

Craving Greens

After a lovely Thanksgiving week of carbs and more carbs, I am craving anything green and vegetable-like. My body seems so out of balance~~I'm sluggish and feeling a bit pudgy.

Last night, I scoured the garden picking lettuce, kale and arugula and made a huge salad topped with leftover turkey.



Today, I decided to focus on cleaning out the toxins. After an hour of Pilates, I stopped at the grocery store and purchased lots of this.



LIFE AT
Bella Terra



I then made my favorite green shakes from [Vani Hari](#), a food blogger that has literally changed how some large food giants do business. For example she was able to influence Kraft Foods to remove the harmful dyes from their Mac 'n Cheese. Her website is a plethora of information on food choices and loaded with fabulous recipes. Nicknamed the Food Babe, her

story is [here](#).

When I was caring for my dad and running to the hospital each day, this green shake kept me going and kept me healthy. There are 6 simple ingredients: Kale or spinach, celery, cucumber, grapefruit, frozen pineapple and water. I substituted frozen mango and pineapple, as I was unable to find plain, frozen pineapple.





In a blender, combine the celery, cucumber and grapefruit with 6 oz. of water.



Then add the greens and the frozen pineapple.



I'm hoping that by being thoughtful in my eating and exercising this week, that the brain fog will lift and I will restore my energy.

Mary

Here is the recipe for **Food Babe's Pineapple Grapefruit Hari Shake**:

[amd-zlrecipe-recipe:15]