


# WEEK 3

7 POINT KICK-START CHALLENGE



"GREEN DREAM"  
-GET YOUR GREENS IN

A woman with long brown hair, wearing a blue and white striped shirt, is smiling and looking to her right while holding a fork with a piece of tomato. She is seated at a wooden table. In front of her is a light blue bowl filled with a salad of tomatoes, cucumbers, and leafy greens. To the right of the bowl are several bottles of smoothies: a green one, a clear one with cucumber and lemon slices, and a red one. There are also fresh green apples, green onions, and a bunch of almonds on the table. A small potted plant is visible in the background.

**“ THE DOCTOR OF THE  
FUTURE WILL NO  
LONGER TREAT THE  
HUMAN FRAME WITH  
DRUGS, BUT RATHER  
WILL CURE AND  
PREVENT DISEASE WITH  
NUTRITION.**

**-THOMAS EDISON ”**



# 3 | GREEN DREAM

## WEEK 3 - ARE YOU READY?

Congrats on getting through week 2! If you slipped and had a latte, soda or cocktail, don't throw in the towel. We are talking about good habits for life, so don't let a slip up make you abandon the whole program.

This week we are focussing on **ADDING** something into your day instead of taking away!

Your goal this week (along with continuing your journalling, reading and drinking your liquid zero) is to add a green smoothie or 2 servings of green veggies each day!

Adding nutrients into your life will help you feel awesome and by filling up on the good stuff, there won't be as much room left for the not so good.

Yes smoothies are liquid and have calories (a no-no from week 2) but they are not included with our week 2 habit. Why? Well smoothies are packed full of nutrients, fiber, and whole foods. They are by no means the empty calories most beverages contain. (if done right) They are also filling and allow you to get in a LOT of green bang for your buck!

A green smoothie is really just liquid vegetables for the most part anyway. We don't want you to obsessively count your veggies or worry about the calories in them. Just get in at least a large green smoothie or 2 servings of veggies throughout the day.

Fueling your body with good nutrients, like vegetables, will help you stay healthy!

# A LITTLE BIT OF WHY..



## WHAT IS A GREEN SMOOTHIE

A green smoothie is a power packed, delicious drink that consists of a mix of greens and other foods blended together to fuel your body with vitamins, minerals, antioxidants, amino acids, omega-3s, healthy fats, phytonutrients and proteins.

There are a ton of ways to make these and have them fit into your plan. The right mix of ingredients can make a meal replacement for on the go eating. Although we believe in fuelling your body with whole foods, green smoothies can be an amazing way to fit the greens in! Its all about finding balance and what works for you!

## BENEFITS OF EATING YOUR GREENS

- More vitamins
- More minerals
- More nutrients
- More Fibre - good for you and fills you up
- High volume food (more food for less calories)
- Improved quality life
- Better skin
- Weight loss
- Decreased risk of illness
- Detox and support gut

## BENEFITS OF GREEN SMOOTHIES

- They are a quick way to get multiple vegetable servings
- They taste great — well most of them anyway ;)
- There is so much variety
- They are fun and easy to make
- They can be very helpful with weight loss
- If you don't like greens, it's an easy way to hide them
- Add the right things and it can be an on-the-go meal replacement
- One smoothie can be a huge nutritional powerhouse!



# A LITTLE ABOUT THE GREEN STUFF



There are tons of green leaves to choose from — so make sure you are varying them all! Dark leafy greens like spinach, kale, collards, Swiss chard, collards, dandelion, turnip greens and bok choy are all loaded with calcium, folic acid, vitamin K and iron.

## ABOUT YOUR GREENS

**SPINACH** - rich in vitamin C, fiber, carotenoids and lutein makes spinach a nutritional powerhouse. Spinach offers twice as much fiber as other greens.

**SWISS CHARD** - is packed with nutrition. It is an excellent source of vitamins C, E, and K, carotenes, chlorophyll, and fiber. It is also an excellent source of several minerals including potassium, magnesium, iron, and manganese. Swiss chard is also a good source of many other nutrients including vitamin B6, protein, calcium, thiamine, selenium, zinc, niacin, and folic acid.

