

7 DAY SMOOTHIE REFRESH

FROZEN FOODS

Blueberries
Strawberries
Mango
Cauliflower
Zucchini, peeled and cubed

FRESH VEGETABLES

Spinach
Kale
Romain
Cucumber
Avocado
Apple
Ginger
Lime
Mint
Parsley

OTHER INGREDIENTS

Collagen Powder or if vegetarian a plant based protein powder

Nut Milk - unsweetened vanilla almond is my fav

Coconut Water

Unsweetened Canned Coconut Milk

Almond Butter or swap for Seed Butter

Dates

Chia seeds

Hemp Seeds

Flax Meal or Oil

Cacao Nibs

Coconut Oil or swap for MCT Oil

Cinnamon

Raw Cacao Powder