



A close-up photograph of two hands holding green smoothies in clear glass jars. Each jar has a straw: a blue and white striped straw on the left and a red and white striped straw on the right. The background is a soft-focus indoor setting. Overlaid on the image are four black circles, each containing white text. The top-left circle contains '11,558,745 PAGE VIEWS'. The top-right circle contains '314,419 INSTAGRAM'. The bottom-left circle contains '187,023 FACEBOOK'. The bottom-right circle contains '280,028 EMAIL'.

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GREEN SMOOTHIE: ALMOND BUTTER AND "JELLY"



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Spinach and grapes are packed with antioxidants and phytonutrients—so this green smoothie is super healthy and yummy. No added sugar or water needed—this is a sweet take on a child's classic sandwich filled with fresh fruit and leafy greens. Grapes are a low glycemic index fruit, so it has a better blood sugar balance. Almond butter is a healthy protein source and the better alternative for a *paleo diet* because almonds are true nuts that grow on trees (peanuts are actually legumes and grow underground, so not paleo—



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ABOUT US

COCONUT OIL

don't have a passport, get one. Take a summer, get a backpack and go to Delhi, go to Saigon, go to Bangkok, go to Kenya. Have your mind blown, eat interesting food, dig some interesting people, have an adventure, be careful. Come back and you're going to see your country differently, you're going to see your president differently, no matter who it is. Music, culture, food, water. Your showers will become shorter. You're going to get a sense of what globalization looks like. It's not what Tom Friedman writes about, I'm sorry. You're going to see that global climate change is very real. And that for some people, their day consists of walking 12 miles for four buckets of water. And so there are lessons that you can't get out of a book that are waiting for you at the other end of that flight. A lot of people - Americans and Europeans - come back and go, "ohhhhh." And the lightbulb goes on.



June 12, 2012

I think the travel bug has bit me. Are you going out of town this summer? Share it in the comments, I'd love to hear where!

Tag Photo

Add Location

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Family Sponge, Katie Starr, Genevieve Broomfield, Joy Jonah and 12 others like this.

1 share

Joy Jonah LOVE this!

June 12, 2012 at 3:05pm · [Unlike](#) · 1

Alex Castro Agreed! Not just for kids, adults too! Like me...

June 12, 2012 at 3:54pm · [Unlike](#) · 1

Jen Hansard We are laying low this summer due to the heat and humidity on Florida, but once fall hits we will be on the road! (Carolinas, DC maybe? We will leave it up in the air!)

June 12, 2012 at 5:07pm · [Unlike](#) · 1





SOCIAL MEDIA

strategy



Jadah Sellner

June 10, 2012 

[View on Instagram](#)

7-Day Detox starts today! Green smoothies all day
Day 1: Baby spinach leaves, banana, cucumber,
strawberries & frozen pineapple #greensmoothie
#detox #cleanse #healthy

 [Tag Photo](#)

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 [Peggy Aitkenhead, My Nguyen and 2 others like this.](#)

 **Joy Jonah** Now doesn't that pic look like the right stuff to put into our bodies?

June 10, 2012 at 7:20pm · [Like](#)

 **Joy Jonah** I got creative with my Sunday smoothies too 😊

June 11, 2012 at 3:37pm · [Like](#)

 **Thandi Clements** So much healthier than what I ate today!

June 11, 2012 at 8:56pm · [Like](#)



[Write a comment...](#)







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simplegreensmoothies

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27 May 2014



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www.simplegreensmoothies.com



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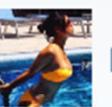
Tag meals #mealprepmondays 

Questions? mealprepmondays@gmail.com

📝 Fail to plan, plan to Fail 😞

www.my2.tupperware.com/mealprepmondays

Photo Map



myhealthydish_

5h

Seeking The Best "Health/Fitness" IG Accounts to Feature!

Versagram

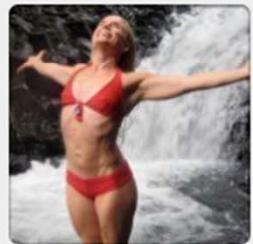
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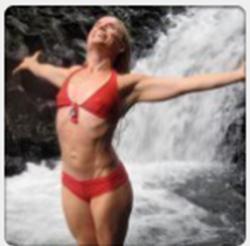


Photo Map



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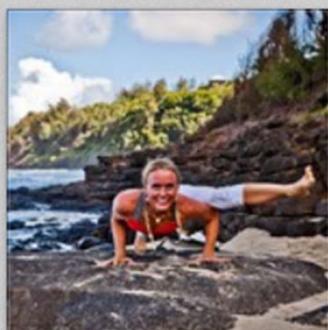
Samantha Fox Olson

Yoga and fitness inspiration for mind, body and spirit. Yoga and fitness retreats and teacher trainings in Hawaii.

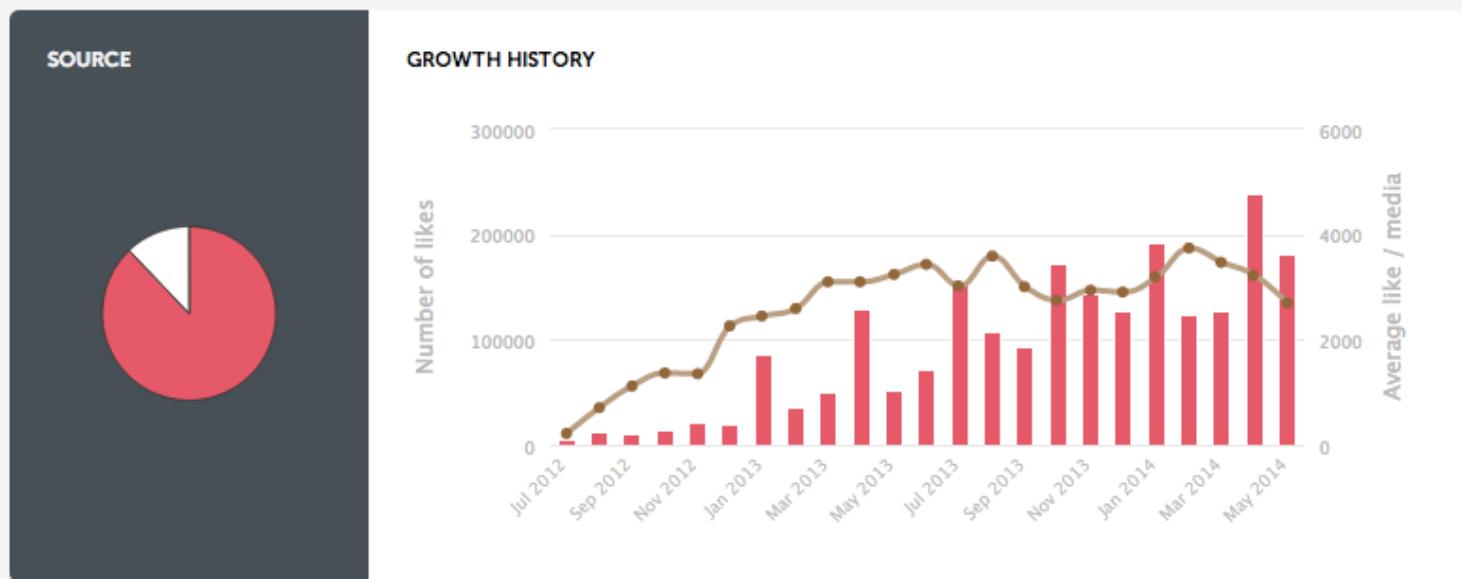
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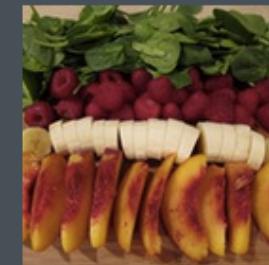
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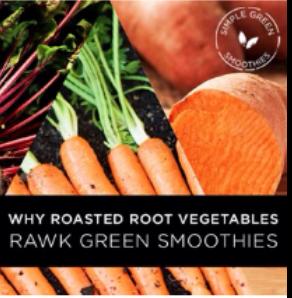
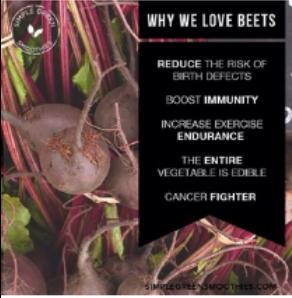
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MOST LIKED MEDIA, EVER!



