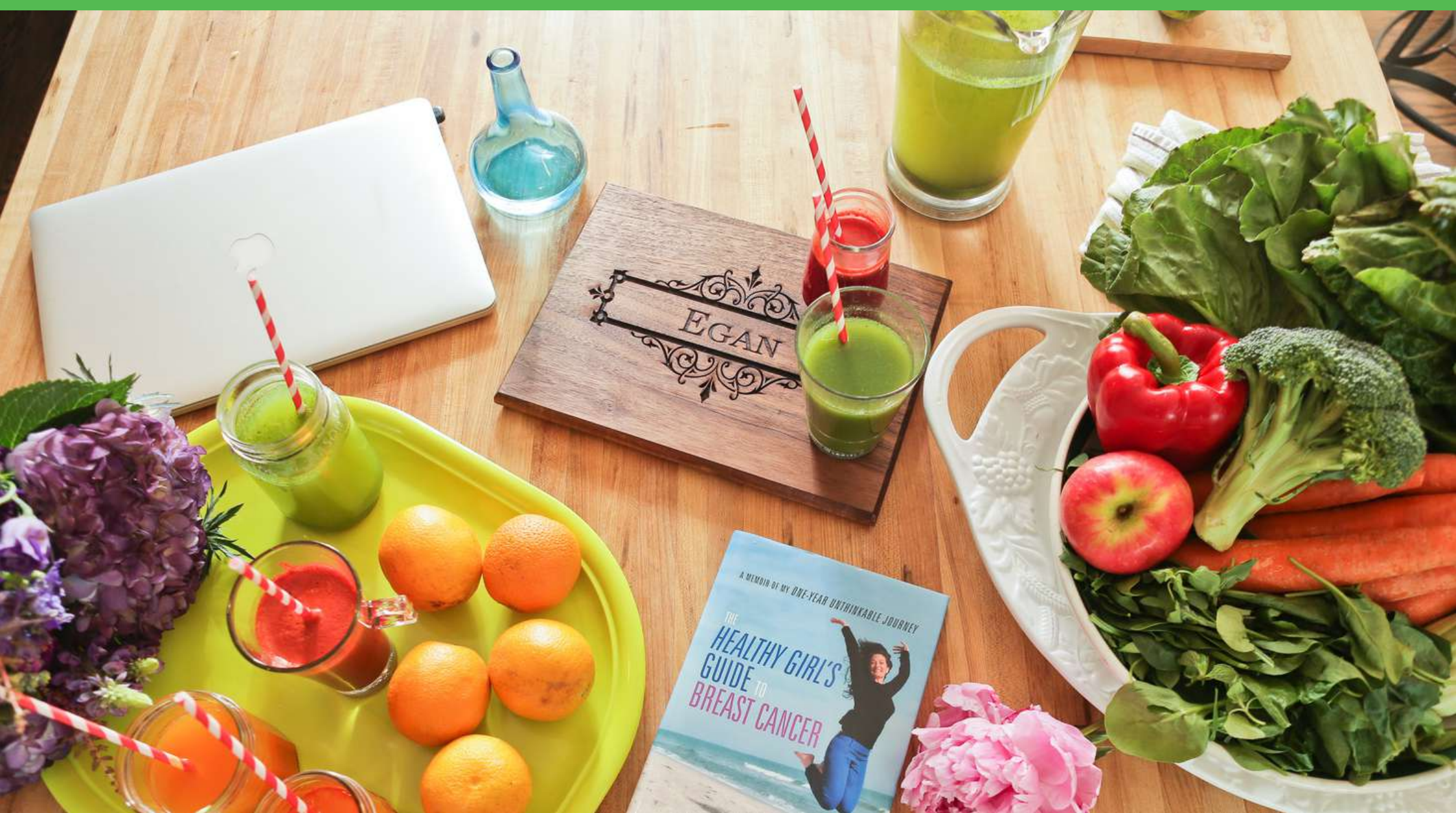


Redefining Healthy

6 WEEKS OF SIMPLE STEPS TO
BIG CHANGES IN YOUR
HEALTH, HAPPINESS, AND LIFE

WEEK 2 WORKBOOK:

INCORPORATING HEALTHY
AND DELICIOUS DRINKS
INTO YOUR DAY



Consider this a week of experiments. Let's experiment by adding more green vegetables to our diet and let's experiment with how great we can feel!

