

# 10-DAY GREEN SMOOTHIE DETOX

**Reset Your Body In Just 10 Days**





# WELCOME TO THE 10-DAY DAY GREEN SMOOTHIE DETOX!

*Now, I only have two things in mind when I create any problem.*

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*This detox is unlike anything you've ever done before, because you actually get to eat REAL food.*

*You see, all the detoxes and cleanses out there that are filled with smoothies and other juices don't really help you. Because the second you start eating real food again, you start gaining weight.*

*Instead, when you do this the right way, you can cleanse your body and drop a few pounds without the worry of rebound weight gain.*

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## **1. It MUST be simple.**

I'm not going to sit here and write 100 pages about a 10-day detox. You don't have time to read that, and it's simply way too much information.

I like to get straight to the point, so you can get the results you desire without spending all day figuring out what to eat.

That's why I'm going to keep this short and sweet :)

## **2. It MUST produce results FAST**

That's really all that matters, right?

The truth is, you can burn a lot of fat and lose weight very quickly based simply off what you're eating.

You do not need to exercise during this 10 day program, however if you can if you'd like.

I look at it as a bonus that can help speed up your results. But it's not necessary.

Below you will find the 10-Day Green Smoothie Detox program.

It's very simple and straightforward to follow.

It combines Intermittent Fasting with healthy smoothie recipes and even healthier meals.

If you have any questions, just send me an email at

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[derek@dwahlerfitness.com](mailto:derek@dwahlerfitness.com)

You Got This!

Derek Wahler, CTT



# GREEN SMOOTHIE DETOX DAYS 1-10



As I mentioned before, I like to keep things as simple as possible.

Which is why I made this a “mix and match” program.

What that means is, below you will find green smoothie recipes, along with regular meal recipes

## For the next 10 days, the “rules” are simple:

1. Fast in the morning, which basically just means skip breakfast
2. Have a Green smoothie for lunch (recipes below, choose one each day)
3. Have a healthy high-fat dinner (recipes below, choose one each day)

That’s all there is to this :)

## STEP #1



## Fast in the Morning (Aka Skip Breakfast)

The first step of this program is to practice intermittent fasting in the morning. Fasting simply means going for a certain period of time without eating.

When you do this, your body burns through all the stored sugar in your body. Once it’s burned through all the sugar, it then turns to your body fat and burns that for energy.

Fasting also decreases your insulin levels. Insulin is the #1 fat-storage hormone in the body. And the reason most people are overweight is because they have too much insulin floating around.

When you fast, insulin levels are basically zero because you’re not eating anything (insulin is released in your body when you eat foods, especially high carb/sugar foods).

Fasting also helps repair your cells, can increase fat-burning, and can increase your metabolism.

For this program, we’re simply skipping breakfast in the morning.

## STEP #2



## Green Smoothie for Lunch

Below you'll find the green smoothie recipes. Simply pick one to have for lunch each day.

After you drink your smoothie, wait 20 minutes.

If you're still hungry, you can have one of the approved snacks listed below.

### Approved Lunch Snacks

- 1-2 hard boiled eggs
- Veggies & Guacamole (broccoli or cauliflower are the best)
- Black olives
- Coconut oil
- 1 ounce raw nuts (macadamia, almonds, walnuts)
- Coffee (1 tbsp. heavy whipping cream or coconut oil)
- Tea (1 tbsp. heavy whipping cream or coconut oil)

I'd start with the tea or coffee because healthy fats in the heavy whipping cream or coconut oil fill you up FAST!

## STEP #3



## Healthy High-Fat Dinner

For dinner, simply pick one of the recipes below.

Or if you want to keep things simple, you can follow the dinner meal plan in the 10-Day Fat Flush Main Manual.

The main focus with dinner is eating lots of healthy fats, some protein, and plenty of veggies.

You don't have to count calories or measure your portion sizes.

Simply eat until you're satisfied and not overly stuffed.

Bonus Trick: Eat a little more fat for dinner, it'll hold you over when you're fasting the next morning.

