

Green

Smoothie living

The 10-step guide



CRAIG HUBBARD

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Get ready to live your healthiest, Strongest, most vibrant life.



It doesn't matter if you're young or old, if you're in good or bad shape.

-This book is here to wake you up, shake you up and empower you to take charge of your life and your health so you can live the best version of You possible.

I believe it is our birth right and the highest responsibility to ourselves, our loved ones and this planet earth to be the healthiest we can possibly be. This vessel we call our body is the only vehicle we have, to create our world, and it doesn't come with spare parts, so we must look after it.

- The quality of our life is determined by our thoughts, intentions and our actions.
- The quality of our thoughts, intentions and actions are determined by the quality of our cells.
- The quality of our cells are determined by the quality of our food.
- So therefore, if we can simply improve the quality of our food we can improve the quality of our whole life.

So, whether you're...

- Seeking to find the best nutrition for your family
- Seeking to improve your athletic performance through superior nutrition
- Struggling to lose excess fat without feeling deprived and frustrated
- Constantly stressed, overworked, lacking in sleep and seeking to boost your energy
- In your middle to late years seeking to live a fulfilling vibrant life with your loved ones with a strong body free from disease
- Seeking to look younger and feel younger from the inside out.

I'm here to tell you that it can be done. And it should be done. There's no better way to live than to have a vibrant, strong, healthy body regardless of age, weight, or any other reason.

Thank you for letting me join you in your exciting journey to become a healthier you.

In this 10-step introductory guide, I'll show you how to jumpstart your health, beginning with easy, delicious Super Green Smoothies.

Get excited to experience more energy, less cravings, deeper sleep, faster recovery, glowing skin, super immunity, and a healthier, more vibrant you.

Yours in Real Food and Inspired Living

Craig Hubbard

"Personal transformation can and does have global effects. As we go, so does the world, for the world is us. The revolution that will save the world is ultimately a personal one."

Marianne Williamson



“Be the Change You Want To See In the World”



- Mahatma Gandhi

Your body is your temple. It is only as healthy as the foods you consume. Dark rich leafy greens are the most nutrient-rich superfoods on earth and Green Smoothies are the easiest way to get Living Greens into your body. Now is the time to join the Green Smoothie Revolution!





MY STORY:

The Dream Begins...

My journey into Wellness began in 1994 when I began training in Martial Arts while living in Sydney. I loved the way the practice of Martial Arts & Tai Chi blended the beauty of movement with the power of discipline and strength. I studied Martial Arts for 6 years and went on to get my Black Belt, which still to this day was one of my most grueling yet rewarding challenges. I learned a lot about Chinese medicine, acupuncture, meditation and Chi (lifeforce) through the practice of Tai-Chi & Qigong. This fueled my drive to pursue living my most Vital Life; to explore & share the world of Healthy Living with others. It was at this time in my life that my true path as a Wellness Entrepreneur began.



Wheatgrass & Greens

One of my ventures was a small business that I co-founded and managed called Swheat that produced a wheatgrass & orange juice split shot for cafes all over Sydney, it went on to win best product of the year at fine foods awards for its innovation. It was during these times the world of Greens opened to me as I researched, experimented and dove deeper into making the best superfood green drink on offer. I learned from personal experience that my body was happier & healthier with the intake of higher nutrients & antioxidants from the greens.

For the Love of Food Growing

In 2007 as a father to be, I made the choice to leave the hustle and bustle of Sydney city, in favour of a simpler life in the hinterland valleys of the Sunshine Coast. It was a huge change but deep in my heart I knew I'd found home. We lived completely off the grid in a rainforest paradise for several years at the headwaters of the Mary River. It was a small but cosy rammed earth home with a solar power setup, a fire stove for cooking and water heating. Here I discovered a deep love of food growing and sustainable living. With my now 2 children and with an overflowing food garden it didn't take long to discover that the kids and I could only eat so much salad! So, I threw the greens into the blender with some fruit and rainwater and made the yummiest glass of goodness – and guess what? They loved it!! Hence my Green Smoothie Revolution was born...



