained within fruits is much more nutritious than the processed sugars found in most snack foods. The ideal raw smoothie recipe will contain approximately 40% leafy greens and 60% fruits and vegetables. When placed in a blender, the leafy greens become easy for your body to digest, and the sweet taste of the fruit masks the taste of the greens.

Are you looking to lose weight? Then drinking 1-2 raw smoothie recipes a day can put you on the fast track to success. These smoothies are low in carbohydrates, but are rich in fiber. You are strongly encouraged to experiment and create your own delicious raw smoothie recipes. There is no right or wrong combination of ingredients. Keeping the aforementioned guidelines in mind will direct you towards the right path in achieving a healthier lifestyle.

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Healthy Kale and Goji Berry Raw Smoothie Recipe

Here is a healthy smoothie with a Sweet and crunchy twist. It packs an insane amount of nutritional power with the addition of three super foods. Blend this one up for a breakfast meal that will invigorate and energize you to your fullest potential&

- 3-4 Whole Organic Leaves of Kale (with the stalk)
- 1 Whole Organic Banana
- 1 Cup Frozen Strawberries
- 2 Cups water
- 1 Tbsp Ground Flaxseed
- 1 Tbsp Hempseed

Blend this raw smoothie up, then after pouring/serving just sprinkle some dried Goji Berries on top for a crunchy, tasty surprise!

Enjoy!

Raw Smoothie Recipe Ingredients for High Blood Pressure

With the plethora of *raw smoothie recipes* available on the Internet, it can be difficult to know which ones you should choose. If you suffer from high blood pressure or cardiovascular disease, as many Americans do, there are several ingredients that you can add, in variation, to your daily green smoothie recipes to assist your body in fighting these conditions.

- **Strawberries -** Strawberries are an excellent source of Vitamins C, K, and B1. Furthermore, they contain folic acid, which has been clinically proven to assist in lowering blood pressure and are common in raw food smoothies.
- **Tomatoes** Tomatoes are particularly beneficial when added to your daily raw smoothie recipes, because they contain potassium and niacin. For years, niacin has been used to treat high cholesterol, and potassium is an essential component in lowering one s blood pressure.
- **Cucumbers -** Cucumbers also serve as an excellent source of potassium in your diet. Cucumbers are considered a mild diuretic, due to their high water content, which can assist an individual in losing weight and lower high blood pressure.
- **Green Onions :** Green onions, in scientific and clinical trials, have been shown to lower blood sugar, decrease one's risk of high cholesterol, and lower high blood pressure. When added to your green smoothie recipes, other nutrients you will acquire include potassium, Vitamin C, and copper.

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- **Wheatgrass :** Wheatgrass is considered to be one of nature's "superfoods" and is a great raw smoothie recipe ingredient. It contains vitamins, minerals, enzymes, amino acids, and considerable amounts of chlorophyll. The juice of wheatgrass encourages the expansion of your blood capillaries, improving blood circulation throughout your body and reducing high blood pressure.
- **Guava :** Guava fruit contains a wide variety of minerals and vitamins, including fiber, Vitamin A, potassium, copper, and manganese, as well as folate. It is beneficial in treating numerous conditions, including high blood pressure.

Green Smoothie Recipes 4 Rules for Preparation

Welcome to the world of raw smoothie recipes! Here, your body will receive the vitamins and nutrients it needs on a daily basis, and you will experience an increase in your overall health, as well as a noticeable increase in energy! All benefits of **Green Smoothie Recipes**. Here are three guidelines for preparing green smoothie recipes to get you started on your journey:

Green Smoothie Recipe Rule #1:
Prepare your raw smoothie recipes first thing in the morning in the entire amount you will consume throughout the day. Consume what you need in the morning to satisfy your cravings, and the rest should be chilled until you are ready to drink it. Don't add anything to your *green smoothie recipe* except water and raw vegetables or fruit. Do not add nuts, oils, or other supplements as these can slow down your body's digest of the fruits and vegetables found in your smoothie.

Green Smoothie Recipe Rule #2:
Drink your smoothie as a snack, as opposed to part of your meal. You may eat other food items approximately 40-60 minutes before or after your smoothie, but you want to ensure that your body has an adequate amount of time to consume the maximum amount of nutrients from the smoothie. Other snack items can interfere with your body's ability to absorb the nutrients it needs. However, your raw smoothie recipe may be accompanied by a glass of water.

Green Smoothie Recipe Rule #3:
Do not add fifteen different ingredients to your *green smoothie recipes* as you prepare them. At most, you should not add more than 3-5 ingredients per smoothie recipe. This is to make the absorption and digestive process easier on your body and to derive the maximum amount of nutrients from the ingredients you do add. As a general guideline you should avoid adding starchy vegetables to your **green smoothie recipes**, including carrots, green beans, and cauliflower.

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Green Smoothies Recipes From Your Phone?

With your busy schedule, it can be difficult to sit down in front of a computer screen to look for **green smoothies recipes**. With the Green Smoothies Recipes Application for your iPhone, Blackberry, or Android, you can have the information you require right at your fingertips. The nutritional data for each *green smoothie recipe* is listed, as well as a list of the raw ingredients you will need.

This unusual iphone application has won praise in professional and consumer written reviews for the fact that it highlights the various medical conditions that the ingredients in raw smoothie recipes target. For example, the raspberries found in the Green Smoothies Monster recipe are noted to be associated with the protection of one's colon from colon cancer.

High resolution pictures of each of the **raw green smoothies recipes** you access will be provided to assist you in identifying each ingredient. The highlighted nutritional information makes it quite simple for you to choose the smoothie recipes that will best suit your own personal needs. Stored in your phone, this information is accessible even when you are on the go.