Why green vegetables?

We are starting with green vegetables because they're essential in boosting our energy and overall wellbeing. Greens are associated with vital energy.

Did you know that 90% of foods Americans purchase every year are processed foods? It's the marketer's job to create the allure of junk food and it's the scientist's job to create food-like substances that appeal to our taste buds. Processed foods are full of sugar, corn syrup, salt, MSG, and other chemicals that have been linked to diseases and food addictions.

Processed foods not only affect the pleasure section of our brain, but they affect your taste buds too. Your tongue is conditioned to taste foods that have been chemically altered! Which is why it takes time for your body to adjust to how whole foods taste.

Taken directly from Dr. Mercola, Natural Health Expert & *NY Times* bestselling author:

Vegetables contain an array of antioxidants and other disease-fighting compounds that are difficult to get anywhere else. Plant chemicals called phytochemicals can reduce inflammation and eliminate carcinogens.

Studies have shown that people with higher vegetable intake have:

- Lower risks of stroke, type 2 diabetes, high blood pressure, and heart disease
- Lower risks of certain types of cancer, eye diseases and digestive problems
- Higher scores on cognitive tests
- Higher antioxidant levels

If you still need more reasons why green vegetables are the “it” food, here are the other benefits of greens:

- Cancer prevention
- Improved blood circulation
- Strengthened immune system
- Promotion of healthy intestinal flora
- Improved liver, gall bladder and kidney function
- Clears congestion, especially in lungs by reducing mucus

The good news is: gone are the days of holding your nose while you force down vegetables you hate. I assure you that healthy food can taste yummy!

When you really enjoy the taste of what you eat -- and how great it makes you feel -- it's so much easier to make it a regular habit. This week, you can taste new things you haven't tasted before, and tune into how you feel while eating high-quality foods.

Some key tips to remember:

- **Cooking is meant to be simple.** Nothing fancy needs to be done to the food when you use fresh, organic, high-quality ingredients.
- **Food is meant to be enjoyed!** If you make a green smoothie and it tastes disgusting, you are not going to drink it! Don't go crazy... start small and work your way up to more than one fist full of spinach!
- **There are 3 musts when eating sauteed greens:** add a dash of salt (kosher or pink himalayan), cut the green leaves into small bite-sized pieces and add a squeeze of lemon -- it really brings out the taste.
- **Start small!!!** Pick one meal per day and add some fruit and a vegetable.
- **Find ways to set yourself up for success.** Be sure you have ingredients on hand to make the protein smoothie, purchase some organic greens to try as a side dish, and/or set out your greens on the counter so you remember to take them.

ACTION STEPS

HERE ARE MY THREE TOP ACTION STEPS FOR INCORPORATING HEALTHY AND DELICIOUS GREENS INTO YOUR DAY

ACTION STEP #1: DRINK YOUR GREENS POWDER

Adding greens powder to your daily routine is a quick, easy, delicious way to get your greens in.

The one that is included in your kit is the yummiest I've ever tasted. You can drink it in morning, in the afternoon as pick-me-up or throw it into your smoothie.

The greens powder that came with your kit nourishes your body with a blend of raw, certified organic grasses plus certified, organic mushrooms.

The certified organic blend of reishi, maitake, and shiitake mushrooms boosts this formula's nutrient value. The mushrooms also provide a vegetarian source of iron and B vitamins, and are also a great source of phytonutrients and antioxidants. (Remember what Dr. Mercola said!)

I know what you are thinking! This is way too healthy to drink!!!

Believe me! I have had a love-hate relationship with finding the right greens powder over the years... Until this one!

The Life's Abundance Greens Blend has a delicious natural berry flavor and silky smooth texture. It mixes easily with water or into your favorite smoothie. It is one of the best tasting GMO-free greens blends on the market and leaves no "grassy" aftertaste.

And, the big benefit of drinking this one drink is: **this nutrient-dense supplement is a simple way to help you consume the recommended 5-9 servings of fruits and vegetables daily.**

And honestly, the taste is quite good! :)

BABY STEP #1:

Empty half the packet (or the whole packet if you feel you are ready!) into an 8-10 ounce glass (or larger if you like). Then stir and drink.