The Seed is Planted

During this time, I was very grateful to meet one of my mentors Jim Hunt who owned and managed the local organic vegetable farm. His farm was a food growers' cornucopia, I had never imagined so much good food could grow in one place by one man. One early morning whilst walking through his fields I was overcome with the epiphany... that this was where real wellness begins, here in the soil. It seems so obvious now, although this had a powerful impact on the next phase of my life as I made the choice to let go of my high paying business in Sydney and went to work as his apprentice for 2 years. He taught me everything he knew about organic vegetable farming. It was the hardest but most rewarding work I'd ever done. This planted the seed of desire to one day have my own farm.

Breath of Life

A pivotal part of my wellness journey was the decision to immerse myself deep into the practice of Yoga, it fitted so well with the back-breaking work of farming. I went on to complete my 12-month Yoga Teacher Training with two of the most devotional teachers, Adam & Maaji at Radiant Light Yoga. Where the power of breathwork, meditation & movement became an integral part of my life.

Realising A Dream

Now brimming with inspiration of yoga and food growing I realised a dream and purchased the property that became Shambhala Farm. Shambhala is more than a place, it's a way of life. It's about ~~embodying~~ embodying our most vital and inspired life. As we began to grow and build Shambhala Farm in the heartland of the Noosa Valley, it became not only a place that produced fresh organic produce but one that reconnected myself and many others back to a simpler way of living.

Shambhala Farm

My partner Chrissy and I manage this 12-acre Organic Farm & Yoga Retreat alongside our amazing and dedicated team. Our Mantra is Grow, Nourish, Connect. We love to inspire through sustainable growing, real food and yoga. We are a small farm with a big heart.





Green Smoothie Experiments

We are blessed to have access to fresh organic produce and groceries which we use for our many Green Smoothie experiments. Over this time, we have spent many hours experimenting with different Green Smoothie recipes & ingredients. As part of our Farm tour offerings, we bring groups into the growing fields to experience firsthand the journey from Seed to Food. We plant seeds and harvest greens which we then use in our Green Smoothie demo & tasting. The building of our Yoga Shala further enhanced the Shambhala way of life by providing a place to offer yoga classes, workshops & retreats.

Inspired Living

Chrissy and I drink Green Smoothies almost every day and the farm team continue to spread the word on real food and Living Greens. Each weekend, before sunrise our Farm Team set display fresh vegetables at farmers markets across the coast and drivers deliver boxes full of organic greens to our local community. I am so grateful to the people and events that have inspired this journey and created such a wonderful, vibrant, wellness community.

Every day I am even more passionate about living a life of vitality and strongly believe that Living Greens are one of the pillars of Vital Living.

I hope that you find some inspiration in this book and hope that one day we can meet in person at one of our live events on the Farm.

Yours in Vital Living,

Craig Hubbard

WHAT YOU SOW YOU REAP

Everything that is created in the world is the result of what takes place internally. Being the change you wish to see in the world starts with taking full responsibility for your life. Every action we take is like a farmer sowing a seed; a seed that will germinate, grow and produce fruit for the next generation to reap.



VITAL LIVING FOOD PYRAMID



Real food delivered to your door



Shambhala Farm

— Grow. Nourish. Connect. —

I encourage you to add as much as you can from [The Vital Living Food Pyramid](#) into your daily diet to experience your most Vital and inspired life.

A homemade Green Smoothie, not a store bought one, is an excellent way getting all of these Vital Living Foods into your body on a regular basis.

1

Ignite Your Green Smoothie Revolution!



BY IGNITING YOUR GREEN SMOOTHIE REVOLUTION, YOU WILL BE:

- ✓ Immersing your cells with Nature's superfoods
- ✓ Providing maximum nutrition at a cellular level
- ✓ Cleansing and detoxifying
- ✓ Increasing your personal energy
- ✓ Boosting your immune system
- ✓ Balancing your hormone levels
- ✓ Balancing your weight
- ✓ Decreasing your risk of cancer & heart disease
- ✓ Taking control of your health and wellbeing, naturally



THE 6 TRAITS TO CULTIVATE IN ORDER TO IGNITE YOUR GREEN SMOOTHIE REVOLUTION:

Intention

Set an intention for your health transformation.