**KALE** - provides an excellent source of vitamins B6, C, carotenes and manganese. It is also a very good source of vitamins B1, B2, E, fiber, iron, copper, and calcium.

**COLLARDS** - Collard greens are packed with nutrition. They offer an excellent source of vitamins B6, C, carotenes, chlorophyll, and manganese. One cup of collard greens provides more than 70 percent of the RDA for vitamin C. Collard greens are also a very good source of fiber, and several minerals including iron, copper, and calcium. They also offer a good source of vitamins B1, B2, and E.

**Turnip greens** - pack in a hearty dose of vitamins A and C. One serving has a day's worth of vitamin A. It is also provides a good amount of fiber as well as small amounts of magnesium, vitamin B6, calcium, and potassium. The turnip itself has even more fiber and vitamin C than the greens.

**Dandelion greens** - can be eaten cooked or raw and serve as an excellent source of vitamins A, C and K. They also contain vitamin E, folate and small amounts of other B vitamins. Dandelion greens provide a substantial amount of several minerals, including iron, calcium, magnesium and potassium. The root of the dandelion is rich in the carbohydrate inulin, which is a type of soluble fiber found in plants that supports the growth and maintenance of a healthy bacterial flora in your intestinal tract.



# MAKING IT SUPER



## WHY DO GREEN SMOOTHIES ROCK FOR HEALTH?

As smoothies are blended it breaks down the cellulose in the greens to make the nutrients up to 90% more absorb-able than eating veggies. This means the blender does the chewing for you so your body can quickly absorb all of the nutrients. Plus, you still get the fibre from veggies that juicing doesn't allow. And it's an easy way to get several servings in 1 glass!

Make  
Superfood  
Smoothies!

To give your smoothies an extra nutritional punch, add in superfoods. Don't worry about the taste, it gets covered up in the smoothie!  
Add away!

### Here a few of our fave add ins:

- ✓ Chia Seeds
- ✓ Hemp Seeds
- ✓ Ground Flax
- ✓ Maca Root Powder
- ✓ Cinnamon
- ✓ Turmeric
- ✓ Raw Cacao
- ✓ Spirulina
- ✓ Wheatgrass
- ✓ Vitamin C Powder
- ✓ Grass Fed Gelatin
- ✓ Protein Powder

### Even more benefits with 'superfoods'

- Improves energy and brain function
- Promote weight loss, clearer skin, harder nails and more!
- Help reduce sugar cravings and hunger levels.
- Packed with antioxidants and phytonutrients to fight the nasty illnesses, aging and the damage from free radicals.
- Makes you happy. Food affects your moods and the health benefits will help you process stress, balance nerves and feel positive.
- Decreased inflammation
- They are delicious! Your taste buds will love you.

Remember, the purpose of a green smoothie is to get more GREENS in your diet. This is not a sweet sugary milkshake. But not to worry... it will still be delicious!

# MORE ABOUT THE 'SUPER' STUFF



Take your green smoothie to the next level with some Power Ingredients like — chia seeds, hemp seeds, flax, maca root powder, cinnamon, raw cacao, or spirulina. Most of these can be found at a bulk store, so you can buy small amounts and see which ones work for you!

## RAMPING UP YOUR SMOOTHIE

**CHIA SEEDS** – these fabulous little seeds are high in Omega 3, fiber and are gluten free. When mixed with water they form a gel and this helps make your smoothie more filling. Buying in bulk instead of the packaged brand name seeds will save you money.

**HEMP SEEDS** — aka hemp hearts; are a good source of amino and fatty acids, protein, and are gluten free.

**FLAX** — Is full of fiber and Omega 3's. Use ground flax since your body can't digest the whole seeds. Tossing in flax will also make your smoothie more filling.

**MACA ROOT POWDER** — suitable for raw food diets, this powder is known as an aphrodisiac and natural balancing agent. It is said to help normalize estrogen levels in women. Maca contains B vitamins, iodine and iron in addition to protein and starch.