SIMPLEGREENSMOOTHIES





Simple Green Smoothies

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Health/Wellness Website

Make healthy eating a lifestyle- not a diet. Join our FREE 30-Day Green Smoothie Challenge: www.simplegreensmoothies.com/30-day-challenge



 187k

—free—
30-DAY
CHALLENGE



Simple Green Smoothies

We are two friends on a mission to spread the love of
Come join our FREE 30-Day Green Smoothie Challenge!

[simplegreensmoothies.com/3...](http://simplegreensmoothies.com/30-day-green-smoothie-challenge)

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2 CUPS + 2 CUPS + 3 CUPS



Unfollow

Healthy Snack Ideas



19 Pins



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Desserts



Simple Green Smoothies

December 24, 2013

Lots of you have asked if there is a way to save
recipes that we post to our Facebook or website. You
can! Check out our Pinterest page to save recipes,
tips, and tricks.

<http://www.pinterest.com/simplesmoothies/>

You might even find something great to make while
celebrating the holidays with your family!

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Add Location

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 Amy Shanahan Turenout, Philomena DeRisi Siciliano, Nicole M Kitchen and 162 others like this.

 43 shares



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3. *@100daysofrealfood*



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Raw Family

HOME • SHOP • APPS • GREEN SMOOTHIES • NEWSLETTER • EVENTS • RECIPES • FILMS • LINKS • TESTIMONIES • CONTACT

Welcome to the green smoothie and raw food headquarters.



This is the official site of Victoria, Sergei, and Valya Boutenko, otherwise known as The Raw Family. In 1994, we experienced an intense decline in health. Faced with our numerous health problems, (juvenile diabetes, obesity, hyper thyroid, chronic fatigue, arrhythmia, arthritis, asthma, and allergies) we began researching nutrition.

After switching over to a healthful way of eating we were able to fully reverse our symptoms and regain vibrant health. Since that time our family has been dedicated to helping people around the globe learn about natural healing and nutrition by writing books, making films, and presenting health lectures. [Continue reading...](#)

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Raw Family Recommends
This High Speed Blender



Vita-Mix 5200

Upcoming Events with The Raw Family

Green Smoothie Retreat Sweden 2014

< 0

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Smoothie Retreat

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food for extraordinary health!
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How Eating Whole Foods Helps You!



Welcome to GreenSmoothieGirl.com!

What I teach isn't a diet. It's a whole-foods lifestyle you'll never want to quit. The results just might blow your mind!

My research says most people who follow what I teach have better digestion and elimination, lose weight, and have more energy.

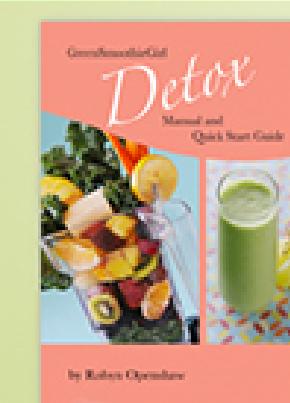
You're likely to also notice cravings for bad food decrease, your desire to exercise increase, emotional stability improve, your skin and hair look prettier, and your sex drive increase!

Read More →

Upcoming Events

Robyn and the Certified GreenSmoothieGirl Health Coaches teach free classes all over the U.S. At *Change Your Nutrition in 10 Minutes a Day* (GreenSmoothieGirl classes), be inspired and educated towards making great choices in your diet that are easy, delicious, and inexpensive. Robyn gives away \$1,000 of her favorite things!

Medicine Cabinet Makeover classes teach you how to use natural, plant-based substances to replace the drugs currently in your cabinet.



GreenSmoothieGirl Detox

The GreenSmoothieGirl Detox program launched on Aug. 1! It's 26 days that will change your life! Every one of our 50 beta testers lost 7 to 22 lbs of toxins, inflammation fluids, and FAT! Looking for a New Year's resolution? You just might look and feel better than you have in YEARS! Bring a buddy to save \$50. A buddy is someone to be accountable to and share food prep tasks with. So get in on the GSG Full Support Detox, and your printed kit

will be in the mail right away!

Sign Up! →

Who Is GreenSmoothieGirl?

Robyn Openshaw is author of 11 titles including the bestselling book *The Green Smoothies Diet* and the course *12 Steps to Whole Foods*.

Twenty years ago, she weighed over 200 pounds and had 21 chronic health conditions, including mini-strokes, migraines,





GREEN SMOOTHIE BASICS

RECIPES

WEIGHT LOSS

DETOX

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Your Green Smoothie Transformation Starts Here!

Welcome to the green smoothie lifestyle!

My name is Tracy Russell, creator of the [Green Smoothie Health & Weight Loss](#) program. My website features over 300 free recipes and lots of in-depth information about health and nutrition.

The foundation of what I teach centers around **green smoothies** and whole foods. These delicious smoothies are a nutrient powerhouse of vitamins, minerals and phytonutrients that can [dramatically improve your health](#).

Read more about me and [my amazing transformation](#), or start your own transformation by clicking on any of the images below:



Get Started



Recipes

The **GREEN SMOOTHIE Health** Program



Find out how I:

- Lost 40 pounds,
- Lowered my cholesterol,
- Got rid of my heartburn.



Find out why I
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B Vintage Galvanized Bathtub Planter *Exclusive* Antique galvanized metal tub from Central Europe. #19-542019** \$149.95

*Catalog/Internet only

WHAT'S OLD IS NEW

We scoured European flea markets to find unique vintage items that add character to any space.

