

In 3 minutes or less...

+2 Bonus Recipes!

*Treat yourself with our
deliciously healthy popsicles.*

10 of the tastiest green juices ever



Transform your Health & Energy!

Simple Recipes to Supercharge Health

A green juice a day is one of the most powerful gifts you can give your body. Nutritious fruits & veggies give lasting energy and focus, help fight against inflammation, and nourish your immunity. That means a stronger, healthier you.

But if you've ever had a bad-tasting juice, or got tired of how much time it takes to prep and clean up after making a smoothie from scratch, you're in the right place.

Inside are my top 10 recipes for the tastiest green juices to transform your health and energy. And you can make each one in about 3 minutes or less, so no excuses.

What's my secret? It's a shortcut called **Super Green Juice**. Hidden inside each smoothie is a scoop of concentrated organic superfoods that take every recipe up several notches on the healthy scale. Those **44 organic superfoods** are already conveniently prepped in a powder so all you have to is add a scoop.

Start mixing, blending and savoring your way to good health in just 3 minutes a day.



Eddie Stone

Founder, TheGoodInside.com

P.S. While fruits and veggies are what most doctors would prescribe for good health, we can't give out medical advice. So if you have a health concern or condition, always check with your healthcare practitioner first.





Morning, Sunshine

Strapped for time first thing in the morning? Say hello to healthy fast food. Full of superfoods and fast to make, these recipes will get you on the right track.

Almond Banana Berry Smoothie.....	1
Super Green Lemonade	2
Kiwi Coconut Cleanse.....	3
Super Mango Smoothie Bowl.....	4
Raspberry Apple Cider Smoothie	5
Orange Acai Smoothie Bowl	6

Anytime, Anywhere

Need a healthy companion to some less-than-healthy lunch? How about a pick-me-up to get through the afternoon? Try these nourishing smoothies.

Dark Chocolate Almond Smoothie.....	7
Pineapple Chai Smoothie.....	8
Pomegranate Power Smoothie.....	9
Iced Super Green Tea	10

Bonus Treats (just because)

Green juices don't have to be just juice; they can also be... popsicles! If you have a picky eater (or are one) these healthy desserts will go down a treat.

Chocolate Banana Popsicle.....	11
Strawberry Watermelon Popsicle	12

morning



Almonds: plant protein, vitamin E

Blueberries: fiber, antioxidants

Strawberries: antioxidants, vitamin C

Banana: potassium, fiber

Super Green Juice has 44 organic superfoods, probiotics, vitamins, minerals, enzymes, fiber & calcium in every scoop!

Almond Banana Berry Smoothie

Whether you need a post workout pick-me-up or a protein boost that powers you through the day, this delicious smoothie has it covered. It's creamy, oh-so-slightly sweet, and packed with the goodness of 44 organic superfoods.

The Good Inside:

1 cup (8 oz.) almond milk

1 cup organic blueberries

3 whole organic strawberries (if frozen, used sliced)

12 raw almonds

½ ripe banana

1 scoop organic Super Green Juice powder

Put it together:

Combine all ingredients into blender and blend until smooth. Enjoy!





Lemons: vitamin C, detoxifying

Mint: antioxidants, digestive aid

Raw Honey: antioxidants, enzymes

Super Green Juice has 44 organic superfoods, probiotics, vitamins, minerals, enzymes, fiber & calcium in every scoop!

Super Green Lemonade

Cool, refreshing, and cleansing with a hint of citrus zing, this lemonade is an energizing way to start the day. Lemons alkalize and kick start digestion in the morning, and the added organic superfoods support a gentle detox.

The Good Inside:

$\frac{3}{4}$ cup (6 oz.) of filtered water

1 cup (8 oz.) ice

Juice of 2 large lemons (about $\frac{1}{4}$ cup)

4 to 6 fresh mint leaves

1 or 2 tablespoons raw, unfiltered honey

1 scoop organic Super Green Juice powder

Put it together:

First mix honey and lemon juice until blended.

Add all other ingredients and blend until smooth. Enjoy!

morning



Coconut Water: hydrating electrolytes

Banana: fiber, potassium

Kiwi: vitamin C, fiber

Super Green Juice has 44 organic superfoods, probiotics, vitamins, minerals, enzymes, fiber & calcium in every scoop!

Kiwi Coconut Cleanse

Banish the blah's and clear out the cobwebs with a delightfully easy and tasty cleanse. With this kiwi coconut combination you'll feel more energized, and regain a healthy glow from within. Help your body detox, rehydrate, and replenish essential nutrition in one simple step.

The Good Inside:

½ cup (4 oz.) organic coconut water

½ ripe banana, sliced and frozen

1 organic kiwi, peeled and chopped

1 scoop Super Green Juice powder

Put it together:

Wash and prep fruit. Blend all ingredients together and enjoy!



Banana: fiber, potassium

Mango: beta carotene (vitamin A), antioxidants

Chia Seeds: plant protein, omegas

Super Green Juice has 44 organic superfoods, probiotics, vitamins, minerals, enzymes, fiber & calcium in every scoop!

