

Catherine Tanaka
FITNESS

Green Shake Challenge 2

Created by Catherine Tanaka Fitness



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Catherine Tanaka is not a medical professional and the information in respect to healthy living, recipes, nutrition and diet and is intended for informational purposes only. Nothing contained within this recommended plan or sent via email from Catherine Tanaka is medical advice nor should be construed as medical advice.

This Green Shake Challenge has been a very successful way that Catherine's clients have improved their nutrition by adding in more fruits, vegetables and protein into their diets.

Recommendations are based PN1 Nutrition Guidelines, successful shake recipes and nutrition research. Catherine always insists that you to consult with your doctor before using any nutrition program. Any information generated, produced or disseminated by Catherine Tanaka should not and cannot be held as a substitute for consultation, evaluation, or treatment by your doctor. Always seek the advice of your doctor or other qualified health provider with any questions you may have regarding a proposed diet or nutrition program. Do not disregard professional medical advice or delay in seeking it because of something you have read in this publication.

One simple positive change of adding **One Shake A Day**, is an impactful way to enforce a positive habit. Because there is so much nutrients jammed into one green shake, you body benefits from the nutrient density.

Many past participants still rave about how they still feel and see the difference one green shake a day makes on their diets.

The recommendations made herein are based on pillars of good nutrition and are outlines considering strategies of improved eating habits. There is evidence-based information around the benefits of lean proteins, healthy fats and other macronutrients. These recipes demonstrate food prep and planning skills that will support your health and fitness goals.

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Green Shake Challenge 2

14 items

Seeds, Nuts & Spices

1 **tblsp** Chia Seeds

Frozen

1/2 **cup** Frozen Blueberries

1/4 **cup** Frozen Cauliflower

1/2 **cup** Frozen Mango

2 **cups** Frozen Spinach

Vegetables

2 **cups** Baby Spinach

Boxed & Canned

1 **tsp** Coconut Oil

Baking

1 **tblsp** Cocoa Powder

1 **tblsp** Raw Honey

Condiments & Oils

1 **tblsp** Coconut Oil

Cold

1 **cup** Plain Greek Yogurt

2 **cups** Unsweetened Almond Milk

Other

1/4 **cup** Vanilla Protein Powder

1 **cup** Water

Mango Coconut #Green Smoothie

6 ingredients · 10 minutes · 1 serving



Directions

1. Place all ingredients in a high-powered blender and blend until smooth. Pour into a glass and enjoy!

Notes

Coconut Butter

Also called "Coconut Manna". Coconut butter is the ground meat of the whole coconut. If you do not have it on hand, you can use cashew butter instead.

No Protein Powder

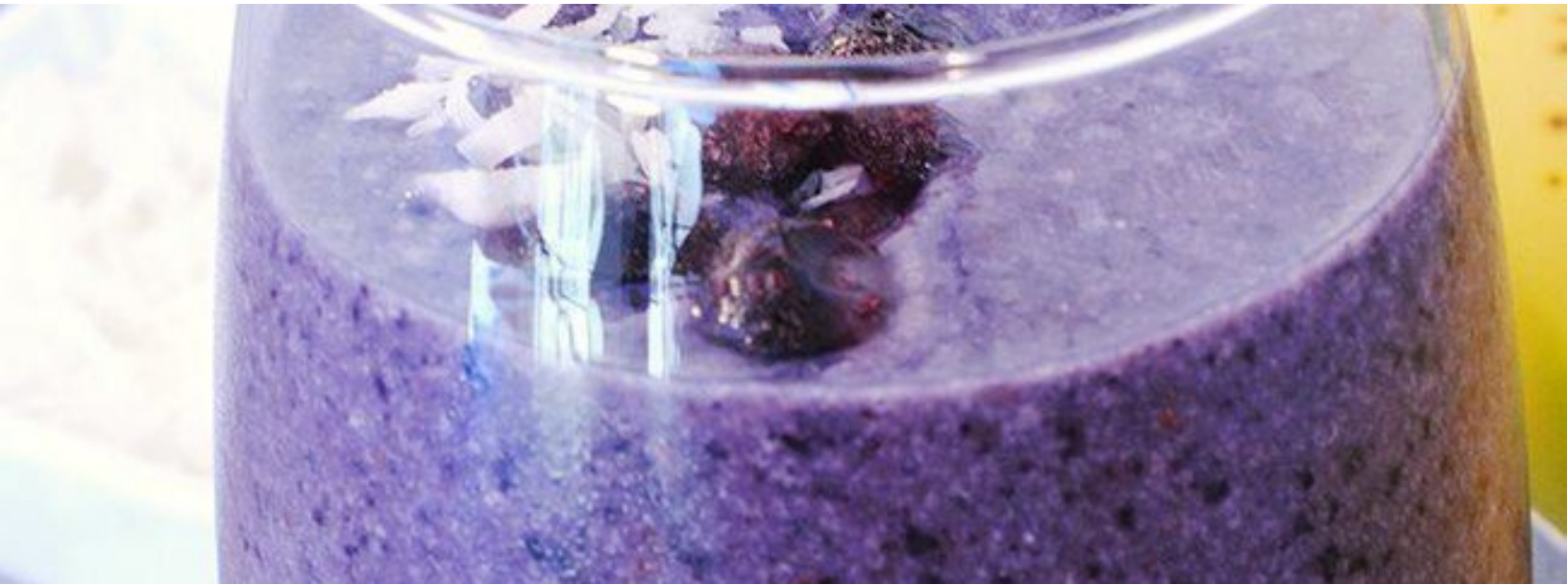
Use hemp seeds instead.

Ingredients

- 1/4 cup** Frozen Cauliflower
- 2 cups** Frozen Spinach (Fresh or Frozen)
- 1/2 cup** Frozen Mango
- 1 cup** Unsweetened Almond Milk
- 1 tsp** Coconut Oil (full fat)
- 1/4 cup** Vanilla Protein Powder

Blueberry Chocolate #Green Shake

8 ingredients · 5 minutes · 2 servings



Directions

1. Blend Blueberries, Spinach, and almond milk first. Now add the rest of the ingredients to create a smooth blended shake. Add water to adjust consistency to your taste. Pour into a glass and enjoy immediately! This makes enough for a large glass with some leftover so you can also divide it into two servings and save one for later.

Ingredients

- 1 cup** Unsweetened Almond Milk
- 2 cups** Baby Spinach (Fresh or Frozen)
- 1/2 cup** Frozen Blueberries (Frozen Ideal, but fresh fine :))
- 1 cup** Plain Greek Yogurt
- 1 tbsp** Chia Seeds
- 1 tbsp** Coconut Oil
- 1 tbsp** Cocoa Powder (You can use Cocoa Nibs instead if you prefer)
- 1 tbsp** Raw Honey (Any natural honey is fine.)

Post your #greenshake daily

1 ingredient · 1 minute · 1 serving



Directions

1. Make sure you post your daily green shake on our facebook group.

Ingredients

1 cup Water