



# **Dr. Cabral's Greens Drink Recipes**

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# Start Your Day with Green Energy!

How do you start your day?

If you've listened to the [Cabral Concept podcast](#) for some time you've probably heard me talk about my [daily morning protocol](#)...

I literally credit it with providing me with unlimited energy throughout the day and for keeping my mind sharp and brain-fog free!

Here is exactly what I do:

When I wake up I drink an 8oz glass of spring water with 1 TBSP of the Daily Fruit & Vegetable Blend (22 organic fruits & vegetables in greens powder form). I usually squeeze a fresh lemon or lime into this drink.

The concoction above is my foundation, but as you'll read below depending on the season (or my mood) I'll add in many other ingredients to keep me firing on all cylinders...

As I said, I drink this within 10-minutes of waking up to hydrate every cell in my body (remember, you haven't drank anything in at least 8 hours!) and provide it with whole food nutrition. After that I shower up and get ready for the day.

And before I leave the house I make myself and my 2 girls a smoothie using the Daily Nutritional Support powder using one of the recipes from my [Wellness & Weight Loss Smoothie Guide](#).

I've experimented with over 100 morning routines and this is easily the best!

What I've found as a busy dad, husband, doctor, and owner of 2 health practices in Boston is that I need something quick, easy, and ideally inexpensive to get me energized and out of the house quickly...

My "morning greens" followed by an all-in-one smoothie about an hour later is the answer.

I hope you enjoy the organic greens drink recipes below and I challenge you to try my [Dr. Cabral Daily protocol](#) (the greens + smoothie) for 21 days.

I guarantee it'll change your life like it did mine...



Ayubowan!

A handwritten signature in black ink, appearing to read 'Stephen Cabral' in a cursive style.

**Stephen Cabral, ND**  
Board Certified Naturopathic Doctor  
Ayurvedic & Functional Medicine Practitioner

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(Photo: rebootwithjoe)

## Dr. Cabral's Daily Green's Juice

This is the exact “foundation I use for essentially all my green’s drink/juice recipes. I always add a fresh squeezed lemon or lime (or both!) along with a pinch of Himalayan sea salt for a natural “Gatorade” electrolyte energy formula. The lemon/lime adds potassium and the sea salt provides the sodium I need to stay balanced. I discovered this formula many years ago when training for Sprint Triathlon competitions... It worked and I’ve stuck with it ever since!

- 8oz Water (filtered or spring)
- 1/2-1 [Squeezed](#) lemon or lime
- Pinch of Sea salt ([Himalayan](#) or [Real](#) sea salt)
- 1/2 TSP Raw local wildflower honey (sometimes I just eat it ; )
- 1 TBSP [Daily Fruit & Vegetable Blend](#) (organic greens powder)

### Optional Add-Ons

- 1/2 TSP Vitamin C powder (especially during Winter or when sick)



(Photo: anytimegreens)

## Sweet Greens

I understand that taste is subjective, which is why I was very particular when creating my 22 organic fruit & vegetable blend powder. I knew it had to have a fairly neutral flavor so that “people & kids of all taste buds” could enjoy it and also create recipes of their own to make it taste great! Therefore, I chose an unflavored formula without any of the artificial sweeteners typically added to greens powders. This allows your greens drink to take on any flavor you add to it and for those that enjoy a sweeter taste check out the recipe below!

- 8oz Water (filtered or spring)
- [Stevia](#) liquid drops or powder (tiny pinch for desired sweetness)
- 1 TBSP [Daily Fruit & Vegetable Blend](#) (organic greens powder)

### Optional Add-Ons

- 1/2 TSP Raw local wildflower honey (my kids just eat a 1/2 TSP after drinking theirs)
- 3-4oz of your favorite healthy organic juice ([pomegranate](#), [cranberry](#), etc.)



(Photo: theSmoothieBombs)

## Healthy Joints Green Juice

An interesting commonality amongst people with joint pain is that seem to have some form of calcification due to excess crystal, tissue damage or calcium build up. So by reducing the acidity of the cellular tissues using a highly alkaline greens drink like the recipe below, I have seen amazing results in just a few short weeks. If you or someone you care for is suffering from joint pain I can't recommend my morning protocol enough!

