LOSE WEIGHT │ FEEL GREAT

Watch ***Forks Over Knives*** – Netflix

Green Drinks, consume 1 -2 per day

Using a blender, such as VitaMix, Ninja, or

Magic Bullet, blend any combination of the

following; add water to achieve desired

consistency.

**PICK 3-4** –*Handful of each* **PICK 1** – *half handful of each*

Kale Peppers

Collard Greens Carrots

Bok Choy Tomatoes

Spinach Strawberries

Broccoli Rabe Blueberries

Chinese/Napa cabbage

Swiss Chard

Brussel Sprouts

Arugula

Cabbage

Romaine Lettuce

Cauliflower

Watercress

Chard

Beet Greens

Chicory

Parsley

Turnip Greens

Mustard Greens

Chive

Kholrabi