



# Simple Green Smoothies: 100+ Tasty Recipes to Lose Weight, Gain Energy, and Feel Great in Your Body

By Jen Hansard, Jadah Sellner

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Jen Hansard and Jadah Sellner are on a fresh path to health and happiness-deprivation not included. In their book, *Simple Green Smoothies*, these two friends invite you into a sane and tasty approach to health that will inspire and energize you on your own journey toward a happier life. The Simple Green Smoothies' lifestyle doesn't involve counting calories or eliminating an entire food group. Instead, it encourages you to make one simple change: drink one green smoothie a day.

*Simple Green Smoothies* includes a 10-day green smoothie kick-start to welcome you into the plant-powered lifestyle, with shopping lists included. Follow it up with 100+ delicious recipes that address everything from weight loss to glowing skin to kid-friendly options.

Hansard and Sellner are two moms raising their own families on healthy, whole-food recipes. They've seen the amazing health benefits of green smoothies firsthand- from losing 27 pounds to getting more energy. Their wildly popular website has changed the lives of over 1 million people and made them the #1 green smoothie online resource. *Simple Green Smoothies* will empower you to take control of your health in a fun, sustainable way that can transform you from the inside out. Ready to join the plant-powered party?

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## Editorial Review

### Review

My family loves all of the innovative and tasty combinations of flavors in Simple Green Smoothies, and I feel good knowing that my family is getting in their greens and other nutrients from the fruits and vegetables!"

—Danielle Walker, *New York Times* bestselling author of *Against all Grain: Meal Made Simple*

"Simple Green Smoothies is my go-to resource when it comes to nutritious green drinks for my family!"

—Lisa Leake, #1 *New York Times* bestselling author of *100 Days of Real Food*

"Simple Green Smoothies makes adopting healthy habits as easy as flipping a switch. Their easy, delicious-as-all-hell recipes meet you wherever you're at and taste so good that you'll forget just how healthy they are."

—Michelle and Matt, #1 *New York Times* bestselling author of *Thug Kitchen*

"My life changed when I started drinking green smoothies on a daily basis. If you want more energy, fulfillment, and joy in your life then read this book and drink it up as Simple Green Smoothies is changing the world!"

—Lewis Howes, author of *The School of Greatness*

"Simple Green Smoothies offers delicious recipes that work, sumptuous photographs that inspire, and stories that motivate us all to take exquisite care of ourselves."

—Alexandra Jamieson, author of *Women, Food, And Desire*, co-creator *Super Size Me*

"I am an integrative pediatrician and in every single patient plan I create, I include a link to simplegreensmoothies.com. I do this because I feel the single best first step a parent can make toward reclaiming the health of their child is to add one simple green smoothie each morning."

— Dr. Sheila Kilbane, MD, Integrative Physician

"When people ask me what the best thing they can do for their health is, I tell them: start with one green drink a day. And if you want it to be amazing and delicious, get your recipe from Simple Green Smoothies!"

— Vani Hari, *New York Times* bestselling author of *The Food Babe Way*

"Drinking one green smoothie a day is a delicious way to sneak nutrient-rich leafy greens and fruits into your diet. And Simple Green Smoothies, packed with recipes, tips, and more, makes it super easy to make this healthy habit stick!"

? Heather K. Jones, RD

"Simple Green Smoothies is changing the world, one blender at a time. They're my go-to resource for tasty, nutritious smoothies that my entire family loves."

— Jaden Hair, author of *The Steamy Kitchen*

"Jen and Jadah are creating a global health movement one smoothie at a time. Every morning needs a Simple Green Smoothie."

— Melissa Lanz, author of *The Fresh 20*

"Jen and Jadah's passion for healthy living, their generosity and their charisma have enabled them to build a ravenous community who looks to them daily for smoothie recipe ideas, encouragement and inspiration to continue on the path to healthier lifestyle. Their book will be an invaluable resource for everyone and I'm thrilled to get to share it with my community."

— Erin Chase, 5DollarDinners.com

#### About the Author

Jen Hansard and Jadah Sellner are the founders of Simple Green Smoothies. They are the hosts of the wildly popular 30-Day Green Smoothie Challenge. They are on a mission to help busy people rethink their lifestyle choices by establishing healthy habits that are easy to stick with. Hansard lives in Brooksville, FL, and Sellner lives in Walnut Creek, CA.

### Users Review

#### From reader reviews:

##### **Stevie Mozingo:**

Why don't make it to become your habit? Right now, try to ready your time to do the important work, like looking for your favorite guide and reading a guide. Beside you can solve your condition; you can add your knowledge by the book entitled Simple Green Smoothies: 100+ Tasty Recipes to Lose Weight, Gain Energy, and Feel Great in Your Body. Try to stumble through book Simple Green Smoothies: 100+ Tasty Recipes to Lose Weight, Gain Energy, and Feel Great in Your Body as your good friend. It means that it can to become your friend when you feel alone and beside that of course make you smarter than before. Yeah, it is very fortuned for yourself. The book makes you a lot more confidence because you can know every thing by the book. So , we should make new experience as well as knowledge with this book.

##### **Bill Underhill:**

What do you ponder on book? It is just for students since they are still students or that for all people in the world, the actual best subject for that? Just simply you can be answered for that issue above. Every person has several personality and hobby for every other. Don't to be pushed someone or something that they don't would like do that. You must know how great in addition to important the book Simple Green Smoothies: 100+ Tasty Recipes to Lose Weight, Gain Energy, and Feel Great in Your Body. All type of book would you see on many methods. You can look for the internet methods or other social media.

##### **Donald Shelby:**

The book untitled Simple Green Smoothies: 100+ Tasty Recipes to Lose Weight, Gain Energy, and Feel Great in Your Body contain a lot of information on that. The writer explains your ex idea with easy method. The language is very clear to see all the people, so do not worry, you can easy to read this. The book was published by famous author. The author gives you in the new era of literary works. You can actually read this book because you can read on your smart phone, or product, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can available their official web-site and also order it. Have a nice learn.

**Ray Nicolas:**

What is your hobby? Have you heard that question when you got scholars? We believe that that concern was given by teacher with their students. Many kinds of hobby, Everyone has different hobby. So you know that little person similar to reading or as examining become their hobby. You must know that reading is very important and also book as to be the thing. Book is important thing to add you knowledge, except your personal teacher or lecturer. You will find good news or update regarding something by book. Different categories of books that can you decide to try be your object. One of them is actually Simple Green Smoothies: 100+ Tasty Recipes to Lose Weight, Gain Energy, and Feel Great in Your Body.

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