Mindset Develop a strong will to succeed.

Honesty Be true to yourself and keep your word.

Action

Take regular action - juice, blend, drink daily.

Discipline Create a daily Green Smoothie habit ... and stick to it.

Balance Your Personal Revolution is not a fad - you are integrating Green Smoothies into your holistic healthy life.



2

Cultivate a

Green-Rich Attitude!

If you want the easiest & most nutritious way to good health, the answer is Green. Liquid Greens, that is! By micronising your Greens (reducing them down to liquid), you are making their goodness immediately available to your body.

Simply making the change to Green Smoothie Living means that this vital nourishment will be yours to have every day (or several times a day when you get hooked!). And the best thing is - the whole process only takes 5 mins to make, 2 mins to clean & 1 min to enjoy - that's 8 minutes to Green Smoothie Heaven!

BY CULTIVATING A GREEN-RICH ATTITUDE, YOU WILL BE:

- ✓ Giving your body access to complete nutrition
- ✓ Creating more awareness around the food you eat and where it comes from
- ✓ Saving yourself time - with the right equipment & preparation, it's literally a meal made in minutes
- ✓ Knowing that no matter how busy you are - your body doesn't have to go without!

THE 5 ELEMENTS TO CULTIVATING A GREEN-RICH ATTITUDE:

Inquisitiveness - be willing to play, explore and mix combinations

Fun - remember science experiments when you were a kid? It's just like that ... only you can drink it at the end!

Mindfulness - seek out the best quality produce available - you want optimum nutrition from your Green Smoothies

Faith - don't give up when you have a setback - that's literally all it is. Clean out your blender and start again. Remember this is good for you and your body will thank you for it!

Gratitude - for the energy, radiance and good health experienced by your body when you switch to Green Smoothie Living.

3 Detoxification -

Understand Your Body's pH

HAVE YOU EVER WONDERED WHAT ALL THIS TALK ABOUT BODY ACIDITY/ALKALINITY REALLY MEANS?

Effectively, this is referring to the pH of your blood and tissues. Optimal body pH is around 7.35-7.45 a neutral middle-range. Most of us, however, are existing at a much more acidic level. Why is this? Body pH is dramatically affected by components of our lifestyle including; stress, alcohol, sugar, meats, coffee, preservatives, processed foods and our overly technological environment. Over time, acidity begins breaking down tissues in the body.

So, what do Green Smoothies have to do with this? Living, leafy greens are highly alkalising to the body, especially those with a rich, dark pigment. Being high in minerals, particularly iron, fresh leafy greens have the capacity to increase oxygen levels in the blood, therefore contributing to the alkalising of the body.

The essential components for a natural detox:

- Greens - Dark rich leafy greens.
- Water - Drink at least 2L per day.
- Oxygen - 5 slow deep breaths 3 times a day.
- Exercise - 30mins of walking, yoga or any gentle cardio.





THE 4 WAYS THAT GREEN SMOOTHIES HELP YOU TO DETOX:

- Chlorophyll is the amazing molecule in plants vital for photosynthesis, which allows plants to absorb energy from sun light. It has been known to give immense detoxifying benefits in our bodies & gives the cells a “shake up” - gently encouraging the release & removal of stagnant cellular toxins.
- Green Smoothies contain cleansing vegetable juices, which help to flush these toxins out into the body’s elimination channels.
- Green Smoothies are high in natural plant fibre (indigestible cellulose). This fibre sweeps through the digestive tract, removing toxins along the way. Fibre cleans out the colon and helps to regulate bowel movements.
- All in all, Green Smoothies break down toxins, cleanse the body, increase cellular oxygenation and nourishment and maximise nutrient absorption.

“Last week I began a Green Juice & Smoothie Detox. It has been amazing! I am 2kgs lighter, have more energy than ever before and have kicked my coffee habit. I have never felt this good and will continue to have Green Smoothies every day!”

- Sally

Body Acidity is like a stagnant pond, whereas, Body Alkalinity is like a fresh flowing stream.