SEE OUR COMPLETE COLLECTION OF FOUND OBJECTS AT wholefoods.com/agrarian

C Vintage Galvanized Biergarten Table *Exclusive* Reclaimed 19th-century wood and galvanized zinc. Folds for storage. Two benches; seats 6-8. \$60 delivery • #19-070168** \$699.95

D Found Biergarten Chair *New & Exclusive* Not shown. Wood and iron. Chairs are upholstered. Finish: \$10 delivery • #19-706810** \$99.95

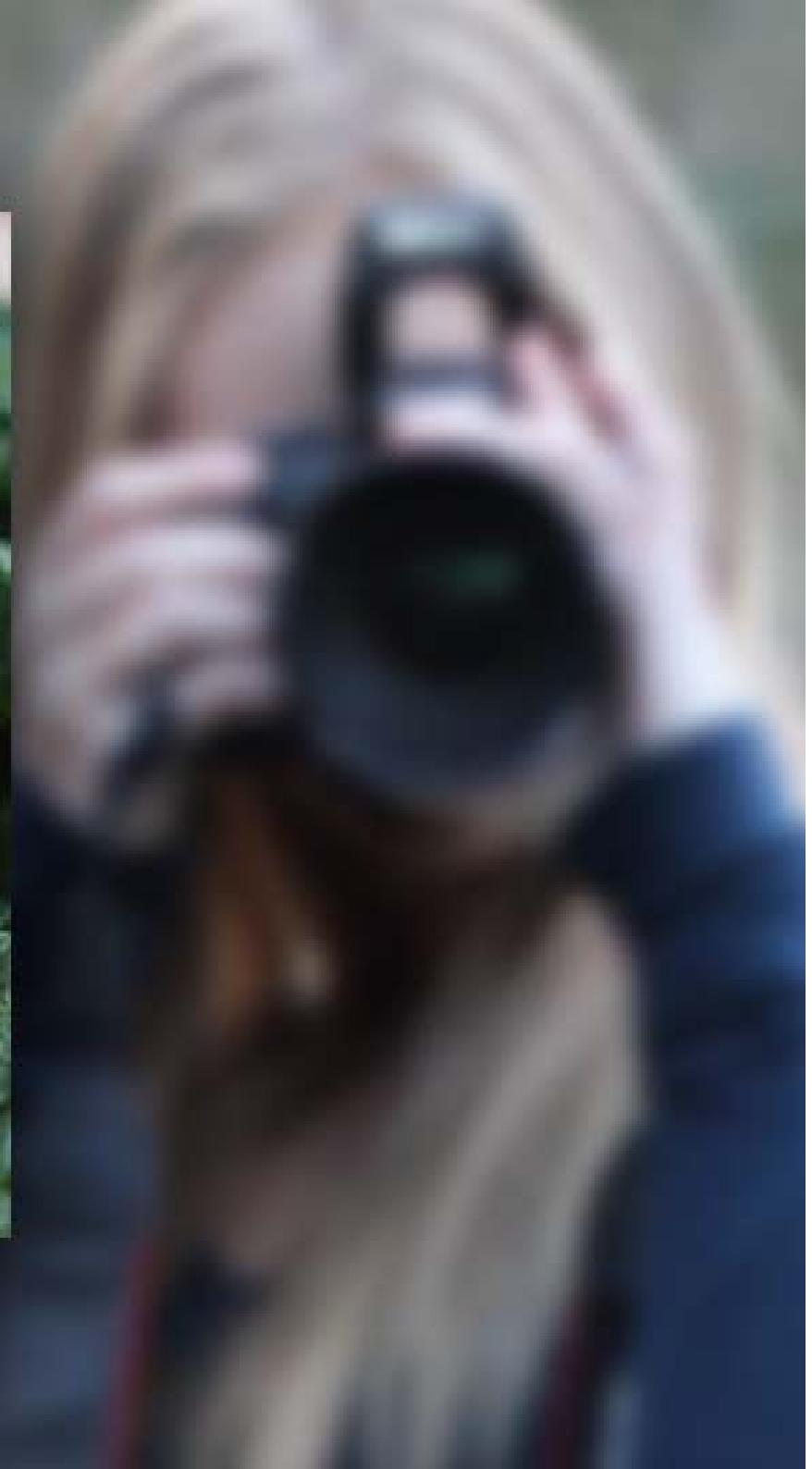
E Found Galvanized Potting Table *Exclusive* Crafted from a salvaged German biergarten table and reused timbers. Galvanized top and folding legs. \$60 delivery • #19-070946** \$699.95

F Found Doubt Library Ladder with Galvanized Top Shelf *Exclusive* Wood shelves salvaged from 19th-century building school for demolition. \$60 delivery • #19-534107** \$759.95

G Found Wash Sink with Stand *Exclusive* Circa 1900s porcelain basin from Hungary. #19-417915** \$169.95









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REVOLUTIONIZE YOUR EATING HABITS WITH NUTRIENT-PACKED GREEN SMOOTHIES



Welcome soon-to-be spinach lover! I don't know about you, but I have always had a tough time eating healthy green veggies everyday. But as you get a little older, you do get wiser. And green smoothies are a great way to pack in those nutrient-rich vegetables and fruits.



GREEN SMOOTHIE RECIPES

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• • • • •

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Raw Family

Welcome to the green smoothie and raw food headquarters.



This is the official site of Victoria, Beegie, and Victoria Bousquet, otherwise known as The Raw Family. In 1998, we experienced an intense desire of health. Faced with our numerous health challenges, (including diabetes, asthma, heart disease, allergies, hypertension, anemia, asthma, and emphysema) we began researching nutrition.

After deciding over to a holistic way of eating we were able to fully reverse our symptoms and regain vibrant health. Since that time our family has been dedicated to helping people around the globe understand natural healing and nutrition by writing books, making films, and presenting health lectures. [Contact us](#).

Upcoming Events with The Raw Family

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How Eating Whole Foods Helps You!



Why eat whole foods? It's a simple idea. Eat whole foods to live a healthy and vibrant life.

My smoothie book, *Green Smoothie Girl*, is filled with delicious, nutritious whole food smoothie recipes that will help you lose weight and feel great.

My goal is to inform people why the food they eat needs to be whole, natural, and delicious. By eating whole foods, you can maintain a healthy weight, feel great, and live a long, healthy life.

[Read on »](#)

GreenSmoothieGirl.com

The *Green Smoothie Girl* website is a resource for healthy eating and weight loss. It features a variety of healthy recipes, including smoothies, salads, soups, and more. The website also provides information on the benefits of whole foods and how they can help you live a healthy life.

[Read on »](#)

Joining

Joining the *Green Smoothie Girl* website is a great way to stay up-to-date on the latest news and information about healthy eating and weight loss. You can also participate in the community forum, where you can share your experiences and ask questions.

[Join on »](#)

Who Is GreenSmoothieGirl?



Tracy is the author of *Green Smoothie Girl*, a book that teaches people how to live a healthy life by eating whole foods. She is also the founder of the *Green Smoothie Girl* website, which provides a variety of healthy recipes and information on the benefits of whole foods.

Tracy's passion for healthy eating and weight loss has inspired many people to live a healthy life. She is a natural health advocate and believes that whole foods are the key to a healthy life.

incredible SMOOTHIES

Your Portal for Green Smoothie Weight Loss & Detox

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Your Green Smoothie Transformation Starts Here!

