

# Weight-loss smoothies!

Lose 27 lbs *without dieting!* Drink one in the morning, eat what you want all day!

Slimmed-down moms are sharing their yummy blender recipes for zero-stress weight loss. You can sip off 10 pounds in 10 days!



AFTER

**W**hen Jadah Sellner's aunt finally convinced her to try a green smoothie, "it was love at first sip," admits the California mom, 32. "My aunt promised I wouldn't taste the greens, and I didn't. It was delicious—and gave me an instant energy buzz!" At the time, Jadah was raising a busy toddler and the promise of zip without jitters was all it took to keep her blending. She'd mix mango, avocado, spinach, maybe some nuts or protein powder. Perky days became perky weeks—and Jadah noticed she was inclined to skip takeout in favor of trying healthy new recipes. She was more active with her husband and daughter. She did late-night laundry without needing (or wanting!) ice cream. "I never forced anything," Jadah insists. "It just sort of happened." In three months, she lost 27 pounds *without* a formal diet. "Amazing!" said her pal and fellow mom Jen, who adopted the smoothie-a-day approach to rev up. "It worked better for me than double shots of espresso!" she says. Fast-forward a bit, and the pair were on a mission to help women everywhere. They started SimpleGreen Smoothies on Instagram—and in no time, fans were posting that they'd also sipped off flab fast!

**Tip!** Go to [SimpleGreenSmoothies.com](http://SimpleGreenSmoothies.com) for ideas, recipes and to sign up for an interactive 30-day challenge!



Sara Gottfried, M.D., isn't surprised. "I've personally lost 25 pounds since I started drinking a green smoothie every day," reveals the Harvard-trained women's health expert. And when Emiko Maeda Fox, M.S., conducted a green smoothie study at Portland State University, she found that sipping a couple of green smoothies daily caused waists to shrink in just four weeks—no diet necessary! Says Fox: "It can be a miracle for a lot of people!"

## Green smoothie magic!

Simply follow Jadah's lead and enjoy one green smoothie daily in place of whichever meal is most convenient. Jadah's sharing lots of delicious recipes for you to try—or use the guidelines, *right*, to create your own. As you sip, expect to . . .

### ● Flip your healthy-eating switch!

Like Jadah, many green smoothie drinkers notice themselves reaching for less junk throughout the day. During Fox's study, for example, smoothie drinkers automatically made healthier choices overall. Why? One big reason: A single smoothie contains more fruits and veggies than many of us get in an entire day. Basically, they flood our bodies with nutrients in a highly absorbable liquid form. Spinach, for example, delivers a wallop of metabolism-enhancing folate, shown to help dieters shed up to 750% more flab; collard greens and kale boast more usable calcium—a proven fat blaster—than milk. And "better nutrition means better blood sugar, better hormonal balance, better energy, better moods, better everything," notes Dr. Gottfried, bestselling author of *The Hormone Reset Diet*. "You

won't need candy as a pick-me-up or a second slice of lasagna for comfort if you already feel amazing!"

### ● Rev your flat-belly hormone!

Try Jadah's "Beginner's Luck" recipe, *below*, and it'll specifically target your middle. That's because it's loaded with components that boost a hormone called adiponectin. "Adiponectin acts like a text message from your fat cells telling your muscles and liver to burn stored fat," explains Dr. Gottfried. The impact is biggest in your midsection, though experts aren't entirely sure why. What they do know is that a key adiponectin booster is fiber—you get 12 grams from Beginner's Luck!—which increases levels of the hormone 115%. You also get adiponectin-revving antioxidants from mango and pineapple. And coconut oil in the drink has a very soothing effect on cells, allowing them to churn out up to 60% more adiponectin. The pay-

off: One study found that even among nondieters, increasing adiponectin leads to flatter tummies!

## "It works!"

Winnipeg mom Barb Anderson loved green smoothies so much, she found herself drinking two a day. Her IBS and 10 pounds disappeared in 10 days. "I've never looked or felt better in all of my 47 years," she raves. Meanwhile, Deneen R. Young had long struggled to slim down—even stalling out after weight-loss surgery. Then she discovered Jadah's plan. "Green smoothies make it fun to get your fruit, vegetables, protein, spices, nuts, seeds," she says. "The drinks got me off a weight-loss plateau and gave me the energy to be more active!" The Philadelphia mom, now a wellness coach, has lost 75 pounds since then—and 138 pounds in all. "Green smoothies have been such a gift to my body—and I think they can be that for everyone!"