Add a little extra butter to your meal, or have a cup of coffee after dinner with 1 tbsp. of coconut oil, add a little extra avocado oil to your veggies.

It really helps keep your body satisfied for longer periods of time.



# GREEN SMOOTHIE RECIPES

## CHOOSE ONE DAILY FOR LUNCH



### GREENIE COCONUT SMOOTHIE

#### Ingredients:

- 2 handfuls baby spinach
- 1/2 cup unsweetened coconut milk
- 2 tablespoons almond butter
- 1 cup plain Greek yogurt
- 1/2 cup ice
- 1 tsp. coconut oil





## GREEN DREAM

### Ingredients:

- 2 handfuls kale
- ½ avocado
- 1 cup plain Greek yogurt
- 1 teaspoon vanilla extract
- 1 tsp. sage



## GREEN ENERGIZER

### Ingredients:

- 2 cups frozen collard greens
- 2 handfuls baby spinach
- 1/2 cup frozen blackberries
- 1 cup unsweetened almond milk
- 2 tsp. ground ginger



## GREEN FAT-BURNER

### Ingredients:

- 1 cup water
- 1 handful spinach
- ½ avocado
- 2 tbsp. hemp seeds
- 1 tbsp. coconut oil
- Juice from 1 lemon
- ½ cucumber

Blend all ingredients in a high-speed blender until smooth.

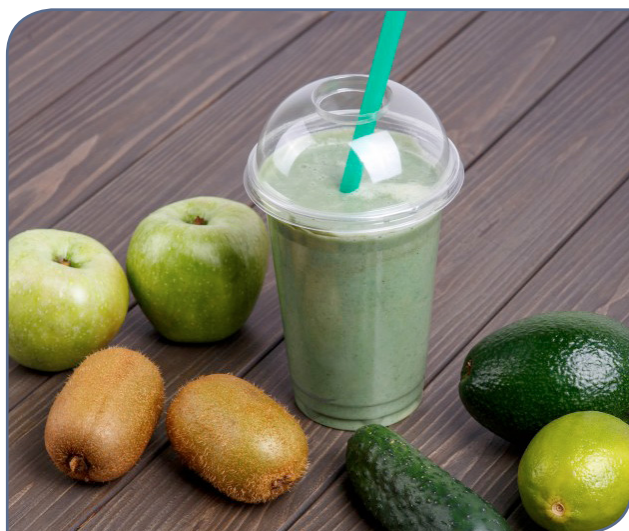


## GREEN LOW CARB

### Ingredients:

- 1.5 cups unsweetened almond milk
- 1 handful spinach
- ½ cucumber
- 1 celery stalk
- ½ avocado
- 1 tbsp. coconut oil
- 1 tbsp. chia seeds
- 10 drops liquid stevia (optional)

Blend all ingredients in a high-speed blender until smooth.



## MINT PROTEIN SMOOTHIE

### Ingredients:

- ½ avocado
- 1 handful spinach
- 1 scoop egg protein powder
- ½ green apple
- ½ cup unsweetened almond milk
- ¼ tsp. peppermint extract
- 1 cup ice

Blend all ingredients in a high-speed blender until smooth.



## KETO GREEN SMOOTHIE

### Ingredients:

- 1 cup cold water
- 1 handful spinach
- ½ cup cilantro
- 1 inch ginger peeled
- ½ cucumber
- 1 cup frozen avocado
- ½ lemon (peeled)

Blend all ingredients in a high-speed blender until smooth.



## KALE & COCONUT SMOOTHIE

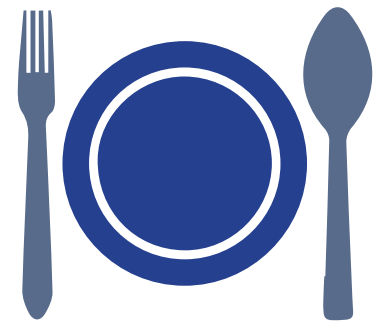
### Ingredients:

- 1 cup unsweetened almond milk
- ½ cup full-fat canned coconut milk
- 4 cups chopped kale
- ¼ cup ground coconut (unsweetened)
- 1-inch piece of ginger, peeled
- ¼ teaspoon sea salt

Blend all ingredients in a high-speed blender until smooth.