“To keep the body in good health is a duty ... otherwise we shall not be able to keep our mind strong and clear.” - Buddha



4

The Holy Kale:

Living Greens

So, what is it about these Greens that makes them such a powerpack of Nutrition? The secret is ... Chlorophyll! Chlorophyll is the miracle molecule in plants that gives them their green pigment. This substance is the key to plant energy & life - converting sunlight into food via photosynthesis. Living Greens literally means raw, living food. When cooked, there is a reduction in chlorophyll and other essential nutrients. Green Smoothies allow us to get these nutrients into our bodies in a more bio-available form.

By incorporating Living Greens into your diet through Green Smoothies, you will be nourishing yourself with the full spectrum of plant nutrition:

Giving your body access to

✓ complete nutrition

Creating more awareness around the food you eat and

✓ where it comes from

Saving yourself time - with the right equipment & preparation,

✓ it's literally a meal made in minutes

Knowing that no matter how busy you are - your body doesn't have to go without!

✓

"I wish I had found out about green smoothies earlier! I can't believe how much more energy I have just by simply changing my diet to include 2 green smoothies a day. My digestion is so much better and my skin looks amazing. My fatigue has vanished, I have abundant energy and I'm feeling so much healthier. " - Jenny

Cultivating a Green-Rich Attitude is like growing a plant. It needs nurturing and protection until strong enough to survive on its own. Once matured, it naturally comes into its full potential, ease and beauty.

5

To Blend or Juice?

Blending and Juicing both have their place in Green Smoothie Living. Often there is confusion as to which is better. In our opinion, for the most nutritious & delicious drink ... why not do both?

Juicing removes fiber and provides you with maximum plant nutrition. Smoothies blend whole greens and veges in with your liquid (fiber and all), so you get a little more sustenance than your juice. In our Green Smoothie practice, we are now using fresh fruit & vegetable juices as our base, then blending them all up with the greens and fruit. So you get the best of both worlds!

BY USING BOTH JUICING & BLENDING IN YOUR GREEN SMOOTHIE PRACTICE, YOU ARE:

- ✓ Giving yourself options - you have the tools to be able to listen to your body and make it what it needs.
- ✓ Maximising the nutrition in your glass of Green!
- ✓ Opening up 100's more possibilities in Smoothie variations - your only limitation is your imagination!
- ✓ Adapting your Green Smoothie practice to your lifestyle - when you are short on time, just Blend. When you need a cleanse, Juice. When you have the time to play, Juice and blend for the best Green Smoothie ever.



THE 4 MISTAKES COMMONLY MADE WHEN STARTING OUT WITH GREEN SMOOTHIES:

- ⊘ Fibrous green stalks should not go in the blender - you will end up with a very chewy smoothie!
- ⊘ Add sufficient liquid. We have been conditioned to expect a thickshake when we order a smoothie from a Juice Bar, remember smoothie not chunky.
- ⊘ Be mindful of your Fruit/Vege ratios (outlined in the next chapter).
Too much green and your smoothie will be bitter, too much fruit and it will be too sweet. The middle road is always a good
- ⊘ It may seem obvious, but ... put the lid on the blender before you turn it on. There are easier ways to paint the walls green!
When you have the time to play, Juice and Blend for the best Green smoothie ever.

Here at the Farm, we love trying new ways of making Green Smoothies. Our summer favourite? The Juice Base.

We started putting the fibrous produce like celery, carrot, apple through the juicer and then adding that liquid to the greens, fruit & superfoods in the blender. What a Breakthrough!!!

Combining blending with juicing to make our green juice smoothies has created a whole new smoothie groove. We get the cleansing benefits of Juice, plus the wholesomeness of smoothie ... and what's more? It's absolutely delicious!!

“Green Smoothies are
the New Coffee!”

- Sarah Adler.

6

How to Make Your Perfect Green Smoothie!

Greens + Fruit + Liquid + Superfoods = Yum!... Blend it all up and away you go! The ingredients you use and the proportions you choose could Make or Break your Green Smoothie. It's all about Balance. As a general rule add 1-3 different greens and 1-2 types of fruit - as is often the case, Less is More. Keep your choices simple, your intention is on pure supportive nutrition.