Super Mango Smoothie Bowl

Break out the spoon because this extra thick smoothie is designed to be savored as a healthy breakfast bowl. Tropical and tasty, it's also packed with superfoods that will alkalize, energize and strengthen immunity.

The Good Inside:

1 ripe sliced frozen banana

½ cup fresh or frozen mango

½ cup (4 oz.) almond milk

1 scoop organic Super Green Juice powder

Toppings: Fresh mango, organic granola, chia seeds (or add your favorites!)

Put it together:

Blend all smoothie ingredients. Use frozen banana slices for extra thickness. If using frozen mango add a little more liquid so it blends well. Fill your bowl, add toppings and enjoy!





Raspberry Apple Cider Smoothie

Sweet seasonal apples combine with tart berries to make a refreshing and flavorful smoothie you'll love. The crisp flavors also come with superfood goodness in every sip so you'll start your day focused and energized.

The Good Inside:

$\frac{3}{4}$ cup (6 oz.) organic apple cider

$\frac{1}{4}$ cup organic apple sauce

$\frac{1}{2}$ cup fresh or frozen organic raspberries

$\frac{1}{2}$ ripe fresh banana

1 scoop organic Super Green Juice powder

Put it together:

Blend all ingredients and enjoy!

Quick Tip

If you want extra zing, add $\frac{1}{2}$ tablespoon of apple cider vinegar.



Acai: antioxidants, ellagic acid

Orange: vitamin C, calcium

Blueberries: antioxidants, fiber

Banana: fiber, potassium

Super Green Juice has 44 organic superfoods, probiotics, vitamins, minerals, enzymes, fiber & calcium in every scoop!

Orange Acai Smoothie Bowl

Deliciously fruity and creamy, this easy-to-make smoothie will keep your taste buds happy and your body healthy. You'll get essential vitamins and minerals, along with anti-aging antioxidants.

The Good Inside:

1 pack frozen Acai (100g or 3.5oz)

$\frac{3}{4}$ cup (6 oz.) fresh squeezed organic orange juice

$\frac{1}{4}$ cup fresh or frozen organic blueberries

$\frac{1}{2}$ ripe sliced banana

1 scoop organic Super Green Juice powder

Toppings: Orange slices, banana slices, organic blueberries, shredded coconut (or add your favorites!)

Put it together:

Blend all smoothie ingredients, adjusting amount of OJ based on whether all fruit is frozen or fresh (aim for a super thick smoothie). Fill your bowl, add toppings and enjoy!



Banana: fiber, potassium

Cocoa: resveratrol, flavanols

Almonds: plant protein, vitamin E

Dates: vitamin A, minerals

Super Green Juice has 44 organic superfoods, probiotics, vitamins, minerals, enzymes, fiber & calcium in every scoop!

Dark Chocolate Almond Smoothie

This velvety chocolate smoothie is a real treat that also comes with a trick. Hidden inside are all the healthy superfoods you need for energy and vitality. So if green drinks are not your thing, this one's for you because all you'll taste is delicious dark chocolate.

The Good Inside:

1 cup (8 oz.) almond milk

1 ripe banana

1 tbsp (tablespoon) organic cocoa powder

1 tbsp almond butter or peanut butter

2 dates (pitted and chopped)

A few ice cubes

1 scoop organic Super Green Juice powder

Put it together:

Blend all ingredients and enjoy!

For added texture in your smoothie, add a few whole almonds and 2 squares of organic 70% dark chocolate. For an extra thick smoothie, try chopping and freezing the banana ahead of time.

Quick Tip

To save even more time, replace almond milk, cocoa and dates with chocolate almond milk.



Tea: anti-inflammatory polyphenols

Pineapple: vitamins, bromelain for digestion

Ginger: soothes digestion, antioxidant

Super Green Juice has 44 organic superfoods, probiotics, vitamins, minerals, enzymes, fiber & calcium in every scoop!

Pineapple Chai Smoothie

Slightly sweet and a touch spicy, this pineapple chai smoothie is full of inflammation-fighting foods. If you ever find yourself with digestive distress this blend of antioxidants, enzymes, and probiotics will help calm things down and have you feeling like new.

The Good Inside:

1 cup (8 oz.) organic Chai tea

1 cup fresh or frozen pineapple

¼ teaspoon fresh ginger (or to taste)

Few ice cubes (if using fresh fruit)

1 scoop organic Super Green Juice powder

Put it together:

Blend all ingredients well. Enjoy!

Quick Tip

If you don't have chai tea bags you can buy chai tea concentrate and make with ½ cup concentrate and ½ cup of water. No fresh ginger? You can buy it in a tube and use as needed.



Pomegranate: antioxidants for heart health

Coconut Water: hydrating electrolytes

Berries: vitamin C, fiber, antioxidants

Banana: fiber, potassium

Super Green Juice has 44 organic superfoods, probiotics, vitamins, minerals, enzymes, fiber & calcium in every scoop!

Pomegranate Power Smoothie

This power smoothie is perfect for sharing (makes 2) or you can stash one in the freezer to savor a healthy frozen treat for later. The pomegranate makes the flavors pop, and the organic greens powder gives you a shortcut to 44 superfoods in one simple step.

