



The Healthy Green Drink Diet : Advice and Recipes to Energize, Alkalize, Lose Weight, and Feel Great

Jason Manheim

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One juice or smoothie a day made from green vegetables such as kale, cucumber, celery, and spinach works wonders for organ health, immune system strength, and weight loss. Now the founder of heathygreendrink.com offers a persuasive argument for adding a green drink to your day, as well as recipes for dozens of different variations.

Why drink green?

- Green leafy vegetables are extremely alkaline and great for lowering your blood pH and remedying many common ailments and diseases.
- By juicing or blending the vegetables into a delicious smoothie, you can enjoy the goodness of many more cups of greens that you could possibly eat in one sitting.
- The juicing process also breaks down or removes the fibers of the plants so their nutrients are able to get into your system quicker.
- The green drink approach offers dieters the chance to add something rather than take it away, without guilt.

A cleansing detox drink is a fantastic, tasty way to consume all your necessary vitamins and minerals without having to resort to a processed multivitamin. Plus, green-drinkers quickly start to crave more fruits and vegetables, leading them to a healthier diet over all. The Healthy Green Drink Diet gives health enthusiasts all the tools they need to add green drinks to their daily routine and feel the wonderful, energizing results through and through.

The Healthy Green Drink Diet : Advice and Recipes to Energize, Alkalize, Lose Weight, and Feel Great Details

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From Reader Review The Healthy Green Drink Diet : Advice and Recipes to Energize, Alkalize, Lose Weight, and Feel Great for online ebook

Sher says

This book would be great for novices, though doesn't add anything new for veterans of juicing and blending. There is a nice nutritional overview section, not too dense, on the most utilized veggies for juicing. However, there is only a list of fruits, all of which are easy enough to figure out on one's own which makes it kind of useless. The right fruit/veggie combinations are critical to making tasty concoctions, so more on that as well as some nutritional stats for fruits as well as veggies would be helpful. Also included is some very basic info on the benefits of juicing vs. blending, equipment, sweeteners, food storage, etc.

Manheim really just offers up the basic recipe that can be used with different combinations of ingredients to suit one's personal tastes: Blend together liquid (water or coconut water), greens, fruit, superfood (he likes almond butter or pumpkin puree; for me it's ground hemp or flax seeds, fresh ginger, mint, basil). The recipes are that simple. It's just a matter of finding the combination that works for you. I do like his laid-back approach ... no pressure, just add a green drink daily and be done with it until your body tells you when to make other changes ~ it eventually will, as occurs whenever adding healthy new lifestyle habits.

So, as stated, it's perfect for people curious as to what the green smoothie craze is all about or in the beginning stages of making healthful lifestyle changes. 4 stars for delivering just about the right amount of info to the targeted beginner audience. Too much more and it would likely overwhelm much of that audience. Also, I would be remiss not to mention the photos, which are really quite stunning.

Empath Warrior says

I found this book to be an excellent resource for those interested in juicing, smoothies, clean eating, or cleansing/detoxifying your body in general. I absolutely LOVED how this book is laid out, giving details on each veggie/fruit and also gives tons of great recipes. I highly encourage people to read this book who are interested in healthy and delicious smoothies/juices. I really like how the author goes into detail, breaking the whole "juice" concept down into terms everyone can understand. He also explains the differences between juicing and smoothies with the pros and cons of each.

Jodi says

THIS is the juicing book i was looking for! A salad in a glass, not a fruity desert or a smoothy. What's the difference? As Jason Manheim states, 'Juicing has less oxidation, is a quick nutritional boost and is a quick energy boost. Is easily digestible and there is no bloating and heaviness for those with digestive issues. Blending has less sugar per volume, has more fiber and, when adding super foods is a complete meal. Some would argue that a blender is easier to clean than a juicer. Reluctant to juice due to the lack of fiber or waste of the pulp? Do like Tonia Reinhard does in her book Superjuicing: More than 100 nutritious vegetable and fruit recipes, "sneak them into your favorite recipies." Such as meatloaf, stews, soups, casseroles, hot cereal, quick breads and muffins, cakes and bars. And don't forget - smoothies.