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My name is Tracy Russell, creator of the *Green Smoothie Health & Weight Loss* program. My website features over 300 free recipes and lots of valuable information about health and nutrition.

The foundation of what I teach centers around **green smoothies** and whole foods. These delicious smoothies are a nutrient power house of vitamins, minerals and phytonutrients that can dramatically improve your health.

Read more about me and my amazing transformation, or start your own transformation by clicking on any of the images below:



SIMPLE GREEN SMOOTHIES

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30-DAY CHALLENGE

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JOIN THE 21-DAY CLEANSE!



STRAWBERRY, BANANA, BLUEBERRY GREEN SMOOTHIE





SIMPLE GREEN SMOOTHIES

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30-DAY GREEN SMOOTHIE
— challenge —

STARTS JULY 1

JOIN OUR FREE 30-DAY GREEN SMOOTHIE CHALLENGE + WEEKLY RECIPES

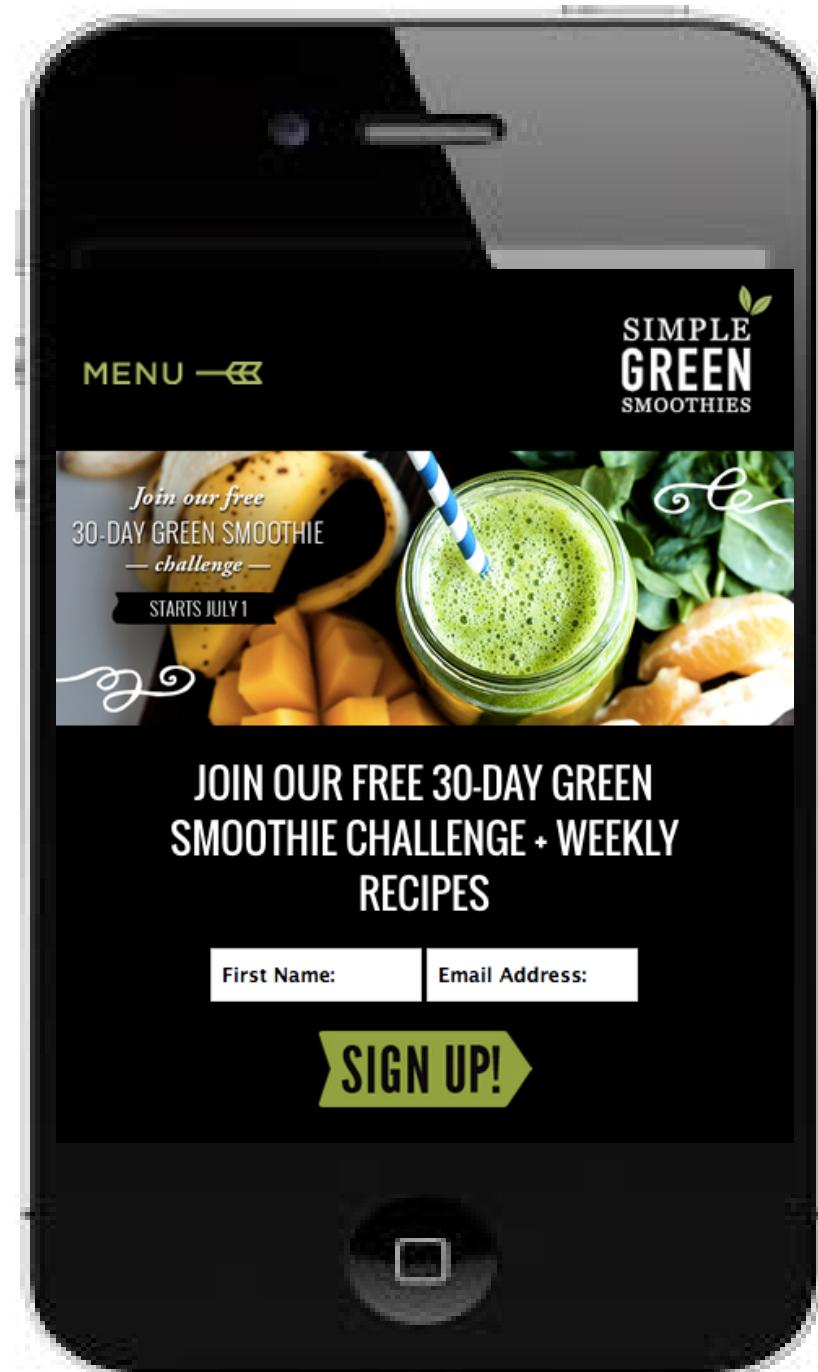
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Email Address:

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WELCOME SOON-TO-BE SPINACH LOVER! WITH SIMPLE GREEN SMOOTHIES BY YOUR SIDE, GET READY TO BOOST YOUR ENERGY, LOSE WEIGHT EFFORTLESSLY AND MAKE HEALTHY EATING A LIFESTYLE— NOT A DIET.





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- *Incredible Smoothies*
- *The Raw Family*

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IT'S NOT A DIET. IT'S A LIFESTYLE.

Welcome soon-to-be spinach lover! I don't know about you, but I have always had a tough time eating healthy green veggies everyday. But as you get a little older, you do get wiser. And green smoothies are a great way to pack in those nutrient-rich vegetables and fruits.



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THE 30 DAY GREEN SMOOTHIE CHALLENGE

JANUARY 2 - 31

CLICK TO JOIN THE CHALLENGE!



Welcome soon-to-be spinach lover! I don't know about you, but I have always had a tough time eating healthy green veggies everyday. But as you get a little older, you do get wiser. And green smoothies are a great way to pack in those nutrient-rich vegetables and fruits.



GREEN SMOOTHIE RECIPES

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THE 30 DAY GREEN SMOOTHIE CHALLENGE



NEW YEAR. NEW YOU. NEW YEAR. NEW YOU. NEW YEAR. NEW YOU.

Challenge #1: Add a protein boost

Did you know spinach is 30% protein? And fresh fruit averages about 4-8% protein.

For challenge #1, we want you to focus on boosting your green smoothies with protein. Spend this weekend getting familiar with plant-based proteins and shopping for Weekly Challenge #1, which officially starts Monday January 7. Until then, pat yourself on the back and keep drinking these yummy green smoothies!

The benefits of eating whole foods like fruits and vegetables is obvious when making a healthy smoothie for yourself, but don't forget about protein—which is one of the four macronutrients (the other three are fats, carbohydrates and water). The body needs macronutrients in large amounts, so don't miss the opportunity to give yourself the protein it needs in a daily smoothie.

At the bottom of this email, we have included a shopping list and recipes that will teach you ways to add protein to your green smoothies.

Because protein burns slower than carbohydrates, adding it to smoothies helps prevent blood sugar spikes and helps prevent hunger pains. And it's also great if you are working



Shopping list + Recipes

SHOPPING LIST (Jan 14-20)

Enough for 2 smoothies per day.
Half the list for a single serving.