My special tips:

- Put into a glass bell jar, screw on the lid and shake up for the super easy method.
- Add a pinch of pink himalayan salt to the green drink and shake before drinking to add to the taste and include some great minerals.

Find a time that works best for you to drink this! No one says it needs to be completed in the morning... Afternoon works fine too. Experiment with various times throughout the day.

Want to stock up on more? Here's where you can get more of this special blend! Click here: [Greens Powder](#)

ACTION STEP #2: EAT YOUR GREENS

Try a green vegetable that you haven't tried before. My favorite green leafy vegetable is swiss chard. I tasted swiss chard about ten years ago for the first time and I have been in love ever since. I thought the only “healthy greens” were spinach and kale!

Swiss chard is a relative of the beet family and is full of vitamins (A, C and K) and minerals (magnesium, potassium and iron). You can make a side dish with it or add it to soup or pasta dishes.

BABY STEP #2:

Add a green vegetable as a side dish this week.

This is the recipe that made me fall in love with swiss chard. It was given by my local organic farm:

- 1 bunch Swiss chard
- 3 tablespoons butter
- 1 tablespoon olive oil
- 1 tablespoons chopped fresh rosemary
- 1/3 cup raisins or golden raisins
- 2 tablespoons pine nuts
- salt and freshly-ground black pepper, to taste

To prepare:

Remove the chard stems and the thick central vein from each leaf. Chop the leaves very coarsely. Using a large, heavy-bottomed frying pan over medium high heat, melt the butter with the oil until sizzling. Add the chard and the rosemary, stirring well to coat the chard with the butter mixture.

Cook, stirring constantly, for another minute until the chard has wilted to about half its original volume. Add raisins and pine nuts, stirring to combine evenly, and continue cooking until any moisture has evaporated. The entire cooking process should take no more than about 3 minutes. Season with salt and pepper and serve immediately.

ACTION STEP #3: DRINK YOUR GREEN SMOOTHIE

A simple way to get more fruits and vegetables into your diet is my making a smoothie! I committed to making a daily smoothie over six years ago after being diagnosed with breast cancer. I remember the difference in my energy level when I added the green smoothie to my daily routine.

Besides feeling energized, I realized my afternoon sweet cravings started diminishing too. I saw such great returns from drinking them! My skin is clear, my hair is shiny, so the drinks literally affect me inside and out.

The first green smoothie I made had a handful of spinach and a cut-up apple blended with some water. I saw this green, thick looking sludge. Gross! I couldn't drink it. It tasted way too green for my tastes.

I took a step back and thought, if I am going to do this, they need to taste good. So I learned to add three fruits to every handful of raw greens.

The next time I made a green smoothie it contained a fistful of spinach, two apples, and lots of pineapple. I soon realized that these smoothies were a simple way for me to get extra greens (and fruit) into my diet.

The key to making a smoothie is to make it so you drink it!!! There have been times (even recently!) when I go crazy and add too much “healthy” to my shakes and then I don’t drink them! That’s not the idea here... have fun with it. :)

BABY STEP #2:

Make a green smoothie at least one time this week!

Remember to start off using a small handful of raw greens like spinach or green leaf lettuce.

Be sure to add at least two fruit servings: try apple, pineapple, or berries.

Add half the packet of the vegan protein powder from your kit. (This will give you a boost of energy to sustain you!) The protein powder that I chose for you is a high quality, grain free, plant-based, non-GMO protein. Click here for [Protein Powder](#)

Start with at least two cups of liquid: water, coconut water, almond milk. Blend until smooth. For an added treat pour into a beautiful glass.

For more inspiration, watch my youtube video on [smoothie making](#).

FINAL THOUGHTS

- I know this can be a week that may stretch you beyond your comfort zone. Go with it. Treat this week as one big experiment. The goal is not to throw out all the food in your house and only drink green smoothies! The experiment this week is to try the greens powder in water, add a green vegetable to one meal this week, and make a green smoothie that you enjoy and that's it.
- Tune into how your body feels when you feed it real, live, simple foods. Your digestion will be better (simple foods go through your body different than processed foods), your energy level may go up, and your moods may level out.
- Be present as you eat. Be mindful while you chew or drink. Do not eat in front of the computer or tv.
- By the end of the week, determine what you which action step you want to continue throughout the next few weeks.
- More recipes can be found in the last section of my book, *The Healthy Girl's Guide To Breast Cancer*.