- 8oz Water (filtered or spring)
- 3-4oz of Organic [Tart Cherry Juice](#)
- 2 TBSP of [Bragg's Apple Cider Vinegar](#)
- 1 TBSP [Daily Fruit & Vegetable Blend](#) (organic greens powder)

### Optional Add-Ons

- 1/2 TSP [Bob's Red Mill Baking Soda](#) (highly alkaline, aluminum-free, GF)
- Turmeric tea, powder or capsules



(Photo: mariyamahmed\_hc)

## Natural Flu Shot & Cold Remedy

Having 2 little girls and 2 busy practices I literally come into contact with viruses, bacteria, and microbes on a daily basis. In order to keep my body healthy and recover quickly if I do get sick, I use this “Natural Flu Shot & Cold Remedy.” I discovered it a few years back and the results have been fantastic in terms of keeping my body strong all Winter long! (I also use it when traveling on airplanes)

- 8oz Water (filtered or spring)
- 1/2-1 [Squeezed](#) lemon
- 2oz of [Fire Cider](#) (or make your own with cayenne, ginger, horseradish, garlic, ACV)
- 1/2 TSP Raw local wildflower honey (spoon in mouth afterwards if desired)
- 1 TBSP [Daily Fruit & Vegetable Blend](#) (organic greens powder)

### Optional Add-Ons

- 1/2 TSP Vitamin C powder
- 4oz Fresh pressed or organic low-glycemic juice ([pomegranate](#), [cranberry](#), etc.)
- Use [Adult Immunity Protocol](#) & [Children's Immune Protocol](#) in addition to drink

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(Photo: Love and lemons)

## Shaken Greens Over Ice

Sometimes simple is best! If it's hot out and you're looking for a cold and refreshing drink that is low calorie, low sugar, and will actually do your body good this is the recipe for you! The nice thing about the Daily Fruit & Vegetable blend organic greens powder is that it comes in a small bottle that's easy to keep at work or in your car when you're thirsty, but don't want just a water. At work, I often just find myself adding it to a water bottle, just shaking it up, and drinking it!

- Fill a mason jar or water bottle 1/2 way with ice
- 8oz Water (filtered or spring)
- 1 TBSP [Daily Fruit & Vegetable Blend](#) (organic greens powder)
- \* *Cap water bottle/jar and shake vigorously for 30 seconds!*

### Optional Add-Ons

- 1/2-1 [Squeezed](#) lemon or lime
- Choose items from any other recipe



(Photo: greendrinkgang)

## Children's Greens Juice

We all know how hard it can be to get our kids to eat their vegetables, but now there's an easier way! For my own children I add some of the Daily Fruit & Vegetable blend to my smoothie in the morning (which I give to my girls as well) and then I make a children's version of my daily green's juice. They see me drinking it and they want it too, so we're all happy (and healthy)!

- 8oz Water (filtered or spring)
- 4oz Favorite fresh pressed or organic low-glycemic juice ([pomegranate](#), [cranberry](#), etc.)
- 1/2 TSP Raw local wildflower honey (or they can eat it AFTER they drink their greens juice ; )
- 1 TBSP [Daily Fruit & Vegetable Blend](#) (organic greens powder)
- \* *This makes 2-3 servings for children*

### Optional Add-Ons

- [Stevia](#) for added sweetness
- 1/2 [Squeezed](#) lemon or lime
- Children's liquid multi-vitamin (or 1/2sc of [Daily Nutritional Support](#) powder in smoothie)



(Photo: greendrinkgang)

## Glowing Skin Care Greens Drink

We've all been misled for many years to believe that healthy glowing skin is created through topical creams and lotions... Nothing could be further from the truth and beautiful radiant skin is a byproduct of healthy cells and clean blood. Therefore, if you want ageless skin and that vibrant glow, it's important to feed your body what it needs to repair damaged skin and hydrate your cells. This recipe will help do just that!