# DINNER RECIPES

## CHOOSE ONE DAILY FOR DINNER



### Ginger Cod with Zucchini Noodles

Preparation time: 20 minutes Cooking time: 10 minutes Marinating time: 40 minutes (optional) Serves: 4



#### Ingredients:

- 3 large zucchini, spiralized
- 700g fresh cod fillets
- 2 inches fresh ginger, finely chopped
- 3 tablespoons tamari sauce
- 2 tablespoons apple cider vinegar
- 1 green onion, chopped
- 1 garlic clove, minced
- 1 cup vegetable broth
- 1 bunch fresh parsley, finely chopped

#### Instructions

1. Use a spiralizer, mandolin, julienne or vegetable peeler to turn the zucchini into noodles.
2. Combine the chopped ginger, garlic, tamari sauce, vegetable broth, green onions and vinegar in a medium bowl.
3. Chop the cod fillets into strips and put them in the bowl with the mixture.
4. Turn the strips over to ensure they are fully coated in the mixture and let them marinate for 40 minutes.
5. Heat a large nonstick frying pan over a medium heat, add some olive oil and cook the cod for about 4 minutes on each side. Add the marinade to the pan, bring to a boil and then immediately remove from the heat.
6. Divide the noodles into four portions, add the cod on top and pour the sauce over the fish. Sprinkle chopped parsley on top and serve right away.

# Broccoli with Dressing and Burgers

Serves 2-4



## Ingredients:

- 320g Broccoli
- 2 cloves Garlic crushed
- 2 tbsp Ginger fresh grated
- 1 tsp fresh Chili Peppers red finely chopped
- 2 tbsp Lemon juice, fresh
- 4 tbsp Perilla oil
- 2 tbsp Coconut amino sauce Instructions

## Instructions

1. Steam the broccoli for 5-8 minutes until slightly tender (if you don't have a steamer, you can place the broccoli in a large sieve, place it on a pot with water, bring the water to the boil and steam that way).
2. Mix garlic, ginger, chilli peppers, lime, perilla oil and coconut amino sauce and pour it over the broccoli.

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## Burgers

Serves 4



## Ingredients:

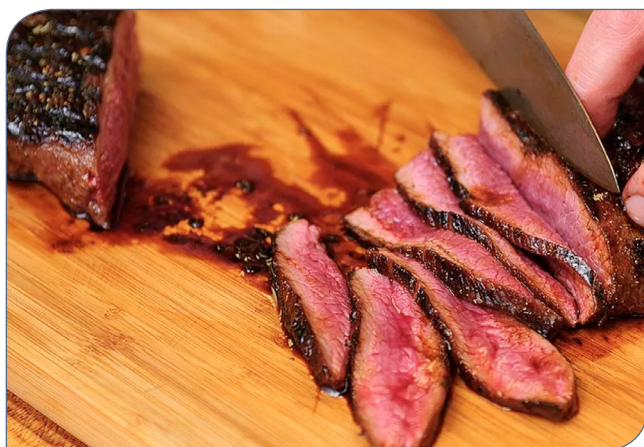
- 400g Ground beef
- 2 tbsp Parsley fresh, chopped
- 1/2 tsp Himalayan salt
- 1/2 tsp black Pepper, ground
- 4 cloves Garlic raw
- 1 heaped tsp Mustard, wholegrain
- 2 tbsp Coconut oil Instructions

## Instructions

1. Mix all the ingredients with the raw meat and massage the whole mixture with your hands.
2. Shape 4 palm sized burgers and fry them in the coconut oil (approximately 6 minutes each side) until cooked through.

