

# Smoothie and Clean Eating Resource Guide.

## Recommended Books:

“The Green Smoothies Diet” by Robyn Openshaw

“Green Smoothie Revolution” by Victoria Boutenko

“201 Healthy Smoothies and Juices for Kids: Fresh, Wholesome, No-Sugar-Added Drinks Your Child Will Love” by Amy Roskelley and Nicole Cormier

“Green for Life” by Victoria Boutenko and A. William Menzin M.D.

“In Defense of Food: An Eater’s Manifesto” by Michael Pollan

“Food Rules: An Eater’s Manual” by Michael Pollan

“Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health” by William Davis M.D.

## Recommended Websites:

[www.greensmoothiegirl.com](http://www.greensmoothiegirl.com)

[www.rawfamily.com](http://www.rawfamily.com)

[www.facebook.com/VitamixCorporation](https://www.facebook.com/VitamixCorporation)

## Smoothie Apps for iPhone and iPad

[Green Smoothies Raw Family](#)