FRUITS

2 fresh mangos (or 24 oz frozen)
3 bananas
1 apple
1 peach
1 clementine
1 lime
raspberries (fresh or 8 oz frozen)
blueberries (fresh or 16 oz frozen)
strawberries (fresh or 16 oz frozen)

VEGGIES

kale
arugula
romaine lettuce
fresh spinach, 1 bag (10-16 oz)

OTHER

coconut water
100% orange juice (no sugar added)

ALSO BUY

Prebuy the items below for the next two challenges (choose one or more from each section)

challenge #3

- olive oil
- flaxseed oil
- coconut oil

challenge #4

- chia seeds
- flax seed

RECIPES

Each smoothie makes 4-5 cups. A serving size is 2 cups. If you have leftovers you may store in the fridge for 1-3 days in an airtight container (like a mason jar with a lid).

TIP: To get the smoothest smoothie and to avoid leafy chunks, blend your greens and liquid first, then add the remaining fruits.

PEACHY KALE

2 cups kale
1 fresh mango
1 apple
1 ripe peach
1 cup water
1/2 cup fresh squeezed orange juice

MY HEART ROMAINES

2 cups romaine lettuce
1 cup strawberries (with tops)
1 cup blueberries (frozen)
1 clementine
1 banana
2 cups water

STRAWBERRY, BANANA & BLUEBERRY

2 cups fresh spinach
2 cups strawberries (fresh or defrosted)
1 cup blueberries (fresh or defrosted)
1 banana
3/4 cup water
3/4 cup orange juice

BERRY ZINGER

1 cup arugula
1 cup spinach
1 cup raspberry
1 cup mango (frozen)
1 banana
1/4 lime squeezed
2 cups coconut water



NEW YEAR. NEW YOU.

THE 30 DAY GREEN SMOOTHIE CHALLENGE

JANUARY 2 - 31

Join the challenge: <http://simplegreensmoothies.com>

On January 2, we will start drinking green smoothies every single day, and we want you to join us. We'll guide you with smoothie recipes, shopping lists and new exciting challenges. We'll cheer you on, answer all of your questions, and make you a green smoothie rawkstar!

Why should you join the green smoothies challenge?

Get glowing radiant skin

Feel energized, more focused and alert

Consume more veggies with ease

Boost your immunity naturally

Shed pounds without counting calories

Share this challenge with your friends! Let's get healthy together!

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Simple Green Smoothies, Niki Davis, Brittny Manuel, Tina Case and 391 others like this.

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6 of 125



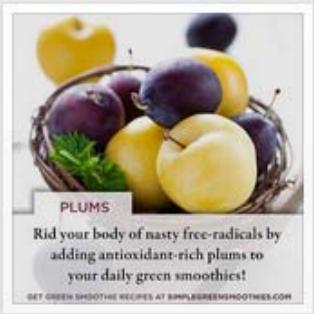
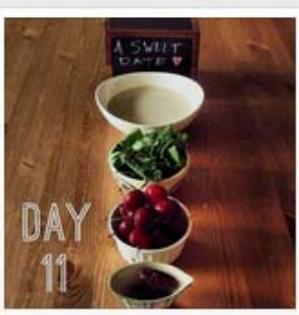
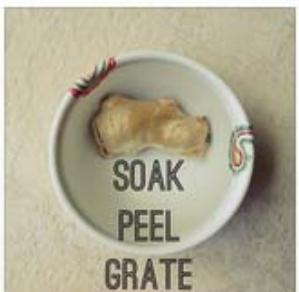
Write a comment...



14 July 2013



2.22k 74

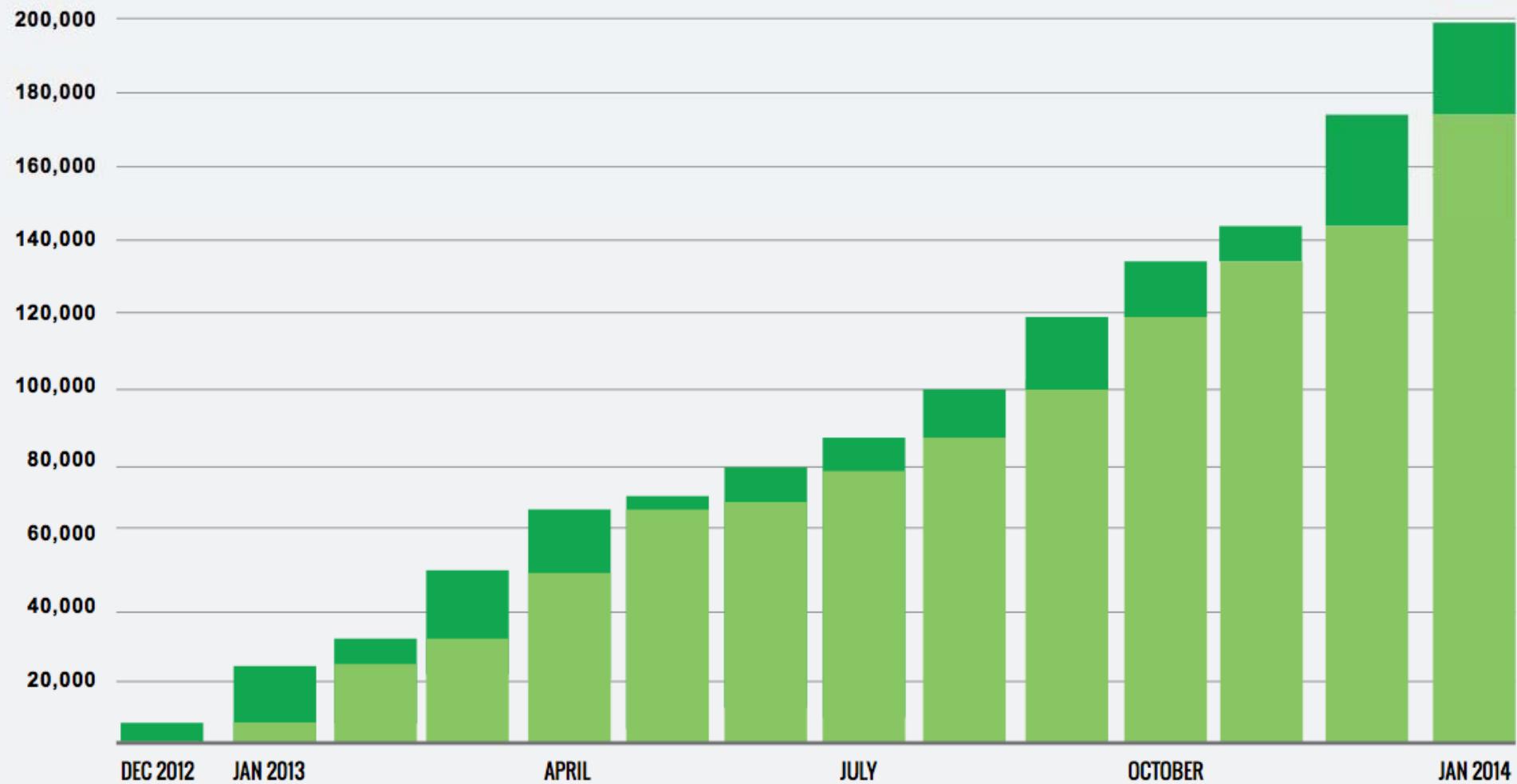


22K

65K

84K

EMAIL LIST GROWTH IN A YEAR



JOIN THE FREE 30-DAY GREEN SMOOTHIE CHALLENGE!



