

THE #1 HABIT of the past 12 months that's given me, Coach Chuck, tons of energy, crushes my cravings, keeps me regular (TMI but even though we don't talk about it it IS important), is super simple to do, and honestly I LOVE TO DO IT!

It's Green Smoothies!

Takes me about 3-5min to make and I do as early in the AM as I can to START my day off loaded with vitamins, nutrients, and natural ENERGY!

Here's how I make them: [60 second How To Video - Click Here](#)

- 1-2 cups of frozen spinach (see TIP below)
- 1 banana
- 2-3 whole strawberries (I do frozen)
- 1/3 cup blueberries (I do frozen)
- Water (amount will range)
- BLEND for 1-2 minutes
- **PROTEIN BOOST: Add 1 scoop of whey or plant based protein powder. Approximately 15-20 grams of protein. You can also add 1 cup of your favorite flavored Greek yogurt which should yield between 15-20 grams of protein.**

Put all the ingredients in first THEN after they are all in, fill with water. Fill water equal to or just above the top of the ingredients

Spinach Tip: I buy organic spinach then freeze it so it doesn't go bad so quickly. Then when I take it out of the freezer I smash it up into small pieces so it's easy to measure and get into the blender:

Blend until the greens are so fine you can barely see them. This will increase the stomach's ability to digest them easily.

This is a sure fire way to get your greens in!

I find massive amounts of natural energy from these smoothies.

This is as simple as it gets.

You can add protein if you want but it's not entirely necessary. Once in a while I will add in Hemp powder. Not a lot as it changes the taste profile. And sometimes I add flaxseed or oils.

If you've never seen it here's a video Roxanne and I did about the smoothie that walks you through how we do it. **Please watch the video - Green Smoothie Video:** [CLICK HERE](#)

I hope you try this out and I'm excited to hear how it goes.

- Coach Chuck