- 8oz Water (filtered or spring)
- 2oz Pomegranate Juice (or eat 1 Kiwi with Greens Drink)
- 1/2-1 [Squeezed](#) lemon or lime (I prefer lime with this recipe)
- 1-2 TBSP of [Bragg's Apple Cider Vinegar](#)
- 1/2 TSP Raw local wildflower honey (sometimes I just eat it ; )
- 1 TBSP [Daily Fruit & Vegetable Blend](#) (organic greens powder)

### Optional Add-Ons

- 1/2 TSP Vitamin C powder (Vitamin C is used for tissue/skin repair)
- [Psyllium Husk](#) powder or capsules (if needed for constipation)



## \* BONUS GREENS DRINK \*

### All-Day Energy (+Pre-Workout Drink)

I've had the privilege of caring for thousands of people in my practice and the one thing most people have in common is that they would like to have more energy that lasts all day long. I have that same desire, which is what led me to create my energizing Dr. Cabral Daily protocol. But, I also know that many people are turning to harmful empty-calorie energy drinks to keep them going or "pump them up" before a workout. This All-Day Energy recipe is a better, safer, and a more effective alternative!

- 6-8oz Water (filtered or spring)
- 6-8oz [Green tea](#) (room temperature) or add 1/2 TSP of organic [Matcha powder](#)
- 1/2-1 [Squeezed](#) lemon
- Pinch of Sea salt ([Himalayan](#) or [Real](#) sea salt)
- 1/2 TSP Raw local wildflower honey (sometimes I just eat it ;)
- 1 TBSP [Daily Fruit & Vegetable Blend](#) (organic greens powder)

#### Optional Add-Ons

- [Stevia](#) for additional sweetness

# Shopping List

The shopping list below includes all the ingredients from the smoothie recipe's above. You may choose to purchase all the items to keep them on hand and then vary your greens juice drinks each day and when you have a desire for something different. The important thing is to just stay consistent and try to drink your greens juice on a daily basis at the same time to get your body acclimated to it and asking for more!

## Fresh Fruit

- Lemons
- Limes

## Greens Boosters

- [Himalayan Pink Sea Salt](#) or [Real Sea Salt](#)
- [Bragg's Apple Cider Vinegar](#) or [Fire Cider](#)
- [Bob's Red Mill Baking Soda](#)
- Raw Honey
- [Stevia](#)

## Optional Juices

- [Pomegranate](#)
- [Tart Cherry Juice](#)
- [Cranberry](#) or other organic juice
- Red (or Pink) [Grapefruit](#)

## Non-Greens Powder Supplements

- Vitamin C
- [Psyllium Husk](#) (constipation support)

## Dr. Cabral's Nutritional Supplements

- [Daily Nutritional Support powder](#) (multi/mineral+vegan protein)
- [Daily Fruit & Vegetable Blend](#) (22 organic fruits, vegetables & superfoods!)

I hope you enjoyed the smoothie recipes and please feel free to share your photos on social media and tag us ([@StephenCabral](#)) so we can see the final results!

# Frequently Asked Questions (FAQ)

## Can These Greens Drinks Be Used on the Dr. Cabral Detox?

Any of these greens drinks can be used on your 7, 14, or 21-Day [Dr. Cabral Detox](#) except for those containing fruit or juice.

## Can I Substitute Fruit Ingredients?

Yes, most organic fruit (juices) in small amounts (2-4oz) if acceptable

## Can I Add More Superfoods?

Absolutely! Superfood powders are low or no calorie foods like maca, goji berries, camu camu, etc. I would not add any juices or additional fruit unless you are looking to gain weight.

## Can I Add The Greens Powder to My Smoothies?

Yes! To make things even easier you can simply add 1 TBSP of the Daily Fruit & Vegetable Blend powder to your all-in-one smoothie.

## Is It Safe to Drink More Than Once Per Day?

Of course. The only ingredients are real organic fruits and vegetables that have been juiced and dehydrated and then turned into a powder for convenience and cost savings.

## Should I Skip the Fruit If I'm Looking to Lose Weight?

Although it's only 2-4oz of fruit in some of the greens juice drink recipes, my recommendation is still to go "fruit juice free" until you reach your goal weight. This will help keep blood sugar in check until you've rebalanced your hormones and metabolism.