Sasha says

An amazon review said that it was all information you could find on the web, and I generally agree... there was more nutritional data than is easily found for greens, but there is actually less information on fruit than you would find on a green smoothie website--virtually no information at all, actually! This is ridiculous because fruit is arguably the most important element of most green smoothies, since it defines the taste and texture. The recipes seem ok. Great pictures. Terrible editing... lots of grammar mistakes, etc.

Definitely one to get from the library. I am appreciating it right now, because all the other books I requested from the library are waiting to be delivered to my branch. In general, the other book and websites I've seen on green smoothies aren't that great either. I suppose smoothies are simple enough that if you trawl through enough text of whatever quality, you'll learn everything you need to know. It would be nice, however, to see a book that jumps out of the pack, and is thorough yet succinct.

Joanne Salvador says

Go green transition

I got this book to get me to try new smoothies that holds more benefits than the ones I am currently drinking. I am ready to go to the greener side of smoothies and juices. The nutritional benefits are what I am looking to get from moving in that direction. This book holds a lot of green recipes to transition me to my goal.

Madeline says

As someone who has recently become a green drink enthusiast I found this book extremely helpful. I loved that it talked about the different things to try in your green juice (with helpful descriptions of the benefits to each food), what to make sure you have in every green juice, the benefits you will see as well as recipes. I've always been someone with a tricky stomach, I also have celiac disease. Since starting my green juice regime (I drink one for breakfast every morning) I have felt so much better. Would recommend for anyone wanting to try out green juice for the first time!

Adrienna says

This sounds like a book of green drinks I would like to try. It was simple, nice photos, and easy to understand (childlike steps). I know soon I will have to invest in a better juicer as recommended in the book: Vit-a-mix or Blendtec. I have a regular juicer and smoothie maker at the time.

I hope these remedies for my body will taste good and jot some down to try in the near future. I will also purchase a copy of my own in the near future too. Great tool to have on the shelf for fasting, juicing, and restoring my body back in order. It will be next to the cookbooks.

Adrienna Turner
Author of God is in the Equation
www.dream4more.us

Sher says

Smoothies and juices covered in this book with detailed nutritional information on all the different types of greens one might add into a juice/smoothie: watercress, kale, collard , argula, bok choy, cabbage, etc. I've used the book for ideas for green drinks, which I am trying to make daily. Mostly I juice.

Rachel says

Yum!!! Lots of great combos for smoothies. I don't have a juicer so I haven't tried the juices. Blending up in the Vitamix is healthier anyways because you get all the fiber.

Becky says

Helpful. I am a big fan of my morning smoothie, sometimes its the only healthy thing I eat all day. I'm always on the look out for new recipes or add on suggestions, this book provided plenty! I walked away with some great ideas and am really happy I read it. A big portion of the book is devoted to juicing, something I'm not interested in, at this moment. But if I am ever am, I would start with this book.

Lynn says

I first learned about green drinks a year or two ago when I read a book by Victoria Butenko. She is a vegan / raw foodist who believes that if you follow the diet of the chimpanzee -- mostly greens, then fruit/vegetables and some nuts -- then you will get all the nutrients you need. She is very interested in getting the exact nutrient levels of all kinds of greens: from lambs quarters to kale and she shows that some of these greens are full of great nutrients.

So when I saw this book on the shelf I had to take it out. Jason also makes some great points: an acidic body is more likely to exhibit disease (Otto Heinrich Warburg's Nobel Prize winning research), boosting immune system, and weight loss.

The American Cancer Society tells us we need to eat 5 to 7 servings of fruits and veggies every day with some greens. If you counted what vegetables you ate today would you have succeeded in the Cancer Society recommendations? I would have -- for I just drank my green drink for lunch! Roughly 2+ cups of kale, a pear, an apple, and some frozen tropical fruit blend. Two quarts of green drink was my lunch. I love it and it is so easy. Some days I will serve a green drink with dinner as well. I keep an assortment of spinach, mixed salad greens, kale and collards in my fridge and I always have organic apples and pears on my counter in easy reach of the blender. My kids will tell you that some blends are better than others -- but amazingly enough, they always drink them. (editor's note -- dandelion greens are full of amazing nutrients but a little goes a long way in the flavor department!)

So when I picked up this book -- I was looking for recipes. I sort of open my fridge and see what I have. These were great to look through and I hope to keep track of some of them to experiment with in the future. I am sure my kids will appreciate it!

