



# Train Eat Gain.



## 30 Day Green Smoothie Challenge

# Introduction

It's all too easy for Fitness to become a **game of subtraction...** Where more and more things get taken away as you start getting more "serious":

- No alcohol
- No sugar
- No biscuits
- No chocolate
- No late nights
- **No FUN.**

And of course all this restriction can make your life pretty god-damn miserable.

**You start feeling guilty every time you eat any of the "tasty stuff"** meaning you try to survive on chicken, rice and broccoli every single day...

Until you inevitably you go mad, become a crazy cat lady and **gain 3 stone in a month with nightly "Netflix and Nutella" binges.**

Sounds like a recipe for disaster to me...



So, isn't it time we started **ADDING** things in to actually make your life **BETTER**? (rather than slowly turning you insane)

Something that will boost your energy levels and make you feel like wonder woman so you can lose more weight than ever?

Say hello to the the Green Smoothie.

I promise you they don't taste like pond water and the 7 revitalising recipes in this challenge are some of the absolute best.

But of course... doing something just **ONCE** will hardly make any difference to your life... and that's why our challenge lasts for 30 days.

It's **REALLY** simple:

**We challenge you to drink  
ONE green smoothie EVERY  
MORNING for 30 days.**

and that's all there is to it. You can drink any green smoothie you like as long as it contains at least a cup of leafy greens.

Turn the page for 7 of our go-to green smoothies.



# Monday

260kcal, 27g carbs, 14g fats, 7g protein

- 30g Spinach
- 1/2 Banana
- 5g Chia seeds
- 1/2 Apple
- 25 Cashews
- Water



# Tuesday

235kcal, 38g carbs, 14g fats, 5g protein

- 30g Spinach
- 1/2 Banana
- 1/2 Avocado
- 450ml Almond Milk
- 5g Flax seeds
- 1/2 tbsp Cinnamon
- 1/2 Lemon (juice only)



# Wednesday

231kcal, 51g carbs, 1g fats, 3g protein

- 20g Kale
- 1 Orange (juice only)
- 1/2 Banana
- 1/2 Lemon (juice only)
- 1 Pear
- Green tea (iced)
- 10 Mint Leaves



# Thursday

160kcal, 42g carbs, 0g fats, 3g protein

- 20g Kale
- 200g Pineapple
- 100g Grapes
- Green tea (iced)
- 1/2 Lemon (juice only)



# Friday

268kcal, 57g carbs, 9g fats, 8g protein

- 20g Kale
- 10 Mint leaves
- 450ml Almond milk
- 1/2 Banana
- 5g Chia seeds
- 20g Oats
- 60g Blueberries
- 1/2 Lemon (juice only)





# Saturday

363kcal, 46g carbs, 18g fats, 6g protein

- 20g Bok choy
- 450ml Unsweetened coconut drink (Alpro)
- 50g Cherries
- 60g Blueberries
- 1 Banana
- 20g Cashews



# Sunday

123kcal, 30g carbs, 0g fats, 2g protein

- 20g Bok choy
- Green tea (iced)
- 1/2 Apple
- 1/2 Lemon (juice only)
- 100g Grapes
- 10 Mint leaves