## Where Can I Purchase the Daily All-in-One Powder and Fruit & Vegetable Blend?

You can use the same [daily shake](#) and [fruit & vegetable blend powder](#) (and [daily support probiotic!](#)) that Dr. Cabral uses at the private links below:

> [Get Dr. Cabral's Daily Fruit & Vegetable Blend Greens Powder](#)

> [Daily Nutritional Support shake + Organic Fruits & Vegetables Blend powder](#)  
(save up to \$30!)

**\* See Dr. Cabral's Daily Personal Protocol Below! \***

> [Daily Nutritional Support + Organic Fruits & Vegetables Blend + Daily Probiotic](#)  
(save up to \$40!)

# Daily Fruit & Vegetable Blend Information Fact Sheet



Looking for more energy, vibrant skin, and amazing health from the inside out?

Dr .Cabral's organic [Fruit & Vegetable Blend](#) is the great tasting greens superfood made with 22 organic fruits & vegetables, plus some beneficial anti-aging & healing herbs!

## **DON'T HAVE TIME TO JUICE EVERY MORNING?**

The vegetable, fruit, and berry ingredients are brightly colored and non-oxidized, as the powders are protected from heat, UV light and moisture from start to finish. These greens have a Paleo profile; they contain no

grains, legumes, alfalfa, corn, gluten, fructose or artificial sweeteners.

Unlike other greens products, we never add inexpensive fillers or bulking agents such as fiber, whole grasses, pectin, rice bran, and/or flax, which account for 40% to 60% of the content of most other greens products.

## **IT'S CERTIFIED GLUTEN-FREE & NO GMOS!**

Dr .Cabral's organic [Fruit & Vegetable Blend](#) is also gluten-free since the wheat and barley grasses are picked before they mature and seed, which means they remain gluten-free.

We work closely with our manufacturer and only use certified organic growers to ensure the optimal preservation of enzymes and beneficial phytonutrients. These ingredients are harvested at their peak of potency and immediately concentrated and dried by utilizing proprietary cool-temperature processes that preserve their energetic and nutritional integrity.

## **22 FRUITS & VEGETABLES ORGANIC INGREDIENT LIST**

Calories 30  
Total Carbohydrate 6 g / 2%  
Dietary Fiber 1 g / 4%  
Sugars 2 g \* (Natural organic)  
Protein 2 g / 4%  
Vitamin A 3000 / 60%  
Vitamin C 12 mg / 20%  
Calcium 21 mg / 2%  
Iron 1 mg / 8%  
Sodium 30 g / 2%

### **Greens Proprietary Blend 3 g \***

Organic Spirulina  
Organic Barley Grass Juice  
Organic Wheat Grass Juice

Chlorella (cracked cell)  
Organic Nettle Leaves

**Vegetable Proprietary Blend 3 g \***

Organic Spinach  
Organic Carrot  
Organic Beet  
Organic Tomato  
Organic Kale  
Organic Parsley  
Organic Collards  
Organic Kale Support  
Organic Cauliflower Sprout  
Organic Broccoli Sprout

**Fruit Proprietary Blend 2.6 g \***

Organic Apple  
Organic Raspberry  
Organic Cranberry  
Organic Blueberry  
Camu Camu Berry Extract

**ORAC Proprietary Blend 206 mg \***

OxyPhyte Grape Seed Extract  
OxyPhye Grape Skin Extract  
Enzyme/Prebiotic Proprietary Blend 118 mg \*  
Enzyme Blend (Cellulase, Protease, Amylase, Lipase)  
Organic Burdock Root

\*Daily Value not established.

This product does NOT contain Gluten or GMOs.  
GMP Certificate / Organic / Made in USA

**YOU WILL SEE & FEEL THE DIFFERENCE!**

Plus, when you mix one serving of Dr .Cabral's organic [Fruit & Vegetable Blend](#) against ANY other green juice powder, you will clearly see the difference in potency. This blend is so much darker and bolder in color!

**THINK ABOUT HOW MUCH HEALTHIER WOULD YOU BE?**

It's time to make the switch and begin to enjoy the benefits of adding 22 organic fruit & vegetables to your daily diet!

*\*Dr .Cabral uses this exact product every morning as part of his daily health protocol*

> Get your own of Dr. Cabral's [Daily Fruit & Vegetable Blend](#) or Choose [Dr. Cabral Daily Protocol](#) to get every vitamin, mineral, and nutrient your body needs on a daily basis!