



Alkalinizing Greens Drinks



**Alkalinizing Greens
Drinks**



ALKALINIZING GREENS DRINKS

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Alkalinizing Greens Drinks

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Alkalinizing Greens Drinks

USER GUIDE FOR THE ALKALINIZING GREENS DRINKS

I believe greens drinks are the single most underrated supplements and this hand-designed guide will keep your body building muscle and burning fat at rapid speeds by keeping your body alkalinized. An acidic (the opposite of alkaline) environment is catabolic, as well as being highly correlated with sickness and disease.

See how I make my greens TASTE GREAT!! It's so simple and takes literally NO TIME at all.

If you want your body to be in an optimal environment for burning fat and building muscle, keeping your body in an alkaline state is of the utmost importance. Consuming two of these greens drinks each day will reverse an acidic state in no time!

Here's how to incorporate the drinks into your lifestyle:

- The best greens drink to consume upon waking up each morning is one that contains only greens. There is really no "formula" when making your own greens drink. Simply combine 3-4 vegetables from a variety of colors and blend with water and ice. Adding apple juice or beets is a great way to mask the strong flavor of many of the vegetables. Rotate around different vegetables each time you have one.
- Don't go crazy on liquid nutrition - it's not as optimal as consuming whole foods. These are not designed to replace your diet but as an ADDITION to it.
- Adding one of the drinks that contains more than just greens is acceptable to do when you feel your body needs it. If you're going extra hard your body will require these extra nutrients for recovery and growth.



Alkalinizing Greens Drinks

ALKALINIZING GREENS DRINKS

Antioxidant KICK

Ingredients:

- 1 scoop vanilla protein powder
- 1 kiwi
- 1 cup spinach
- ¼ cup organic apple juice
- ¼ cup filtered water
- ice
- 1 teaspoon fish oil



Antioxidant KICK

Digestive Stimulator

Ingredients:

- 1 banana
- ½ apple
- 1 cup blueberries
- 1 scoop vanilla protein
- 1 cup ice
- ½ cup filtered water
- ¼ cup prune juice
- 1 cup organic apple juice
- 1 cup spinach



Digestive Stimulator



Alkalinizing Greens Drinks

Protein Buster

Ingredients:

1 scoop vanilla protein
sliced pineapple
1 banana
1 cup spinach
sliced papaya
filtered water
1 tsp fish oil



Protein Buster

Morning Glory

Ingredients:

1 scoop vanilla protein
1 banana
½ pomegranate
2 tablespoons organic yogurt
1 cup spinach
½ avocado
filtered water



Morning Glory



Alkalinizing Greens Drinks

Nutritious and Delicious

Ingredients:

- 1 scoop vanilla protein
- 1 peach pitted
- 5 medium strawberries (fresh or frozen)
- 2 teaspoons chia seeds, soaked for 10 minutes
- 1 head of baby bok choy
(3-5 leaves and stalks of big, adult bok choy)
- 4 to 6 ounces of filtered water



Nutritious and Delicious

Pure Detox

Ingredients:

- 1 cup fresh Italian parsley, chopped
- 3 cups dandelion greens, chopped
- 1 large pear, cored
- 2 cups pineapple, cubed
- 4 to 6 ounces of filtered water

Apple Pie

Ingredients:

- 1 cup raspberries
- 1 medium banana, peeled
- 2 cups fresh baby spinach
- 2 teaspoons chia seeds,
- 4 to 6 ounces of organic apple juice
- 1 scoop vanilla protein powder



Apple Pie



Alkalinizing Greens Drinks

Fat Melting

Ingredients:

- Juice from one large red grapefruit
(or 1 whole, peeled and deseeded)
- 1 kiwi, peeled
- 1 tablespoon of ground flax seeds (flax meal)
- 2 bananas, peeled
- 2 to 3 cups of fresh baby spinach



Fat Melting

Green Lime Detox

Ingredients:

- 1 medium lime, peeled and deseeded
- 3 small stalks of celery, chopped
- 1 small banana, peeled
- 1 green apple, cored
- 1 small head of romaine lettuce, chopped
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh cilantro, chopped
- 4 to 6 ounces of filtered water



Green Lime Detox



Alkalinizing Greens Drinks

Omega Blast

Ingredients:

- 1 scoop Vanilla protein
- 1 cup frozen blueberries
- 1 Banana
- 1 cup broccoli
- 1 cup spinach
- filtered water
- 1 tsp fish oil



Omega Blast

BLEND VIGOROUSLY. DELICIOUS!