



shopping list

14 DAY SMOOTHIE CHALLENGE

suggested meals

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

OTHER OPTIONS:

Glowing Green

Liver Cleanse



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



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



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