**Here's all you have to do!**

Simply enjoy one green smoothie in place of any meal—and have one as a snack, too, if you like. Use any of Jadah's recipes or create your own. Dr. Gottfried gives thumbs up to Jadah's basic green smoothie formula which—for two servings—calls for **2 cups leafy greens, 3 cups other veggies or fruit, 1/4 cup protein powder, a little good fat (nuts, seeds, coconut oil) and 2 cups no-sugar-added liquid.** "Most women tell us green smoothies make them eat better all day long," says Jadah. "I personally aimed to eat healthier, but mostly I just listened to my body." And since smoothies give you energy, "you can be more active and get healthy even faster!"

## More great smoothie tips from Jadah!

After using a green-smoothie-a-day approach to drop 27 pounds in 12 weeks, *Simple Green Smoothies* coauthor Jadah Sellner has become a pro at whipping up the drinks. Her best tips and ideas:

- **Prep ahead!** "When you make a smoothie, prep enough solid ingredients for a second batch and freeze them all in one bag. Later, you just pour it into the blender, add your liquid and you're done!"
- **Blend at night!** "I make my smoothies at night and keep them in Mason jars with lids. The next day, I give the jar a good shake and my smoothie is ready to go!"
- **Defrost!** "You only need one frozen ingredient to chill your smoothie. Let other frozen fruit defrost a bit to bring out more flavor and sweetness!"
- **Make a smoothie bowl!** "Reduce the liquid in your recipe by 1/2 cup, and you've got a great snack you can eat with a spoon. I like to add a little maple syrup and granola for crunch."

## Try these green smoothies!

For icy cold drinks, "make sure at least one fruit or veggie smoothie ingredient is frozen when you put it in the blender," suggests Jadah.

### Shrink faster with the Beginner's Luck Smoothie:

In blender, blitz 2 cups spinach, 2 cups water, 1 cup mango, 1 cup chopped pineapple, 2 sliced bananas, 1/4 cup plant-based protein powder and 2 Tbs. coconut oil until smooth. Serves two.

### Rev energy with the Mango Ginger Zinger:

In blender, blitz 2 cups Swiss chard (stems removed) or spinach, 1 1/2 cups chilled green tea and 1/2 cup water until smooth; add 2 cups mango, 1/2 cup chopped pineapple, 1 peeled kiwi, 1/2" fresh ginger root, 1/4 cup plant-based protein powder and 2 Tbs. coconut oil and blend again. Serves two.



### Fact!

The Zinger is made with green tea and ginger—ingredients proven to create internal heat that ups metabolism and energy levels!

### Rev your immunity with the Citrus Cold Blocker:

In blender, blitz 2 cups green cabbage, 1 cup water and 2 peeled oranges until smooth; add 2 cups pineapple, 1/4 cup grated golden beet (optional), juice of one lemon, 1/4 cup plant-based protein powder and 2 Tbs. flaxseed or coconut oil. Serves 2.



### Fact!

The Citrus Cold Blocker boasts 300% of the RDA for vitamin C—which helps ward off colds and speeds fat burning!

### Make skin glow with the Southern Charm:

In blender, blitz 2 cups collard greens, 1 cup water and 1 cup cantaloupe until smooth; add 2 cups mango, 1/2 cup chopped carrots, 1/2 cup pineapple, 1/4 cup plant-based protein powder and 1/3



cup pecans or 2 Tbs. almond butter; blend again. Serves 2.

### Indulge yourself with the Banana Split:

In blender, blitz 1 cup spinach and 2 cups unsweetened almond milk until smooth; add 2 bananas, 1 cup pitted cherries, 2 Tbs. cocoa powder and 2 Tbs. sliced almonds and blend again. Serves 2. If desired, top each with coconut cream whipped with a little maple syrup.



### Fact!

Cocoa not only makes smoothies yummy, it contains bioactive compounds that help burn fat, smooth wrinkles, lower cholesterol, even protect against cancer!

## Secrets of the smoothest smoothies!

"It's all about layering ingredients in the blender the right way," says Jadah. Here's the technique she swears by . . .

- Step 1:** Blend leafy greens and liquid for 15-30 seconds until the mixture resembles a juice.
- Step 2:** Add chopped fresh fruit and veggies cut in one-inch pieces or smaller.
- Step 3:** Add dry and frozen ingredients like spices, powders, seeds and nut butters, frozen fruit and ice. Blend on medium-low for 10 seconds, then high speed for about 30 seconds. If you notice that it isn't blending properly, add extra liquid in 1/4-cup increments. Enjoy!



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