

GSG LIFE HOW TO MAKE THE ULTIMATE GREEN SMOOTHIE

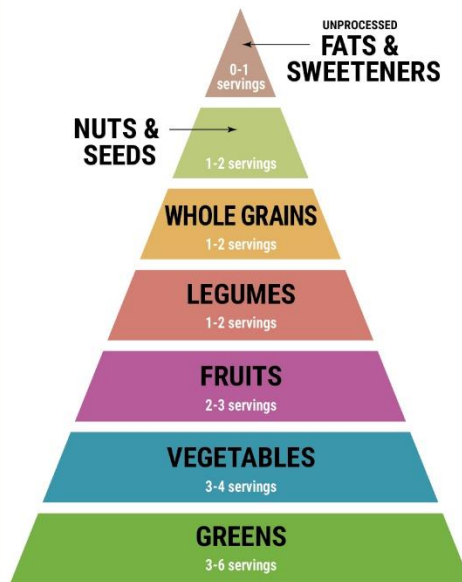
#1 | Fast

- 5-10 minutes in the kitchen
- = 700% more nutrition than the average American gets!
- Average American: 1-2 servings per day fruits/vegs
- You: 10+ servings with green smoothie alone!



#2 | Nutrient Dense

lowest calorie, highest micronutrient



Sources: Joel Fuhrman, MD; Douglas Graham, DC; Neal A. Barnard, MD; T. Colin Campbell, PhD; Caldwell Esselstyn, MD.

#3 | Healthy



Yale, Oxford, Cornell:
Eating Plants = Health

- Yale doctors' review of thousands of published studies on diets reveals health and disease prevention is associated with eating mostly plants in their natural state.
- Largest nutrition study in history, The Oxford/Cornell China Study, found a mostly plant-based diet correlates to extremely low cancer, heart disease, and autoimmune disease rates.

Sources: Drs. David Katz, MD, and Stephanie Meller, MD, Yale University, *Annual Reviews*, March, 2014; T. Colin Campbell, PhD, *The China Study*, 2004

Not a "diet" Not low-fat
Not low-carb Not Paleo Not a fad!

#4 | Greens

The Green Smoothie is a high-impact habit to massively increase consumption of GREENS, the most nutrient-dense foods on the planet.

- 10 minutes prep time
- 10 servings = quart
- 15 grams extra fiber
- Essential fatty acids
- High in protein



#5 | Proven Benefits

GreenSmoothieGirl.com Research (2007) About Green Smoothies:

- 95% said... noticeably improved their health/quality of life
- 84% said... so impressed with results they taught others
- 85% said... more energy
- 79.5% said... improved digestion
- 65% said... decreased cravings for processed food
- 54% said... a more positive, stable mood
- 50% said... weight loss

Source: *The Green Smoothies Diet*, Openshaw 2007



#6 | Green Smoothie DEMO!

The Ultimate Green Smoothie

1½ cups water and ice
3 large handfuls spinach
2 large leaves kale* (with stems)
*or substitute chard or collards
2 cups frozen mixed berries
(12 oz. bag)

1 banana
1 scoop GSG Protein, any flavor
1 heaping scoop GSG TriOmega
or Sprouted Flaxseed
1 apple or other favorite fruit
(optional)

In a high-speed blender, blend water, ice, and greens for 30 seconds until smooth. Add fruit, protein, flax, and blend until smooth. Makes approximately one quart. Keeps 48 hours in the fridge, and your GSG bottle holds more than a quart to take to work!



Tips:

- use a variety of greens
- maximize greens, minimize fruits
- sweeten only with Stevia (or fruits/dates)

#7 | Quality Proteins

Benefits of protein:

- Builds muscle mass
- Burns fat
- Slows the impact of fruit sugars in the bloodstream
- Green smoothie sustains energy longer with extra protein

Benefits of GSG Protein:

- Best tasting, highest-nutrition protein on the market
- Certified organic
- Whole plant foods only (peas, hempseed) and maca for energy
- No junk ingredients (sweetened only with stevia)
- No rice/China sourcing (Fukushima disaster causing massive radiation exposure)
- No highly-processed animal ingredients (such as whey)
- No endocrine disruptor ingredients (such as soy)



#8 | Quality Essential Fatty Acids

- Omega 3's may reduce risk of cardiovascular and neurological disease, and depression/anxiety
- Sprouted Flax or Tri-Omega are living, low-temp-dehydrated superfoods
- Whole plant foods, rather than rancid and contaminated fish oils, are a superior Omega 3 source
- Sprouting increases nutrient bioavailability, enzymes, and stabilizes fragile EFA's

#9 | Ultimate Minerals

- Everything that happens in the human body needs minerals –74+ minerals, plus vitamins and amino acids
- Most of us are deficient, even green smoothie drinkers
- Most supplements are rock-derived, low bioavailability
- Fulvic acid is the most bioavailable form of minerals, from ancient plant deposits



#10 | GSG Rewards Program

- Increase your organic, raw, plant-based nutrition, and your education!
- 10% off!
- Earn 100 Points worth of free product after 12 months of 100 Points Value (PV) Rewards shipments!

Getting Started Package

- Any flavor GSG Protein
- TriOmega
- Ultimate Minerals



100 PV

Fast Nutrition Package

- Superfood Greens
- Superfood Reds
- Chocolate Superfood Reds



117 PV

*All organic, raw, plant-based quick nutrition drinks. Canister or 12 single-servings.

#11 | More Steps on the Education Journey

- GSG 26-Day Detox
- 12 Steps to Whole Foods Course
- How to Eat Right in the Real World
- How to Raise Healthy Eaters
- Readers' Favorites Volumes 1 & 2



#12 | Green Smoothie Conclusions!

High-nutrition,
low-calorie
raw plant foods
Weight loss
Energy
Ease of eating a
whole-foods diet

Animal products
Processed foods
Disease risk
Time spent
in the kitchen

#13 | Challenge!

- 1 quart a day green smoothie
- 1-3 scoops of GSG Protein daily (in water or smoothie)
- 1 heaping scoop Sprouted Flax or Tri-Omega daily

#14 | Quick Tips & Tricks

- Fill your GSG bottle before you leave for work
- Green smoothies last 48 hours in the fridge
- Freeze extra smoothie in ice cube trays, blend with water later
- No waste of greens, just freeze them for smoothies later
- Use tops of organic carrots, beets, radishes, stems of all greens
- Always buy organic



40 oz.
BPA-free
Green
Smoothie
Bottle



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