**CINNAMON** — this common spice helps brain function, is antibacterial, anti-fungal and helps control blood sugar levels. Studies have also shown cinnamon to help with metabolism.

**RAW CACAO** — delicious in banana smoothies. It does contain some caffeine so be aware of that. It has been shown to be an appetite inhibitor and help with cardiovascular health.

**SPIRULINA** — is a water based algae, It's high in protein, can be bought in powder or pill form.

**PROTEIN POWDER** — whether you prefer to use whey, rice, pea, or hemp, or collagen, protein powders are a fabulous way to turn your green smoothie into a meal replacement. (although we don't suggest living off of liquid meals!)



# GREEN SMOOTHIE TIPS



1

## Kick start your day!

Drink a protein packed green smoothie within 1 hour of waking. A great way to start your day - packed full of nutrients!

## Use fabulous frozen fruit

Frozen fruits will save you from adding ice, keep your smoothie cold and add a beautiful smooth texture. Focus on low to medium sugar fruits such berries (strawberries, blueberries, raspberries), pears and mangos. We also love using avocado (this is awesome for added creaminess & healthy fats. Just cut up and freeze!)

3

## Freeze the greens!

Blend your organic greens with water, then freeze in ice cube trays so they are all frozen and ready to blend into perfection!

2

4

## Rotate your greens.

Make sure you are filling your body with a wide range of nutrients by switching up your veggies!

**TIP:** Have a back up Greens Powder to use in a hurry or to boost any smoothie. We have an amazing one with added probiotic antioxidants, detox & more at [7pointnutrition.com](http://7pointnutrition.com)

Watch the FB group for a giveaway and a discount!



5

## Try to limit sweeteners.

The more you drink green smoothies, the less sweeteners you will need to add. Sugar, even in an all natural form, should be limited. Always make your smoothie first and test prior to adding fruit, honey or dates as you may not need it.



# TIPS FOR EATING YOUR VEGGIES



1

## **Kick start your day!**

Add spinach to your omelet or other veggies like asparagus, kale etc.

## **Eat 'em raw!**

Cut up fresh veggies and munch on them raw. Make a healthy ranch dip using 0% greek yogurt for dipping! Or dip in hummus.

## **Recipes in your Tool Kit!**

2

3

## **Load up a sandwich!**

Pack a sandwich or a wrap with veggies!

Load it with leafy greens, cucumber, peppers and anything you can think of!

Make it a melt! Warm up the wrap and enjoy it melty!

4

## **Mix up a bowl!**

Mix up a huge bowl of greens and make your favorite salad. Throw on some protein (like chicken, tuna, etc) a healthy fat like avocado and voila, you got a ton of greens and other veggies in 1 meal!

Load it up with colorful veggies to make it more aesthetically pleasing! Chose a low calorie dressing and enjoy.

5

## **Keep some frozen.**

Fresh usually tastes best, but it's always a great idea to have some frozen options in the freezer ready to grab and go. This can make your meal prep quick and easy.

No excuses! Eat your greens!

# NOW WHAT?



## THIS WEEK'S ACTIVITIES

Alright Challengers here we go! Time to add in some needed nutrients to your daily routine. Incorporate 1 green-packed smoothie, OR 2 servings of green veggies each day. Do this consistently and you'll feel like a super hero in no time!

## NEXT STEPS

### 1 | PRINT YOUR TOOLS

In the Toolkit you'll find the materials you need for this part of the Challenge:

- Green Dream Cheat Sheet
- Dippin' recipes for your veggies
- Smoothie recipes to get your started

### 2 | GET YOUR SUPPLIES

I bet you'll need some supplies for this one! Go load up on your favorite green veggies and other ingredients you'll need. Remember, you can make a smoothie OR eat 2 servings of veggies! Your choice, so mix it up. 2 is our minimum goal for this challenge, however the more the merrier! Always be ready with a Greens product! Check Facebook for a promo!

### 3 | SHARE WITH US!

Share in the group your favorite smoothie or favorite way to get your greens in. The more ideas the better! Share! Share! Share!