30 DAYS TO A HEALTHIER YOU!

Get weekly emails with recipes, shopping lists and tips to help you say YES to your health and become a part of the green smoothie tribe.



WHAT SIMPLE AND EASY
LIFE-CHANGING RESULT
COULD YOU TEACH YOUR
AUDIENCE RIGHT NOW?



BUILD YOUR
community

WHY
build?



SOCIAL
media





EMAIL

WHO *are they?*



customer avatar

Dani from Atlanta, GA

City-loving girl, music lover, and travel and education and anything artsy. Three precious children and a Cottage later, they live in Atlanta, Georgia. Loves to research about gardening, healthy eating, how to.

artsy mama

Dream Vacation: Kauai, HI

Dani: find her passion, break away from routine, tired, overworked, escape, lose that last 10 pounds

Fear: in charge of her own happiness, but doesn't know how to achieve it. In 5 years, I'll be in the same place: tired, 10 pounds overweight and no passion.

No amount of exercise or any diet will change me. Nothing's going to work. Doesn't have enough time to make the change. Is it even worth it? Why even try?

Every diet seems so over-complicated and overwhelming. It's only a temporary solution.

Take that huge step into making the change

Make the change in diet, exercise, find her passion

They would be shocked to know it. Not an obvious situation. We're not depressed or overweight. Everyone thinks you have it together.

What's the worse case scenario: Still the same in 5 years. Getting fat, having no energy for my kids. I will get cancer if I keep feeding my body unhealthy, processed, crappy food.



YOU DRANK YOUR FIRST GREEN SMOOTHIE

• *Cheers to 1,000 more!* •

SIMPLEGREENSMOOTHIES.COM

30 DAYS. 30 WAYS.

[YOU IN?]



JOIN OUR FREE 30-DAY CHALLENGE



Simple Green Smoothies

Posted by Daniel Mottayaw [?]

March 20

30 days. 30 ways. Are you in for our April 30-day challenge?

It's free to sign up—no strings attached! We'll send you weekly shopping lists, recipes, and helpful tips to become a green smoothie rawkstar.

<http://simplegreensmoothies.com/30-day-challenge>

All you have to do is drink one green smoothie a day, and eat normal foods the rest of the time.

If you're already in, then tell a friend to join!

Tag Photo

Add Location

Edit

[Unlike](#) · [Comment](#) · [Share](#) · [Edit](#)

Simple Green Smoothies, Jillian Salvador, Erin Leigh Mottayaw, Nancy Costales Castelli and 1,028 others like this. [Top Comments](#) ▾

533 shares

Ellen Beck And this is done as a meal Write a comment...



— NEW YORK TIMES BESTSELLING AUTHOR —

— GARY VAYNERCHUK —

★★★★★ PRESENTS ★★★★★

JAB. JAB. JAB.

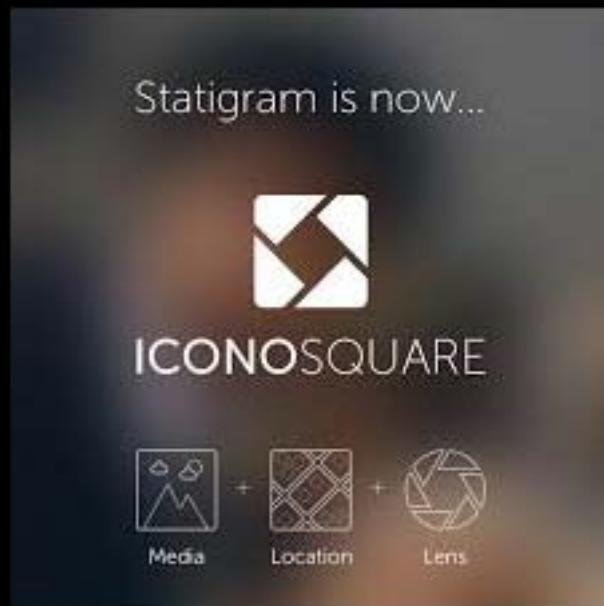
RIGHT

HOOK



— HOW TO TELL YOUR STORY
IN A NOISY SOCIAL WORLD —

—  —



A photograph of three women sitting on a couch, smiling at the camera. The woman on the left has long brown hair and is wearing a white blouse with a black cardigan. The woman in the middle has dark hair and is wearing a dark top. The woman on the right has long dark hair with a pink flower in it and is wearing a bright pink top. They are in a living room setting with a lamp, a painting, and a potted plant in the background.

where's the
PROFIT?

AFFILIATES?

GOOGLE ADS?

SPONSORSHIPS?

WHAT'S INSIDE...



WEEKLY CHALLENGES, RECIPES AND SHOPPING LISTS

JADAH & JEN'S FAVORITE GREEN SMOOTHIE LEAFY GREENS



GRAPHICS TO EXPLAIN EACH CHALLENGE



PRINTABLE RECIPE CARDS

~~\$27~~ NOW \$5

THE 30-DAY GREEN SMOOTHIE CHALLENGE



VISIT: SIMPLEGREENSMOOTHIES.COM



Simple Green Smoothies

February 4, 2013

Buy The 30-Day Green Smoothie Challenge eBook for \$5 for a limited time <http://ow.ly/hley3>

 Tag Photo

 Add Location

 Edit

Like · Comment · Share · Edit

 Rachel Schwab, Vaso Kataraxia, Monica Palmerin and 77 others like this.

 18 shares

 View 16 more comments



Simple Green Smoothies Nichola Sherlock

awesome! I'd love to get feedback too as we roll-out future books, challenges, etc. You can email me personally simplegreensmoothies@gmail.com

February 10, 2013 at 9:05am · Like



Nichola Sherlock well what do you know..... I emailed you a couple of hours ago actually!

February 10, 2013 at 9:54am · Unlike · 



Simple Green Smoothies Nichola Sherlock I emailed you back. 😊

February 10, 2013 at 11:25am · Like



Nichola Sherlock cool!

Write a comment...



**WHAT ARE YOU
STRUGGLING
WITH THE MOST
RIGHT NOW?**



Hi << Test First Name >>! It's been a busy few weeks since the April challenge ended for Jen and I. *Does May feel like a busy month for you too?* We've been working in our bat cave brewing up something awesome, but we need your help!

First thing I want you to do is hit reply to this email and answer the following questions:

What are you struggling with when it comes to eating healthy?

What about your health keeps you up at night?

What have you tried that has not worked? Is there anything that has worked?

What are these struggles and frustrations costing you in your life right now?

What is a dream solution for this problem?

What would it feel like in your body, your mind, and your relationships to have these struggles and frustrations suddenly lifted?

Have you ever paid for a product like this before (maybe a book or program)? If so, what did you pay for it? What did you like best about it? Anything you didn't like about it?