Janet says

Great recipes, although some of my smoothie concoctions made from whatever goodness I had in the fridge or freezer were sometimes better. But I got the idea to use dates for sweetener from this book, and it made me unafraid to throw in spinach, kale or other greens right into the blender. Pumpkin and sweet potatoes are also new for me, but they too are perfect for smoothies. Not sure I'm ready to throw in melted coconut oil yet, but coconut water rocks. Haven't tried any of the juice recipes, but want to, especially this one:

Hot Rocket

2 Gala apples

2 handfuls arugula

1 handful of cilantro

2 cups coconut water/milk

1 smidgen of jalapeno, to taste

soy sauce to taste

Deborah says

Good book for the green-drink novices and experts alike. First half of the book discusses all the many great reasons for eating lots and lots of leafy greens, benefits of blending and juicing, and ingredients and equipment. The title "The Healthy Green Drink Diet" is a little misleading because the author does not suggest green drinks as a diet but rather a supplement to mostly plant based meals. The second half of the book includes the recipes. The recipes range from kid-friendly and green-drink newbie recipes such as Dumpkin Pie (pumpkin, almond butter, spinach, blueberries, bananas and cinnamon) to the Heavy Green (broccoli, collard greens, apple, cucumber, avocado and lime) and Jack Sprout (brussels sprouts, sunflower sprouts, grapefruit, jackfruit, lemon and banana) for the serious green-drink enthusiasts. The idea is that you can have more fruit than greens and keep to the mild tasting greens initially but work towards a drink with a higher ratio of greens to fruit with more leafy varieties.

Carine says

*** I received the following book for free through Goodreads First Reads. Opinions remain my own. I have actually tried several of the recipes, those pictures I took and posted on my blog:
<http://bookscupcakescats.wordpress.co...> ***

First, please, have no fear: this is not another diet book. This is not a juicing diet book.

The title is a little misleading. The subtitle of the book is "Advice and Recipes to Energize, Alkalize, Lose Weight, and Feel Great."

In fact the author states it himself: the diet part is about advising you to add green drinks (if you don't already) to your daily diet, because of all the benefits you can get from them.

Now I can see and hear some of you (hubby first in line) make faces and complain: “what you mean green drinks? Like carrot juice or, worse, spinach juice?”

Well, yes and no. This little book is full of recipes for both smoothies and juices, some of them include fruits, some of them do not, but the author says you can always add an apple if you feel the need for something a little “sweeter” than a vegetable-only juice.

In addition to the many recipes, the author shares a lot of information on the benefits of adding juices to your diet, detailing the benefits for many different greens, from beet greens, to dandelion, to kale. The fruit section is a little less detailed, but that was okay since the information can be found pretty easily. There is also a section on the so-called superfoods.

I personally love both fruit and vegetable juices. I absolutely love a fresh carrot juice! The thing is that if you want to juice a carrot, or kale, you need a juicer. Not all recipes in this book require a juicer though. In fact, for many of them you will only need a blender. I, like the author, tend to favor the blender to the juicer because the latter requires more time to clean, time we don't always have.

So what will you find in these recipes? Well, pretty much all the fruits you can imagine. I mostly tested vegetable-only juices and those, depending on the recipe, contained beets, radishes, radish greens, cucumber, kale, mint, carrots, etc.

Is it good? Yes! I really liked most of those I tried; a couple I found the taste a little bland, so I added a little salt or Tabasco. Also, don't let the color put you off. The Anti-toxi-mint didn't have the most appetizing color, yet it was one of my favorites!

Each recipe is accompanied by a beautiful picture and, most importantly, the health benefits of the recipe.

It is a nice book to get ideas for green smoothies and juices and inspiration to make your own recipes!

Tanya says

Great produce photography! A basic template for blended green drinks is provided, along with lots of nutritional data for the greens (but not the fruits). I had hoped for some scientific references backing the nutritional claims, but none listed. I have not tried any of the recipes, but like that the descriptions provided information about will in would be more palpable and best to introduce to children and newbies. Author's bias is towards more smoothies than juices, which I think is preferable anyways.

Personal note: qualifies for these 2013 challenges-

- 1) a-z book challenge
 - 2) nerdy non-fiction (food)
 - 3) foodies read
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