HERE'S HOW TO MAKE YOUR PERFECT GREEN SMOOTHIE!

- 1/3 Greens
- 1 Fruit
- 1/3 Liquid (Juice, Coconut/Rice Milk or Water)
- 1/3 tbspn Superfoods
- 1-2



THE 4 ELEMENTS THAT MAKE UP YOUR PERFECT GREEN SMOOTHIE:

GREENS - spinach, kale, lettuce, parsley, mint, sprouts ... in fact, any yummy edible raw green you can think of!

FRUIT - Soft fruits work best. My favourite is frozen banana. However avocado, papaya, berries & mango work well too fresh or frozen. banana.

(Secret of the Century ... Peel & Freeze your ripe bananas & avos and store them in the freezer in sandwich bags - they will chill your Smoothie and make it Super-Creamy!)

LIQUID - Water is simple. If you like it creamier add a non dairy milk like coconut/rice/almond milk or a blend. If you want it with extra zing add fresh juiced vegetables like; celery, cucumber, ginger, carrot.

SUPERFOODS - Rotate your superfood powders; wheatgrass, spirulina, cacao, maca.

Add some omega 3 oil via nut or seed butter like tahini or fresh nuts, soaked chia or flax seed.

Ginger & Turmeric are also amazing to add fresh in small quantities.

"I am now, officially, a Green Smoothie addict! Since I discovered them about a month ago I have never felt better. I'm really enjoying making up new combinations, especially as I start finding more seasonal fruit. And thank you, Shambhala Farm, for your recommendation of chia seed in my smoothies - I've been adding that, plus your activated nutmeal, and now my smoothies are even more delicious!"

- Karen

One of my Favourite Green Smoothie Recipes

↓ BANANA NUTTY GOODNESS

Makes 2 medium smoothies or 1 extra large smoothie.

INGREDIENTS:

FRUIT:

- Banana (1 frozen, peeled before freezing)

GREENS:

- Kale (1 stalk, only the leafy part)
- Mint (a sprig)
- Parsley (a sprig)
- Spinach (a handful)

LIQUID:

- Coconut Water or Rice milk (1 & 1/2 cups or to desired thickness)
- o We use Coco Quench (a blend of coconut & rice milk)

SUPERFOODS:

- Fresh Ginger & Turmeric (1-2 cm cube)
- Cacao powder (1 tsp)
- Spirulina powder (0.5 tsp)
- Soaked chia seeds (2 tsp)
- Omega 3, 6 & 9 Oils (1 tblsp) *we use Udo's 3.6.9 Oil Blend.
- Peanut Butter (1-2 tblspn) or Tahini Butter

METHOD:

- 1) Wash and prep fresh produce, cut stems off greens like kale, peel or chop ginger & turmeric, cut frozen banana into quarters.
- 2) Place all Ingredients into your blender or Nutri-bullet put lid on & mix for 30sec-1min or until its all smooth. Add more liquid if too thick or more banana if too thin.
- 3) Pour into your favourite glass and enjoy your delicious smoothie.
- 4) Remember don't overfill your nutribullet or blender past the line or it will make a mess, I've certainly done it. Rinse the blender while still wet for super quick clean up.



7

Find Your

Local Greens Grower

This is where we talk about the most essential component of Green Smoothie Living ... the Greens, of course! It cannot be stressed enough how important it is to get the freshest, most vital, organically-grown greens to put in your smoothie. As the quality of your smoothie directly reflects the quality of your greens and as there is nothing quite so fresh as an organic lettuce pulled from the ground at sunrise ... our suggestion? Go and make friends with your local organic greens grower!

WHEN VISITING YOUR LOCAL GREENS GROWER, HERE ARE SOME QUESTIONS TO ASK:

- Are you a family owned farm?
- Are your greens grown organically, without the use of chemicals & pesticides?
- Do you compost on your farm?
- What time do you harvest? (Early morning is best)
- Which greens do you grow?

5 WAYS TO SOURCE YOUR GREENS:

- Grow your own! Always the best and the freshest ...
- Find your local organic greens grower
- Seek out your local farmer's markets (you may find bulk ripe bananas here too!)
- If none of these are available, head to your local fruit shop. It may be hard to find organic here, the important thing is freshness.





