

C L E A N S E M I N D B O D Y S P I R I T

JESUS SAID UNTO THEM, BECAUSE OF YOUR UNBELIEF: FOR VERILY I SAY UNTO YOU, IF YE HAVE FAITH AS A GRAIN OF MUSTARD SEED, YE SHALL SAY UNTO THIS MOUNTAIN, REMOVE HENCE TO YONDER PLACE; AND IT SHALL REMOVE; AND NOTHING SHALL BE IMPOSSIBLE UNTO YOU.



14 DAY SMOOTHIE CLEANSE SHOPPING LIST

MUSTARD SEED
CLEANSE 

Here are the simple, surefire ways to make your smoothie challenge a home run so you are successful and never feel deprived.

- If you cannot tolerate higher glycemic smoothies, exchange the banana for an avocado.
- Invest in Mason jars or other BPA-free plastic containers to drink your smoothie in.
- In this challenge, you should consume one smoother per day. But feel free to enjoy two smoothies per day. Smoothies make a delicious and light dinner.
- For an extra boost of protein in the morning, feel free to add protein powder, such as pea protein, hemp protein, or Vega protein powder
- There are a total of 16 smoothie recipes in your guide. However, week 1 shopping list has 7 smoothie recipes and week 2 shopping list also has 7. There are two smoothies, Glowing Green and Liver Cleanse, not on your agenda. If you decide you want to drink more than once smoothie a day, you can integrate these extra recipes into your agenda by adding them to your shopping list.

DAY	SMOOTHIE
1	Green Madness
2	Spinach and Pumpkin Seed Power
3	Cranberry Bliss
4	Chocolate-Covered Berries
5	Fig Power
6	Chocolate and Kale
7	Green Chia Pet
8	Raw Love
9	The Cleanser
10	Spicy Green
11	Berry Blast
12	Gut Health
13	Immune Boost
14	Berry Beauty



Week 1 Shopping List



FRUITS

Bananas – 4

Avocados – 1 ½

Blueberries – 1 cup

Berries – 3 cups

Figs – 3 or 4

VEGETABLES

Kale – 2 cups

Spinach – 2 cups

NUTS & SEEDS

Pumpkin seeds – 3 tablespoons

Flax seeds – 4 tablespoons

Chia seeds – 7 tablespoons

CLEAN PROTEIN

Add your own sources of clean protein as desired. See your Guide for more information.

CONDIMENTS/MISCELLANEOUS

Water, or almond, hemp or coconut milk – 2 quarts

Raw cacao – 2 tablespoons

Raw cacao nibs – 3 tablespoons

Vanilla – ½ teaspoon

Vanilla stevia – to taste

Stevia – to taste

Unsweetened cranberry concentrate – ¼ cup

HERBS/SPICES

Parsley – handful

Cinnamon – 4 ¼ teaspoon

Ginger – 1 teaspoon



Week 2 Shopping List



FRUITS

Berries – 3 cups

Avocado – 1 ½

Lemon – 2

VEGETABLES

Kale – 3 cups

Mixed greens – 2 cups

Red pepper – ½

Spinach – 1 cup

Romaine – 1 cup

NUTS & SEEDS

Flax seeds – 2 tablespoons

CONDIMENTS/MISCELLANEOUS

Water, or almond, hemp or, coconut milk – 2 ½ quarts

Stevia or honey, to taste

Aloe Vera juice – 1 ounce

Dairy-free kefir or yogurt – ½ cup

Vanilla extract – 2 teaspoons

HERBS/SPICES

Parsley – ½ cup

Cinnamon – 1 ½ teaspoon

Cilantro – ½ cup

Turmeric – ¼ teaspoon

Ginger root – 1 1/4 tablespoon

GLOWING GREENS & LIVER CLEANSE shopping list



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FRUITS

Apple – ½

Lemon – 1

Grapefruit – ½

VEGETABLES

Kale – 4 leaves

Spinach – 1 cup

Radish – 1

Dandelion leaves – 3

CONDIMENTS/ MISCELLANEOUS

Water, or almond, hemp or coconut milk – 3 cups

HERBS/SPICES

Parsley – 1 cup

Ginger root – 1 tablespoon

Cayenne Pepper – to taste



3 DAYS OF MEALS shopping list

FRUITS

Banana – 1
 Lemon – 2
 Pear – 1
 Avocado – 2
 Blueberries – ½ cup
 Grapefruit – ½
 Apple – 1
 Goji berries – ¼ cup

VEGETABLES

Cherry tomatoes – 8
 Red cabbage – 1 cup
 Cabbage – ½ head
 Mixed greens – 2 cups
 Brussels sprouts – 2
 Carrots – 5
 Celery stalks – 3
 Spring mix – 4 cups
 Dandelion leaves – 1 cup
 Parsnips – 2 large

Beets – 2 small
 Calabaza – ½ pound
 Spinach – 2 cups
 Sweet peppers – 2
 Yellow onion – 2
 Red onion – ½
 Mushrooms – 1 cup
 Cauliflower – 1 head
 Asparagus – 1 cup
 Fermented vegetables – ½ cup
 Romaine leaves – 2 to 4

NUTS & SEEDS

Chia seeds – 4 tablespoons
 Flax seeds – ¼ cup
 Pumpkin seeds – ¼ cup
 Sunflower seeds – ¼ cup

CLEAN PROTEIN

Chicken breasts - 2
 Egg whites – 1 ½ cups
 Eggs – 4
 Protein powder – 2 tablespoons

CONDIMENTS/ MISCELLANEOUS

Tahini – 3 tablespoons
 Dairy-free milk – 1 ¼ cups
 Shredded coconut – 3 tablespoons
 Stevia, to taste
 Raw honey – 1 tablespoon
 Liquid sweetener, to taste
 Coconut oil – 1 tablespoon

Vanilla extract – 1 teaspoon
Poultry seasoning – 2 teaspoons
Vegetable broth – 3 cups
Raw apple cider vinegar – ¼ cup
Extra-virgin olive oil – ¾ cup
Dijon mustard – 1 tablespoon
Arrowroot powder – 2 tablespoons

HERBS/SPICES

Parsley – 1 cup
Ginger – 1 teaspoon
Garlic – 1 clove, small
Garlic powder – About 2 teaspoons
Salt – About 2-3 teaspoons
Pepper – About 1 teaspoon
Cinnamon – dash
Dulce flakes – 2 tablespoons