The Green Smoothies Application will allow you to search for raw smoothie recipes according to category or by fruit or vegetable. There are eight different categories to search through, including smoothie recipes for children and recipes for adventurous souls. There is even a category dedicated to beneficial green smoothies recipes for your pets that they are sure to enjoy.

The small fee that you will pay to download this application to your smartphone pales in comparison to the invaluable information it contains. You cannot place a price on the health benefits you will receive from drinking these raw smoothie recipes. To jumpstart your personal health on the right track, visit the iTunes store today to download your own copy of the Green Smoothies recipes Application.

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Raw Foods Diet

Raw Foods Diet what the heck is it?

With all the attention raw food celebrities are getting for their healthy glow and rocking bodies, many people are asking the question What is the **raw foods diet**?. It's much different than you might think. You won't be living on carrot sticks and sushi. What you will be living is life at a whole new level. How can that be? Because you have probably been exposed to these foods your whole life:

- processed sugars
- refined flours
- hydrogenated oils
- meat, dairy and eggs tainted with hormones, antibiotics, and pesticides
- food dyes
- preservatives
- cooked food toxins

The raw foods diet is about stepping off the roller coaster these foods put our bodies on. It is an opportunity to see how you look and feel without these highly processed foods. Give your body a vacation from dealing with these taxing foods and it will have time to heal itself. That healing can take many forms, but the most common is loosing fats,especially around the mid section, thighs and bottom. Why?

Because fat is a safe place to store acids and toxins that build up from eating the Standard American Diet. When you stop eating that way, your body doesn't have toxins to store. It even has time to break down the existing toxins stored in that fat. And guess what, when the toxins are broken down the body doesn't NEED fat as a safe storage place. Being magically wise, the body lets that unneeded fat go!

What would your body look like if you gave your it a break from processed foods? Glowing skin? Shinny Hair? Could you see those abs at last?

14 Day Raw Foods Diet

How would your moods be different without exposure to the hormones in animal products? Is it depression, PMS, or ADD? Or does the potpourri of antibiotics, hormones, pesticides, dyes, flavorings and preservatives affect these conditions in ways we cannot yet understand?

Do you want to find out?

Check out this site and tour this easy to follow 14 day diet.

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14 Day Raw Foods Diet

It is easy because you are guided by a raw foods diet chef who makes recipes fast, easy and delicious? Of course healthy eating would be easy if you had a personal chef showing you what to make everyday.
That's what Rocking Body Raw offers&

14 Day Raw Foods Diet

Choose Beverages That Fall Within the Raw Food Diet Guidelines!

Processed sugars, refined flours, preservatives& These items have most likely comprised the majority of your diet for most of your life, whether you were aware of it or not. The raw food diet is concerned with stepping off the roller coaster that these foodstuffs can put your body through. While there is much information about the type of foods you can eat on the raw food diet, you may be wondering how the guidelines of this diet apply to beverages.

For followers of the **raw food diet**, water and juices are the most popular beverages of choice; however, you should cast a wary eye towards bottled juices, as many are packed full of preservatives. The best option is to make your own fresh fruit juice. The same can be said for raw smoothies. Raw smoothie recipes are an excellent alternative to traditional smoothies. Made from fresh fruit, they do not contain preservatives or sugars.

When you are making green or raw smoothies, do not use packaged purees, which tend to have sugars and food coloring added. Along similar lines, most forms of alcohol are going to be considered a no-no, but you do have the option of drinking organic wine, according to the raw food diet guidelines. In fact, a glass of organic red wine a day can actually be beneficial in lowering your chances of cardiovascular disease.

Coffee and tea are on the outs under the guidelines of the raw food diet, but you will have the option of brewing your own sun tea. Sun tea is created by placing organic dried herbs in a gallon of filtered water. It is then left in the sun for 6-8 hours. The sun naturally heats the water to steep the herbs. You can experiment with different variations of herbs to choose the combination that best suits your taste buds. All this flavor and still within the *raw food diet* guidelines.

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Raw Food Diet Gives You More Natural Energy!

Is coffee the very first chemical put into your body every morning? Should you depend upon it to wake you up and quick start your entire day? Exactly what do you achieve in order to keep a clear head and alert? More coffee or possibly sugar filled energy drinks? They are the magic pill solutions that tax your adrenals, throw your bloodstream sugar for a loop, and make you feel much less energetic whenever you come down. Let's say you might have that energy and concentrate without putting the body through wringer?

The easiest method to have consistent energy as soon as you wake, is to consume an eating plan composed of mainly fruits and veggies on a **raw food diet**. These meals live and therefore are a far more direct, clean supply of energy for you. Learning the strategy use within raw cuisine, you'll find shockingly scrumptious methods to eliminate the dead, low energy meals from creatures and replace them (a minimum of more often than not) with meals that provide a stable, reliable supply of energy. You can study the skill of raw cuisine and provide your body a 2 week vacation in the Standard American Diet you've most likely been given all of your existence with this particular online raw food diet course.

14 Day Raw Food Diet

You will find that both week program emerges with a raw food chef and diet educator that has produced DAILY videos to help you through learning raw meals.

However the real reason you achieve for coffee or perhaps a quick buzz, happens because you cannot wait for a results an total nutritious diet offers. Here is s sneak peak in the meals used produce a better buzz for the body&

- Raw Cacao
- Maca Root Powder
- Acai berry

14 Day Raw Food Diet

Within the Rocking Body Raw Food program you'll learn to incorporate Superfoods in scrumptious methods to have sustained energy without taxing your body's sensitive systems. Keep your balance, possess the energy, and relish the unwanted effects of eating a raw food diet glowing skin, shinny hair, along with a Rocking Body.

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