COMPOST

Here at Shambhala Farm, we pay special attention to our soil. We do this through the making of Compost. This life-giving substance is applied to our farm in the form of organic matter or Compost Tea, which helps to feed both the plants and the soil. We practice polycropping, that is, growing multiple crops at a time (up to 50 varieties) for the sake of soil fertility, plant immunity and bio-diversity. With the help of our Farm Community, we plant, weed and harvest by hand. Greens are harvested before the sunrise for optimum freshness and nutrition.

“At its heart, alchemy is a metaphor for spiritual change. When we compost, we’re participating with and accelerating one of nature’s miracles: the transformation of waste in to life. Compost, then, is the spiritual, life-giving transformation of the planet.”

- Mr Homegrown, RootSimple

“Shambhala Farm, we love your food! Thank you for the delicious fresh greens and veges, we’ve been juicing all week and the Green Smoothies are amazing. Keep up the good work”

- Sam



8

Set up

your Kitchen

Having a functional workspace will save you time & mess and keep you positive on your Green Smoothie path to wellness. As any cook knows, there are some essential tools of the trade that simply must live in your kitchen. Now you may not be simmering up a soup, however, the principals remain the same -

Clean space +

Organised equipment +

Systemised process =

Smoothie Success!

WHEN SETTING UP YOUR GREEN SMOOTHIE KITCHEN, HERE ARE THE THINGS YOU'LL NEED TO CONSIDER:

- How much space do I have for my equipment and where am I going to keep it?
- How much money am I willing to invest in my Green Smoothie equipment? Depending on your budget, you can spend anywhere from \$ 120 - \$2500 for a Blender/Juicer Combo. Yes, it's always nice to get the best. However, it's more important that you simply start somewhere (again, the middle road), search ebay for a 2200w blender and you can pick up a new good one for around \$140.00.
- Keep your equipment handy - if it's too hard to put it all together, you are likely to get disillusioned and kick the habit before you see the real benefits - your Juicer and Blender should have Pride of Place in your Kitchen!
- Have a good sized drainage space - you'll be rinsing your equipment a lot!



THE 5 THINGS YOU'LL NEED WHEN SETTING UP YOUR GREEN SMOOTHIE KITCHEN:

- **Your Juicer** - A cold-pressed version extracts the most juice. However a centrifugal juicer is much faster and easier and will ensure juicing fits into anyone's busy schedule. Feel free to contact us for supplier options.
- **Your Blender** - a micronizing blender (Vitamix or Nutri-Bullet) is an essential part of Green Smoothie Living if you are blending up raw greens. You may get away with a regular blender if you juice your greens first and then blend this liquid with your fruit. Soft greens like spinach may be ok. Otherwise you could end up with those pulpy, stringy bits in your Smoothie - not that appetising. A good blender with sufficient power cannot be overstated, a 2200w motor is ideal.
- **A Colander** - for washing your greens & fresh ingredients.
- **A Good-Sized Compost Bucket** - for all your juice pulp. (If doing this regularly, you may like to investigate getting a worm farm - they love juice pulp! Plus it's an earth-friendly way of processing your waste.) See our How to Compost course online for more details.
- **Glass Jars or Small Ceramic Vessels** - for serving your Green Smoothies in. Mason jars work well so you can put a lid on and keep leftovers for the afternoon.

"If you're serious about making green smoothies a habit, you'll want to ENJOY your concoctions. That's hard if you're blending "chunkies" that cheap blenders inevitably produce. Do not pass Go, do not collect \$200, until you have the ultimate machine to put your whole-foods lifestyle shift in high gear!"



9

Create Your Daily Ritual

Your Intention is only as good as Your Commitment. As with any new practice, Green Smoothie Living takes patience and persistence. Your Daily Ritual is literally the list of sacred practices that you engage in on a daily basis. We strongly encourage you to have your Green Smoothie first thing in the morning (or as close to that time as possible). By the time the afternoon comes, you may have lost the motivation. Some examples to add in your Daily Ritual may be a simple giving of thanks before your first meal or get up and see the sunrise; a half hour morning yoga practice and/ or meditation, walk on the beach; ocean swim or any other inspiring and revitalising activity you love and include your Daily Green Smoothie.