## Venison Steak Fennel

Serves 4



### Instructions

1. Make a marinade with thyme and mustard; add salt and pepper (Juniper berries work great, too) to taste. Rub into venison and put into fridge for at least 30 minutes.
2. In a large frying pan, gently heat olive oil and fry lightly salted onion and garlic until translucent.
3. Add fennel slices and cook for 10 minutes, turning occasionally.
4. Cover, reduce heat to lowest setting and stew gently for 10 minutes. Season with salt, pepper and a bit of lemon juice.
5. While the fennel is cooking, heat the coconut oil in another pan. When the oil is sizzling, put the venison steaks into the pan, fry at high heat for about 30 seconds on each side until brown.  
  
Turn down the heat to low, cover and let cook for 3 minutes. Then, turn the venison onto the other side and cook for another 3-4 minutes. Frying time may slightly vary depending on thickness of steak.

### Ingredients:

- 4 Venison steaks (approx 150g each)
- 2 sprigs Thyme, fresh
- 1 tbsp Mustard, wholegrain
- 3-4 Fennel bulbs, cored and thinly sliced
- 1 large Onion, sliced
- 2 cloves Garlic, chopped
- 6 tbsp Olive oil, extra virgin
- 4 tbsp Coconut oil

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## Mediterranean Vegetables with Chicken Thighs

Serves 4



### Ingredients:

- 4 Chicken thighs with skin (organic)
- 1 tsp Mustard
- 1 tsp mixed Paprika
- Salt and Pepper to taste
- 2 zucchini roughly chopped
- 2 small Onions, chopped into wedges
- 2 Bell Peppers red/yellow, roughly chopped
- 4 Garlic cloves, unpeeled
- 6 tbsp Coconut oil

## Instructions

1. Preheat the oven to 180C/350F.
2. Mix mustard, paprika, rock salt and pepper with the mustard and rub it onto the chicken thighs. Place in a roasting tin.
3. Place all the vegetables in a separate roasting tin (the softened garlic cloves will squeeze out after cooking).
4. Put the coconut oil on top of the vegetables and place the 2 trays in the oven. Stir the vegetables after about 5 minutes when the coconut oil has melted.
5. Bake for approximately 45 minutes, stirring halfway through to turn the vegetables. When the chicken is ready (juices should run clear), take both trays out of the oven and serve.

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## Chicken Caesar Salad

It is handy to make a bigger portion of this anyway even if you don't need to cook dinner for 4. You can always use it as a snack or for a meal on another day. It is a good alternative for children's lunch boxes.

Caesar Salad Serves 4



## Ingredients:

- 4 cloves Garlic
- 6 tbsp fresh Lemon juice
- 1/4 tsp Himalayan salt
- 4 tsp Nutritional Yeast
- 1/4 cup Water
- 1/4 cup Coconut Cream
- 1/2 cup Olive oil, mild
- 1 head Romaine Lettuce, shredded
- 400g Roast Chicken Thighs (leftovers)

## Instructions

1. Put all ingredients apart from olive oil into a blender and whizz (coconut cream is the solid part of the tinned coconut milk).
2. Once it is smooth, add the olive oil and blend at low speed until you have a smooth dressing.
3. Pour the dressing over the lettuce and chicken.

## Bacon, Mushroom and Tomato



### Ingredients:

- 4 tbsp Coconut oil
- 4 pieces Nitrate Free Bacon
- 2 whole Portobello mushrooms
- 2 Roma Tomatoes, halved

### Instructions

1. Heat the coconut oil in a frying pan.
2. When oil hot enough, put in bacon and vegetables and fry for about 5 minutes, turning occasionally.
3. Eat in a lettuce wrap

## Scrambled Eggs with Ham & Spinach



### Ingredients:

- 3 tbsp Coconut oil
- 2 cups Spinach
- 4 large Eggs, organic or free range
- 2 slices organic Ham (Optional)

### Instructions

1. Melt coconut oil in a frying pan and gently fry spinach until wilted.
2. Meanwhile, crack the eggs into a bowl, cut the Parma ham into small pieces and mix well with eggs.
3. Pour the egg/ham mix over the spinach and cook both sides for 2-3 minutes each.