

Catherine Tanaka  
FITNESS

## **wk1 Green Shake Challenge**

Created by Catherine Tanaka Fitness



# wk1 Green Shake Challenge

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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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# wk1 Green Shake Challenge

12 items

## Fruits

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- ☐ **6** Peach
- ☐ **6 cups** Pineapple

## Seeds, Nuts & Spices

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- ☐ **1 tbsp** Cinnamon
- ☐ **1 tbsp** Turmeric

## Vegetables

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- ☐ **12 cups** Baby Spinach
- ☐ **3 tbsps** Ginger

## Baking

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- ☐ **3/4 cup** Oats
- ☐ **1/3 cup** Pitted Dates

## Cold

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- ☐ **3 cups** Plain Greek Yogurt
- ☐ **10 1/2 cups** Unsweetened Almond Milk

## Other

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- ☐ **1 1/2 cups** Vanilla Protein Powder
- ☐ **1 cup** Water

# Peach Cobbler #Green Smoothie

7 ingredients · 5 minutes · 2 servings



## Directions

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1. Add water and almond milk with green in your blender. Blend well until smooth.
2. Add in all additional ingredients and blend well.
3. Pour into a glass or divide into two serving for another shake today or to share :) enjoy!

## Notes

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### Dairy-Free

Use coconut yogurt instead of cottage cheese.

### No Cashew Milk

Use almond, rice, coconut or your choice of alternative milk instead.

### No Dates

Sweeten with maple syrup, honey or banana instead.

### Storage

Refrigerate in a sealed mason jar up to 24 hours. Shake well before drinking.

### More Protein

Add hemp seeds, a scoop of protein powder or spoonful of nut butter.

### More Fibre

Add ground flax seed.

## Ingredients

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**1 1/2 cups** Unsweetened Almond Milk

**2** Peach (pitted)

**1/4 cup** Oats (quick or rolled)

**1 cup** Plain Greek Yogurt (You can substitute Yogurt with a whey or vegan protein option)

**2 tbsps** Pitted Dates

**1 tsp** Cinnamon

**2 cups** Baby Spinach (Fresh 2 cup volume, if using frozen, use 1cup.)

# Pineapple Turmeric #Green Smoothie

6 ingredients · 5 minutes · 2 servings



## Directions

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1. Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

## Notes

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### Storage

Refrigerate in a sealed jar overnight. Shake before drinking.

### No Pineapple

Use mango, peaches or banana instead.

## Ingredients

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**2 cups** Unsweetened Almond Milk

**2 cups** Pineapple (diced into chunks)

**1 tbsp** Ginger (peeled and grated)

**1/2 cup** Vanilla Protein Powder (If you prefer not to use a protein supplement, you can opt for Plain Greek Yogurt.)

**1 tsp** Turmeric (powder)

**2 cups** Baby Spinach (Use 2 cups if fresh. If using frozen, use 1 cup.)



## Post your #greenshake daily

1 ingredient · 1 minute · 1 serving



### Directions

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

### Ingredients

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**1 cup** Water