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# jj smith 10 day green smoothie cleanse recipes

Published: September 3, 2026 | Index ID: #-

## JJ Smith 10-Day Green Smoothie Cleanse Recipes: A Complete Guide

In today's fast paced world, many of us crave a quick, effective way to reset our bodies, boost energy, and feel lighter. The **JJ Smith 10 Day Green Smoothie Cleanse Recipes** offer a science backed, deliciously simple approach to detoxification and revitalization. This guide walks you through the philosophy behind the cleanse, introduces you to the renowned green smoothie expert JJ Smith, and provides a step by step recipe plan that's easy to follow even for the busiest of schedules.

## Why a Green Smoothie Cleanse?

A green smoothie cleanse harnesses the power of nutrient dense greens, fruits, and healthy fats to support digestion, reduce inflammation, and promote overall wellness. Unlike harsh detox diets, a smoothie cleanse delivers essential vitamins, minerals, and antioxidants while keeping you satisfied and energized.

Key benefits include:

- Improved Digestion: Fiber from leafy greens and fruits helps regulate bowel movements.
- Enhanced Energy: Natural sugars and healthy fats provide steady, sustained energy.
- Reduced Inflammation: Antioxidants combat oxidative stress, supporting joint and heart health.
- Weight Management: Low calorie, high satiety meals help curb cravings.
- Clearer Skin: Nutrient rich ingredients nourish skin from the inside out.

By following a structured 10 day plan, you give your body a gentle yet effective reset, paving the way for lasting healthy habits.

## Meet JJ Smith – The Green Smoothie Guru

JJ Smith is a nutritionist, wellness coach, and smoothie aficionado who has spent over a decade researching the science of plant based nutrition. With a background in functional medicine, JJ has helped thousands of clients achieve balanced digestion, increased vitality, and sustainable weight loss through personalized smoothie plans.

What sets JJ apart is her commitment to using whole foods, minimal processing, and a touch of culinary creativity. Her 10 day green smoothie cleanse is a culmination of her research and real world experience, designed to be both nourishing and delicious.

## The 10-Day Plan Overview

The **JJ Smith 10 Day Green Smoothie Cleanse Recipes** are organized into a simple, repeatable routine:

1. Morning Smoothie: A nutrient rich breakfast to kick start metabolism.
2. Mid Day Snack: A light, energizing smoothie to keep hunger at bay.
3. Evening Smoothie: A calming, protein boosting blend to support recovery.

Each day focuses on a different combination of greens, fruits, and superfoods, ensuring variety and balanced nutrition. The plan is flexible – if you're short on time, you can skip the mid day smoothie; just make sure you

consume the morning and evening blends.

## Daily Smoothie Recipes

### Day 1 – Green Power Kickstart

**Morning:** *Spinach & Avocado Refresh*

- 1 cup fresh spinach
- ½ ripe avocado
- 1 banana
- 1 cup unsweetened almond milk
- 1 tablespoon chia seeds
- Ice cubes (optional)

Blend until smooth. This combo delivers healthy fats and potassium to fuel your day.

**Mid  Day:** *Green Tea & Lime Zest*

- 1 cup chilled green tea
- ½ cup cucumber
- 1 tablespoon fresh lime juice
- 1 tsp honey (optional)
- Fresh mint leaves

Blend for a refreshing, detoxifying sip.

**Evening:** *Protein  Rich Kale Blend*

- 1 cup kale, stems removed
- 1 scoop vanilla plant  based protein powder
- ½ cup frozen pineapple
- 1 cup coconut water
- 1 tablespoon ground flaxseed

This smoothie supports muscle repair and promotes restful sleep.

### Day 2 – Citrus Green Boost

**Morning:** *Orange & Green Apple Fusion*

- 1 green apple, cored
- 1 orange, peeled
- 1 cup fresh spinach
- 1 cup water
- 1 tablespoon lemon zest

Blend for a vitamin C punch that wakes up your immune system.

**Mid  Day:** *Celery & Cucumber Cooler*

- 2 stalks celery
- ½ cucumber
- 1 cup spinach
- 1 cup oat milk
- Fresh basil leaves

Enjoy this hydrating, low  calorie snack.

**Evening:** *Berry Green Detox*

- ½ cup frozen mixed berries
- 1 cup kale
- 1 scoop pea protein powder
- 1 cup unsweetened soy milk
- 1 tablespoon hemp seeds

Rich in antioxidants, this smoothie helps your body repair overnight.

### Day 3 – Tropical Green Revive

**Morning:** *Mango & Spinach Energizer*

- 1 cup fresh mango chunks
- 1 cup spinach
- ½ banana
- 1 cup coconut water
- 1 tablespoon spirulina powder

Blend for a tropical burst of vitamins.

**Mid  Day:** *Minty Pineapple Refresher*

- ½ cup pineapple
- 1 cup cucumber
- 1 cup unsweetened almond milk
- Fresh mint leaves
- 1 teaspoon agave syrup (optional)

Cool, hydrating, and perfect for a midday pick  up.

**Evening:** *Avocado & Kale Protein Smoothie*

- ½ ripe avocado
- 1 cup kale
- 1 scoop chocolate plant  based protein powder
- 1 cup oat milk
- 1 tablespoon cacao nibs

Enjoy a rich, creamy smoothie that satisfies cravings without excess sugar.

### Day 4 – Earthy Green Harmony

**Morning:** *Beet & Spinach Sunrise*

- ½ cup cooked beetroot
- 1 cup spinach
- 1 apple, cored
- 1 cup water
- 1 teaspoon ginger powder

Blend for a vibrant, blood  circulation  boosting start.

**Mid  Day:** *Carrot & Celery Zing*

- 1 carrot, peeled
- 2 celery stalks
- 1 cup kale
- 1 cup coconut water
- Fresh cilantro

This smoothie offers a subtle sweetness and a dose of beta  carotene.

**Evening:** *Chocolate Green Recovery*

- 1 cup spinach
- 1 scoop chocolate pea protein
- 1 cup unsweetened almond milk
- 1 tablespoon almond butter
- 1 teaspoon cinnamon

Indulge in a chocolatey treat that keeps your protein intake high.

### Day 5 – Mediterranean Green Glow

**Morning:** *Olive Oil & Lemon Green Smoothie*

- 1 cup spinach
- 1 tablespoon extra  virgin olive oil
- 1 cup unsweetened oat milk
- 1 tablespoon lemon juice
- 1 teaspoon sea salt

Blend for a Mediterranean  style nutrient boost.

**Mid  Day:** *Tomato & Basil Cooler*

- 2 ripe tomatoes
- 1 cup kale
- 1 cup water
- Fresh basil leaves
- 1 teaspoon balsamic vinegar

Enjoy this savory, low  calorie snack.

**Evening:** *Greek Yogurt & Green Protein*

- 1 cup plain Greek yogurt
- 1 cup spinach
- 1 scoop vanilla plant protein
- 1 tablespoon ground flaxseed
- 1 cup unsweetened almond milk

Protein and probiotics combine for a soothing night  time drink.

### Day 6 – Superfood Green Surge

**Morning:** *Matcha & Green Apple Blast*

- 1 tsp matcha powder
- 1 green apple, cored

- 1 cup spinach

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