The Good Inside:

1 cup (8 oz.) pomegranate juice

1 cup organic coconut water

$\frac{3}{4}$ cup frozen organic mixed berries

1 ripe banana

2 scoops organic Super Green Juice powder

2-3 fresh mint leaves

Put it together:

- Mix the pomegranate juice and frozen berries and set aside.
- Separately, blend the banana, coconut water, Super Green Juice, and fresh mint leaves.
- First, pour the green blend into glasses. Then slowly pour the pomegranate berry mixture into the middle of each glass.
- Garnish with fresh mint leaves and enjoy!



Green Tea: heart-healthy antioxidants

Red Grapes: resveratrol

Mint: soothes digestion

Super Green Juice has 44 organic superfoods, probiotics, vitamins, minerals, enzymes, fiber & calcium in every scoop!

Iced Super Green Tea

Refreshingly cool with a hint of natural sweetness, this green juice is a delightful twist on iced tea. While you chill out with this tasty tea, you'll also alkalize and energize your body with healthy superfoods.

The Good Inside:

1 cup (8 oz.) unsweetened organic green tea

$\frac{3}{4}$ cup frozen organic grapes (green or red)

2-3 mint leaves (or to your taste)

1 tsp organic raw honey

1 scoop Super Green Juice

Put it together:

Blend all ingredients until smooth. Garnish with fresh mint and enjoy!

Quick Tip

Summer is organic grape season. It's short so stock up, wash and freeze them for a tasty, sweet snack. And opt for organic, since tea and grapes are among the foods most heavily sprayed by toxic pesticides.





Banana: fiber, potassium

Coconut: energizing MCTs

Cocoa: resveratrol, heart-healthy flavanols

Raw Honey: antioxidants, enzymes

Dates: vitamin A, minerals

Super Green Juice has 44 organic superfoods, probiotics, vitamins, minerals, enzymes, fiber & calcium in every scoop!

Chocolate Banana Popsicles

This decadent dark chocolate treat is so rich and creamy you won't believe it is also non-dairy, full of superfoods, and only 180 calories a pop. They satisfy your sweet tooth while nourishing with superfoods!

The Good Inside (makes 6):

6 Popsicle Molds and Sticks

3 ripe bananas

1 can of organic coconut milk (lite)

1 tbsp organic coconut oil

2 tbsp of raw, organic honey

2 tbsp unsweetened organic cocoa powder

6 dates, pitted and chopped

Dash of organic vanilla extract

1 scoop organic Super Green Juice powder

Put it together:

- Blend 2 bananas, coconut milk, dates, honey, coconut oil and a dash of vanilla together. Set aside ½ cup of this mixture.
- To the main liquid, add a scoop of Super Green Juice, 2 tablespoons of cocoa powder and blend well.
- Fill up the Popsicle molds about ⅓ with the chocolate mixture.
- Chop the third banana into small slices, and add it to the molds along with the mixture you had set aside.
- Top up all the molds with the remainder of the chocolate mixture, leaving a little room for the popsicles to expand during freezing.
- Freeze and enjoy!



Watermelon: minerals, antioxidant lycopene

Mint: refreshing, antioxidants, digestive aid

Strawberries: vitamin C, antioxidants

Lime: alkalizing, vitamin C

Raw Honey: antioxidants, enzymes

Super Green Juice has 44 organic superfoods, probiotics, vitamins, minerals, enzymes, fiber & calcium in every scoop!

Strawberry Watermelon Popsicles

Deliciously refreshing, these strawberry watermelon popsicles are so yummy, kids (and grown-ups) will keep asking for more. Each refreshing popsicle comes in at only about 60 calories, and with 44 organic superfoods inside you'll never have to say no.

The Good Inside (makes 6):

6 Popsicle Molds and Sticks

2 cups (16 oz.) fresh chopped seedless watermelon

2 or 3 fresh mint leaves

1 cup (8 oz.) chopped organic strawberries

Juice of 1 lime

2 tablespoons raw, unfiltered honey

1 scoop organic Super Green Juice powder

Put it together:

- Set aside ¼ cup of strawberries and drizzle with a little warmed honey and a touch of lime juice.
- Blend watermelon, ¾ cup of strawberries, mint leaves, remainder of honey, and lime juice until liquid. Set aside ½ cup.
- Take main liquid, add a scoop of organic Super Green Juice and blend well.
- Drop a few of the strawberries you set aside into each of your 6 Popsicle molds. Keep some to add at the end.
- Pour the ½ cup of pink liquid you saved equally into the 6 molds.
- Slowly pour the main Super Green Juice mixture into the 6 molds, then top off with the remainder of the chopped strawberries.
- Freeze and enjoy!

44 organic superfoods in every tasty scoop!



44 ORGANIC SUPERFOODS



no added sugar

DETOX ^{3g Fiber}
vitality
HEART **energy!**



Super Green Juice

Save time with this tasty superfood shortcut. Make any smoothie, juice or shake instantly healthier with 44 organic superfoods in every scoop.

*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

© 2017 Touchstone Essentials. All rights reserved

Get yours at **TheGoodInside.com**