Will you help us out << Test First Name >> and share your answers pretty please with chia seeds on top? :-)

Speaking of chia seeds, you can see [why we love chia seeds so much by hopping over to the blog here](#).



TAKE CONTROL OF YOUR HEALTH

21 days of whole food lovin'



GET 20% OFF W/ EARLY BIRD DISCOUNT

| LIVE CLEANSE NOVEMBER 4-24



MEG THOMPSON HOLISTIC NUTRITIONIST

Meg is a naturopath and holistic nutritionist passionate about good food. But to Meg, food isn't just something to stave off hunger, "It provides us with nourishment, joy, deliciousness, ritual and a social connection that's a common thread throughout the world." Meg launched her website, [*My Wholefood Romance*](#), as a way of inspiring others to experience the beautiful world of whole foods.



LINDSEY JOHNSON FOOD PHOTOGRAPHER

Born and raised in the Mountain West, Lindsey's two great loves have always been cooking and taking photographs. But it wasn't until she was living in the suburbs of New York City and started her food blog, [*Café Johnsonia*](#), that her two hobbies overlapped in a happy collaboration. In 2010, Lindsey transitioned to living a gluten-free and predominantly vegetarian lifestyle and began her love affair with vegetables, green smoothies and fresh juices.



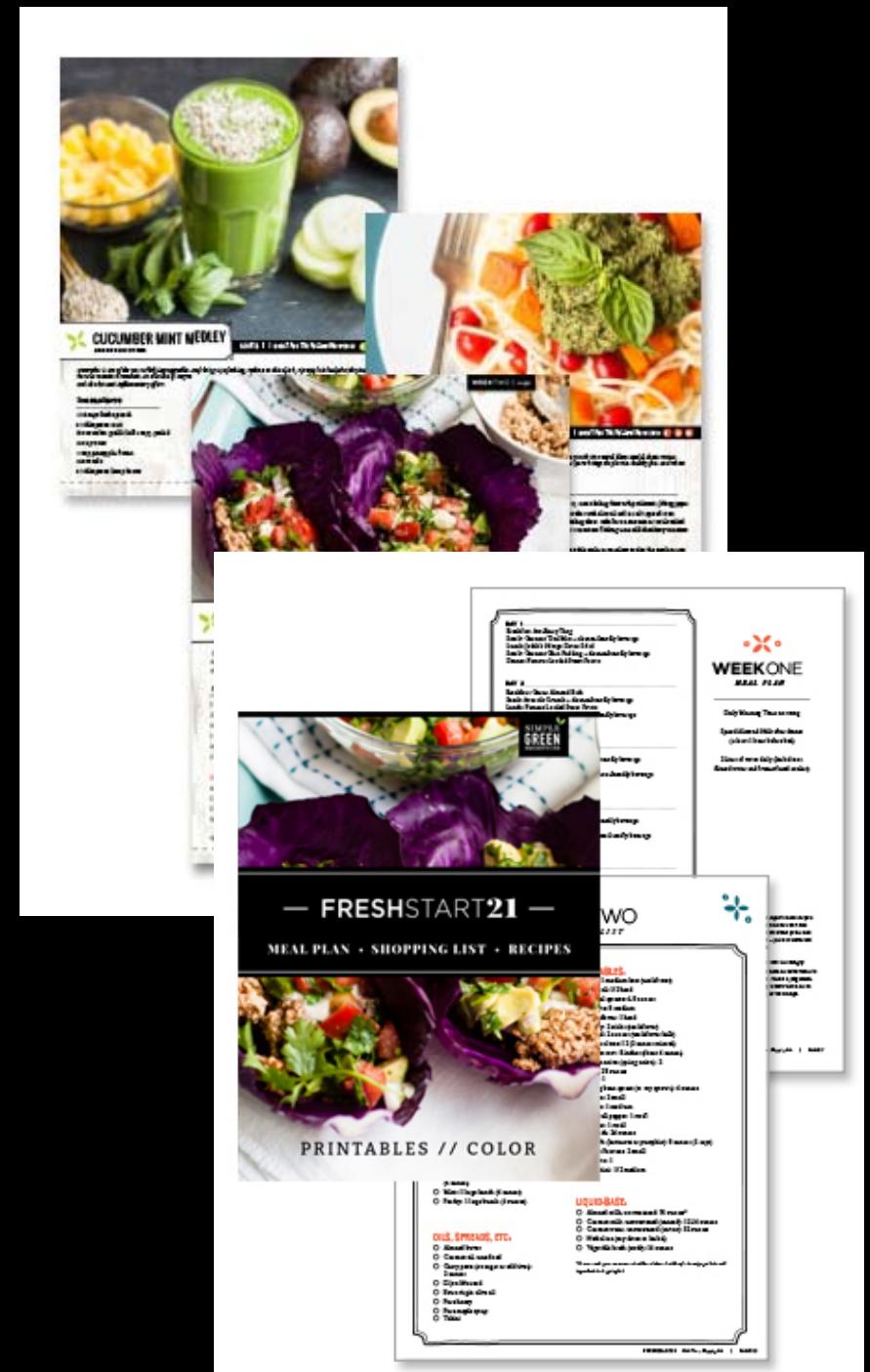
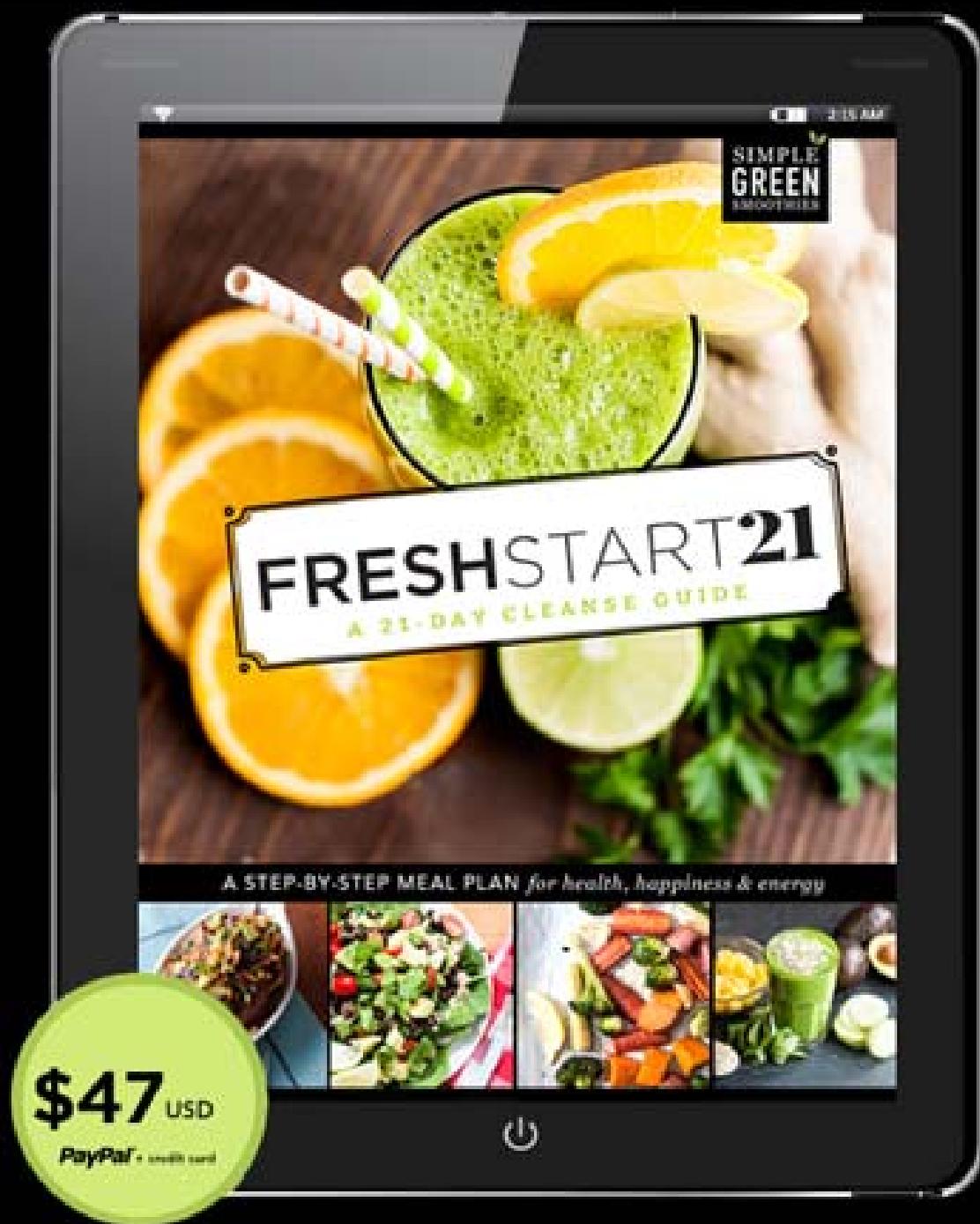
JADAH SELLNER COMMUNITY BUILDER

