

Chef V's Top Five Ways to Use Green Drink Guide

Now that your Green Drink has arrived, what do you do with it?

Should you chug the whole thing in one sitting like you're at a frat party? Or do you daintily sip it like Mary Poppins drinking a cuppa tea? Whether you chug or sip is totally up to you. More important is learning how to incorporate Green Drink into your everyday routine.

Here are 5 ways to use Green Drink every day:

#1: Morning Detox

When you wake up in the morning, it's the perfect opportunity to gently detox your liver. So here's how to do it. After you wake up in the morning, drink at least 8 ounces of water. Optional: add a lemon wedge or some lemon juice. (Lemon juice helps assist the detox process.)

But don't have your Green Drink just yet. Wait for about half an hour. Give your liver some time to do its purification thing. This is the one time of the day when your liver won't have to process anything you've eaten.

OK, now it's time to have some Green Drink. Drink at least 8-24 oz. in the morning. The 7 certified organic green veggies will quickly fuel your cells with the nutrients they need for energy and metabolism.

If you're going to eat solid food in the morning, try to wait half an hour after consuming Green Drink. Again, this is the time of day when you want to give your liver the best chance to flush out trapped toxins.

Many people make the mistake of eating in the morning, before drinking water and Green Drink. When you eat food, your liver doesn't get a chance to rest and detox. In fact, not eating breakfast is another way you can use Green Drink, which leads us to the next way to use it....



#2: Wait Until You're Hungry

I actually wait until I FEEL hungry before having my first serving of daily Green Drink. It's amazing ... after two 8-ounce servings, my hunger instantly vanishes. And then, I'll actually wait a little longer before I eat my first solid meal of the day.

If you want to accelerate your weight loss, do this before every meal. Wait until you're hungry, then have some Green Drink. If you want to make your Green Drink last longer, you can do 8 oz. in the morning and then 4 oz. before both lunch and dinner.



#3: Meal Replacement

A Green Drink customer owns a yoga studio right down the street from where our East Coast Chef V Cafe is located. (If you're ever in West Caldwell, NJ, stop by and say hi!). From time to time, random people will come into our cafe and say, "We saw this woman in great shape with your drink. She told us she gets a big jug of Green Drink in the morning and sips on it all day until dinner."

Now, you don't have to just eat one meal a day. But if you want to lose some weight quick, say, for a wedding, having Green Drink for breakfast and lunch is an awesome way to shed the pounds, fast.

#4: Intermittent Fasting



You've probably heard of intermittent fasting because it's become very popular. My husband, Brandon, and I have actually been doing intermittent fasting long before it became a health trend. We feel great doing it. It's not a diet, it's more of a lifestyle!

In case you're not familiar with it, here's the skinny: When you go several hours between dinner and your first meal the following day without eating, your body burns its reserves of fat for energy, instead of sugar. Brandon and I usually fast for 16 hours.

Not only will fasting 16 hours help you get leaner, it offers other health benefits such as improved focus and concentration. Studies suggest it might even lengthen your life. But you don't have to fast for 16 hours at first.

For the first week, try 12 hours. Push it to 14 hours the following week and then 16 if you're feeling great. Sixteen hours has shown the most benefit. But even if you just fast for 12-14 hours, you'll likely experience positive results.

The most important thing is when you break your fast, break it with 8-24 oz of Green Drink. My body is so used to fasting that I'm never hungry in the morning. Come to think of it, that's another way I use Green Drink....

#5: Jazz Things Up

Wanna spice things up and experiment with the taste of my Green Drink? Here's some creative ways to jazz things up a bit.

Green Drink Variations (Per 16 oz.)

- To Dilute: Add ½ cup cold water
- To Sweeten: Add ½ cup of cold organic apple juice or use 1 tsp. of dry stevia or a drop of liquid stevia
- To change taste: Add 1 tbsp. lemon juice and/or 1 tsp Fresh ground ginger (I use a garlic presser)
- To make a smoothie: Add ½ cup ice and ½ cup

Un unsweetened almond milk.



How To Use Green Drink: The Takeaway

Whether you eat breakfast or not, the most important thing to remember is to drink water first thing after you wake up. (You can go potty first, haha.) And then drink at least 8 oz of Green Drink to get the day started right and gently kick-start your metabolism.

Got any questions? I'm here to help. Always. Don't hesitate to reach out.

V - I pasted the smoothies below from IFC E-Book. The only thing is I think we need to only have smoothie recipes with Green Drink or Tropical Green Drink in them.



Here are some smoothie recipes I created that you can have during your Program. The smoothies will enhance the detox process and keep you healthy because they're super loaded with vitamins, minerals, and antioxidants.



Chef V Smoothies!

Chef V's Citrus Green Smoothie

2 large pieces of organic kale
¼ cup pineapple (fresh or frozen)
¼ cup mango (skinned, fresh or frozen)
½ cup of ice
Morning
¼ cup Chef V 7 Greens
¼ cup unsweetened coconut milk
1 serving of vegan protein powder

Directions:

Blend all ingredients for 1-2 minutes until smooth. Bon Appétit!

Chef V's Beet-It Smoothie

½ cup organic blueberries (fresh or frozen)
½ cup organic raspberries (fresh or frozen)
¼ cup diced organic red beet, raw & skinned
1 piece organic red chard
½ cup ice
1 cup organic unsweetened almond milk

Optional 1 serving of vegan protein powder (hemp, pea, or brown rice)

Directions:

Combine all ingredients in a blender. Blend 1-2 minutes until smooth. Bon Appétit!

Chef V's Berry Smoothie

¼ cup organic blueberries (fresh or frozen)
¼ cup organic raspberries (fresh or frozen)
½ cup organic unsweetened almond milk
½ cup of ice
¼ cup raw cashews, soaked in water for an hour
1 serving of vegan protein powder

Directions:

Blend all ingredients for 1-2 minutes until smooth. Bon Appétit!

Chef V's Super Green Smoothie

1-½ cups filtered water

1-cup ice

1 small avocado, skinned and pitted

2 large pieces kale

1-cup spinach

2 medjool dates, pitted

Juice from 1 lemon

Dash of cinnamon

1 tbsp. chia seeds

Directions

Blend all ingredients together in a Vitamix for 2 minutes or until smooth.

Chef V's Ginger Apple Berry Smoothie

½ Fuji apple

½ cup blueberries

½ cup raspberries

2 small pieces organic red chard

1 tbsp. fresh ginger, minced (I use a garlic presser)

1 cup ice

¾ cup almond milk

Optional 1 serving of vegan protein powder (hemp, pea, or brown rice)

Directions:

Combine all ingredients in a blender. Blend 1-2 minutes until smooth. Bon Appétit!

Chef V's Ginger Apple Berry Smoothie

Ingredients

½ Fuji apple

½ cup blueberries

½ cup raspberries

2 piece organic green kale

1 tbsp. fresh ginger, minced (I use a garlic presser)

1 cup ice

½ cup almond milk

Optional 1 serving of vegan protein powder (hemp, pea, or brown rice)

Directions:

Combine all ingredients in a blender. Blend 1-2 minutes until smooth. Bon Appétit!