

# Green smoothie quick-slim diet!

When a group of Facebook fans tried this diet, they lost 1,000 pounds . . . and couldn't stop raving! Here's why you'll want to jump on the bandwagon, too . . .

**A**fter a lingering illness left JJ Smith sick in bed for months, the Washington, D.C.-based nutritionist found herself exhausted and 20 pounds overweight. "I wanted to start feeling good again, but I wasn't up for anything intense," recalls Smith, 44. "Luckily, I'd read about the healing benefits of green smoothies and created a gentle regimen for myself." Suspecting she'd need encouragement, Smith went on Facebook. "I asked if anyone would do it with me." She got 100 volunteers. Ten days later, the pro herself was 11 pounds lighter and far more energized; meanwhile, her support group was down 1,000 pounds—and bursting with excitement. Word began to spread. Within seven weeks, 15,000 people had used Smith's smoothies to drop an astonishing 100,000 pounds. "We started a green smoothie movement!" smiles Smith, author of the *10-Day Green Smoothie Cleanse*. And she's not kidding. A recent check of her Facebook page turned up hundreds of new postings. April Jones, an Indiana dieter, reported shedding 14 pounds in four days; North Carolina dieter Luetica Leach said she was down 16.5 after eight days. Adds 31-pounds-slimmer Laura Hicks: "Four of my friends and I all did this diet, and we've lost 100 pounds! It worked so well for all of us. This is the perfect diet!"

## Smoothie your fat away!

For the fastest transformation, Smith has you drink green smoothies in place of all meals; you also snack on veggies and nuts. Want more solid food? Then replace one smoothie with a low-carb dinner. Even on the easier version, "I'm losing big," reports Massachusetts mom Lisa Bernard, 38. "I dropped 27 pounds in 37 days!"

## Magic ingredients!

Swapping meals for Smith's smoothies "will reduce your daily calorie intake by up to 30%," Smith confirms. Her drinks also boast:

- **Fat-blocking greens!** The star of Smith's smoothie is spinach, which has just seven teensy calories per cup and yet is packed with nutrients that enhance wellness and speed weight loss. For example, it's a great source of vitamin C, which Arizona State research has linked to faster fat burning. Spinach is also one of the richest sources of vitamin K; in preliminary studies on vitamin K and bone strength, scientists were surprised to find that test groups given K ended up with significantly less body fat. Further tests are needed, but there's already evidence from Columbia University that a bone-building hormone called osteocalcin inhibits fat storage!
- **Anti-bloat protein powder!** Protein powder—which has been proven to help reduce hunger, stimulate metabolism and lower levels of fat-storage hormones—is typically made from

ingredients (dairy, soy and egg) known to trigger digestive problems. "Anything that upsets your tummy causes bloating and fluid retention," notes Smith. That's why she recommends a buzzed-about alternative, pea protein. Since few people seem to react to pea protein, it's a feel-good choice that "can help you lose water weight faster!" And of all protein powders, it has the most arginine, a compound that triggers the growth of lean, metabolism-boosting muscle!

### ● Calorie-blocking berries and chocolate!

Raspberries in Smith's smoothie add heaps of fiber—which, per a USDA study, binds to dietary fat and blocks up to 125 calories a day. On top of that, a recent study found evidence that a type of antioxidant in berries and cocoa has a slimming effect, likely because they help block the absorption of calories from carbs!

### ● Miracle weight-loss butter!

Surprise! One study found that shake dieters who incorporate almonds in their regimens lose 64% more weight. Explanation: The monounsaturated fats in these nuts are extremely good at controlling hunger, so adding almonds—or, in the case of Smith's smoothie, almond butter—makes folks cheat less. Almond fat has also been shown to keep blood sugar and fat-storage hormones low and steady. One more reason: Scientists theorize that a unique type of cell wall in almond fat prevents it from being fully absorbed by the body—so a percentage of the calories don't count!

Bonus: The good fat from almond butter allows the body to absorb more nutrients from other ingredients. "You can truly feel the difference. You're full of energy and full of life—and that's how your body lets you know things are good inside you," insists Smith. Of course, it lets you know good things are going on outside you, too. "We've seen people lose up to twenty pounds in ten days!"

## AFTER 10 DAYS . . .

Continue replacing 1-2 meals per day with a green smoothie; for variety, swap in the "Turn back the clock" smoothie, right, or find other recipes on Smith's Facebook page. At most non-smoothie meals and snacks, aim for a little lean protein with lots of veggies and 1-2 servings healthy fat (such as nuts or olive oil); experiment with small portions of healthy carbs, cutting back a bit if weight loss slows.

## The 10-day green smoothie cleanse!

You can find both the regular and modified versions of JJ Smith's smoothie plan right here. Her basic smoothie recipe is in the menus (below); you can also swap in the "turn back the clock" smoothie (at bottom of page) any time you like. While following either the all-smoothie or modified regimen, be sure to drink plenty of water. You may also add herbal tea, if desired. Add other natural low-cal extras (spices, herbs, Stevia) in moderation. As always, get a doctor's okay to try any new plan.

### Breakfast (ENJOY DAILY)

**1 Quick-Slim Green Smoothie:** In blender, whip 1 big handful baby spinach, 1 cup water, 3/4 cup frozen raspberries, 2 Tbs. frozen blueberries, 2 Tbs. almond butter, 2 Tbs. cocoa powder, 1/4 cup pea protein powder, Stevia to taste

**Tip!** Double or triple your smoothie recipe and refrigerate extra portions for later in the day.

### Lunch (ENJOY DAILY)

**1 Quick-Slim Green Smoothie**

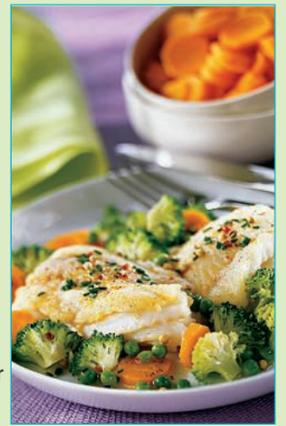
### Snack (EAT ALL AT ONCE OR THROUGHOUT DAY, AS DESIRED)

Unlimited crunchy veggies, such as celery, carrots, peppers, cucumbers  
1 Tbs. unsweetened nut butter, a small handful of nuts/seeds or 1 hard-boiled egg



### Dinner

**1 Quick-Slim Green Smoothie**  
**OR**  
4-6 oz. baked or grilled chicken or fish, seasonings to taste  
Unlimited salad greens and vegetables,  
1 Tbs. olive oil, vinegar or lemon juice,  
herbs



and spices  
Unlimited veggies sautéed in 1 Tbs. olive oil, herbs and spices



**IT WORKS!**

### Lisa lost 27 lbs in 37 days!

Though Lisa Bernard, 38, teaches five aerobics classes per week, she's been steadily gaining weight since she turned 35. She tried eating less, but no luck. Then she read about the green smoothie cleanse on Facebook. "I lost 12 pounds in 10 days without any hunger," marvels the Boston-area mom. She kept at it. "It's easy. And these drinks are more energizing than caffeine!" So far, Lisa is down 27 pounds in 37 days.

### Lisa's best tip:

● **Get support!** You'll find it on the "10-Day Green Smoothie Cleanse" Facebook page!



Smoothie recipes excerpted from *10-Day Green Smoothie Cleanse* by JJ Smith, available at [JJSmithOnline.com](http://JJSmithOnline.com). Photos: Shutterstock (2); Corbis; James A. Guilliam/Getty Images; Shutterstock; Stefan Eisend/Jump; Bethany Versoy/Ikonik Pix; courtesy of vendor.