Jadah supports the intentional community behind [*Simple Green Smoothies*](#). In 2011, she was starved for time, felt sluggish, and overwhelmed. To do meaningful things in her life, she needed energy. Now fueled by green smoothies, Jadah helps families love the veggie lovin' lifestyle too. When she's not blending spinach, you can catch her dancing with her daughter, helping dreamers take over the world, and reading Shel Silverstein poems at the dinner table.



JEN HANSARD ART DIRECTOR

Jen is the creative force behind [*Simple Green Smoothies*](#). When she isn't making beautiful websites or digital products (like this one!), you can most likely find her on some wild adventure with her family— epic road trips and Craigslist treasure hunts are often on the agenda. Jen traded her addiction to Starbucks coffee for green smoothies—and has her two adorable kids and husband hooked on them as well.





FRESH START

21-Day Cleanse

SALE!

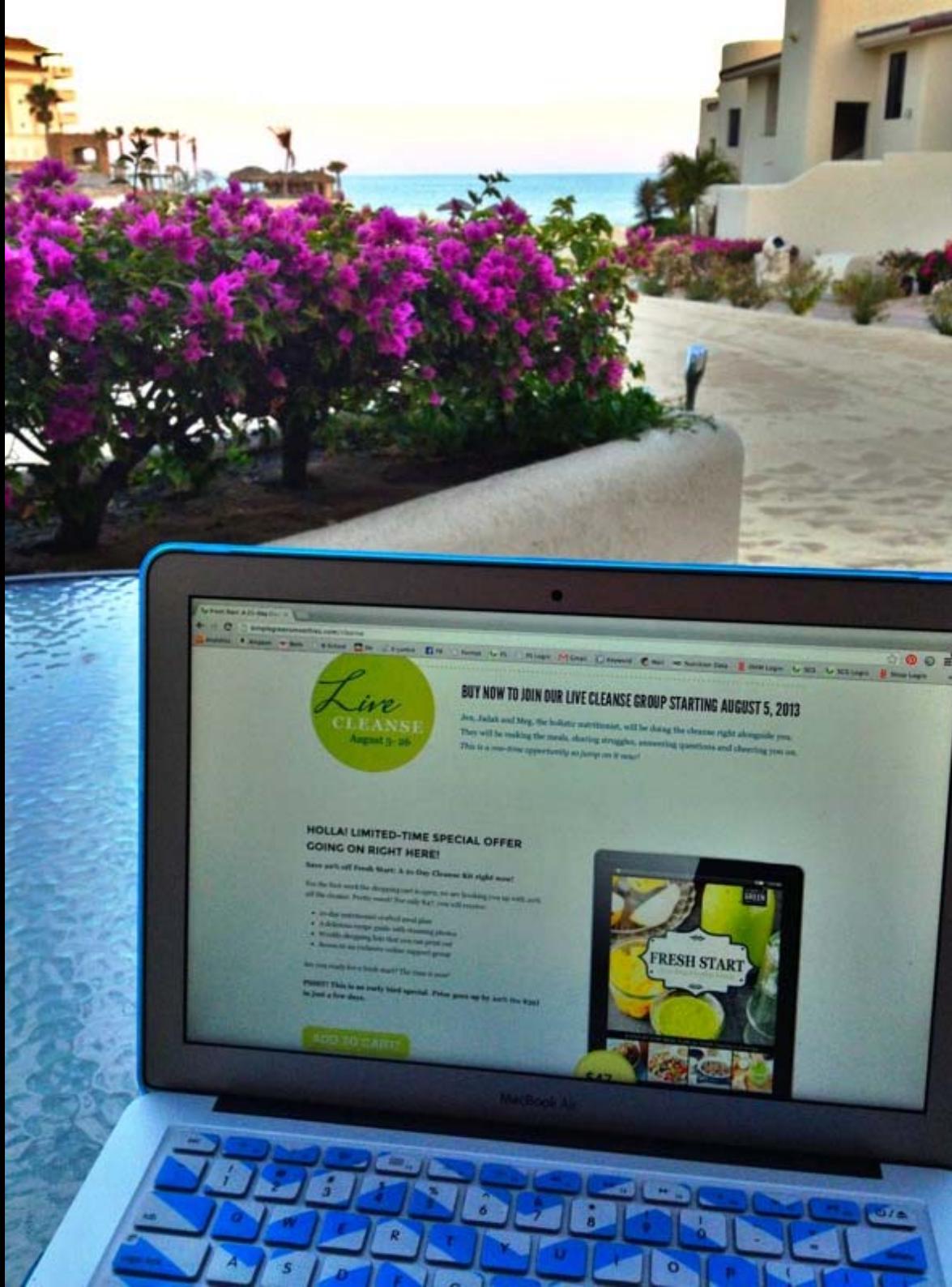
EARLY BIRD

SAVE 20% ON THE CLEANSE!



ON SALE THIS WEEK ONLY!

JOIN US FOR OUR LIVE COMMUNITY CLEANSE THAT STARTS NOV 4.



THE WAY TO GET STARTED IS TO
QUIT TALKING AND BEGIN DOING.

—Walt Disney