CREATING YOUR DAILY RITUAL WILL HELP YOU:

- To stay Focused.
- To bring an Element of the Sacred into your Green Smoothie journey.
- To see your new Green Smoothie practice in context with other activities in your life.
- Be Kind to yourself, by taking small mindful steps towards a healthier you.

THE 6 STEPS TO CREATING YOUR DAILY RITUAL:

- Set Your Intention - this is your overall objective. Examine your physical, mental, emotional and spiritual motives for embarking on your Green Smoothie Journey.
- Set Your Goals - make them achievable. Start small. Any success is positive, no matter how tiny they may seem.
- Write down your Daily Routine - step by step, don't leave anything out. Factor in enough time to make and drink your Green Smoothie.
- Get Prepared - with equipment, produce and other requirements.
- Find a Buddy - this is a time-proven system for success: enlist the help of someone you can report to - this will keep you accountable (better still, go the Green Smoothie journey together!)
- Support yourself with other health-promoting practices - Roll out your yoga mat, take a dip in the ocean, even practicing mindfulness will help you on your way. (Though remember, if introducing Green Smoothies is the only thing you change ... that's perfect too!)

A Purposeful Life depends on Regular Daily Habits.

Your Morning Ritual is the Key to Your Day's Success!

10

Green Smoothie



ids!



Imagine your children getting excited about eating their greens ... Imagine the feeling when they make a choice to have a Green Smoothie over something less healthy, simply because they taste so good! This is now a reality for many families who are choosing to live a more health-conscious lifestyle with Green Smoothies.

Children know innately what is good for their bodies. They live in the present in a “feeling” world. Time and time again we have seen that, when kids are given the option, they will happily choose Green - after all, Green means go Go GO!

BY SUPPORTING YOUR CHILDREN WITH GREEN SMOOTHIES, YOU WILL BE:

- Providing them with intensive nutrition, to fuel their boundless energy!
- Giving them creative licence in the kitchen (Which greens would you like? Which fruit would you like with that? Lid on. Now we turn on the blender.)
- Balancing their ever-spiking blood sugar levels.
- Investing in their overall health and wellbeing.
- Having fun ... After all, everybody loves a green moustache!





THE 5 WAYS THAT YOU CAN INCORPORATE GREEN SMOOTHIES INTO YOUR CHILDREN'S DIETS:

- The wake up filler (can be made the night before & stored in the fridge for when they get up hungry!)
- A healthy breakfast
- Quick lunchbox snack to take to school
- Green Smoothie Ice Blocks - pour your leftover Smoothie into a popsicle maker and throw it in the freezer for an after school treat.
- Green Smoothie Ice Cream - Emulsify your Smoothie with frozen banana, nutmeal, ground pistachio, yoghurt or organic silken tofu & honey and freeze. Don't allow your ice cream to freeze for longer than 1-2 hrs though, as it may literally turn to ice (this happens in the absence of cream & egg whites).

"My 4 year old daughter loves Green Smoothies. We have a small garden where we grow our essential greens, specially for our Smoothies. She loves to go 'shopping' with her basket, picking this and that for her morning Smoothie ... then we take them inside and blend them up. Often she will drink more than one glass a day. It truly has made such a difference to how we go about our day. I have really noticed the difference in her energy levels - they are a lot more stable. She also doesn't seem so hungry through the morning"

- Tara

Thank you!

THANK YOU SO MUCH FOR PURCHASING MY 10 STEP GUIDE TO A GREEN SMOOTHIE LIVING.

I HOPE YOU FOUND SOME INSPIRATION!

Learn to grow your own food garden!
shambhalaliving.com.au/the3secretsfreeregistration

YOURS IN ABUNDANT HEALTH & WELLNESS

Craig Hubbard

- Organic Farmer
- Yoga Teacher
- Speaker & Author
- Managing Director at Shamabhala Farm



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Shambhala Farm

Grow. Nourish. Connect.