



summer

CHALLENGE

10 DAYS • 10 SMOOTHIES

SIMPLE GREEN
smoothies



fuel your passion

I know the impact food can have on your body, your health and your dreams. Before switching to a plant-based diet, I felt exhausted, stressed-out and frustrated with my body. I made a commitment to put food in my body that would allow me to go after the things that mattered to me. I wanted to be an active mom, passionate wife and adventurous friend, so I committed to making my health a priority without sacrificing my sanity.

Embracing nutrient-dense whole foods with quick, tasty recipes gave me the vitality to do more than just survive each day. I was able to live out dreams that had been long buried.

- Starting a [backyard family farm](#) with raised beds, compost bins, chickens + rabbits
- Running across the [Grand Canyon](#) twice in a single day (49 miles!)
- Hiking to the top of the tallest waterfall in North America with my kids
- Flying an airplane from takeoff all the way to the landing
- Volunteering as a disaster relief worker during hurricane crisis

Through my journey came my mission to help others "fuel their passion."

By embracing delicious [plant-powered recipes](#), we can unlock the energy and strength inside ourselves to go after the things that matter most to us. I've celebrated with hundreds of thousands of people (just like you!) who've completed our challenges. They've fueled their bodies and ignited their passions.

The results don't happen overnight, but they also won't be painfully difficult to achieve either. Think of it as a journey that requires you to listen to your body, be consistent to reach new milestones and strive to be the best version of yourself. As you commit to this challenge, I hope you fall more in love with plant-based recipes and what they allow you to do. Together, let's fuel your passion!

xoxo
Jen Hansard



Wanna go fast? Go alone. Wanna go far? Go together.

We take community seriously at Simple Green Smoothies.
Sign up below to get incredible support and additional
resources to go far on your plant-powered journey.

JOIN SUPPORT GROUP → [SGS.TO/GROUP](https://sgs.to/group)





SPECIAL THANKS TO OUR

Challenge Partners

We have amazing partners for our Summer Smoothie Challenge! Check them all out below and see why they've been invited to be a part of this challenge (hint: they rawk!).



Vitamix is the #1 appliance in my kitchen. I use it to make quick and creamy smoothies, hummus, salad dressings, cashew cream and so much more.



Vacation Races hosts meticulously organized half marathons, ultra marathons, & trail running festivals at the world's most breathtaking destinations



Coconut Bowls has helped millions of people fall in love with handmade coconut products, connect with nature and live a healthier and sustainable lifestyle.

THE 10-DAY SUMMER

Smoothie Challenge

For the next ten days, I want you to drink a daily smoothie to hydrate your skin and get summer-ready. You can also enjoy a daily salad from the previous challenge if you're ready to add on multiple healthy habits. Here are a few things to keep in mind:

THE SHOPPING LIST IS SPLIT INTO TWO

To prevent your produce from going bad, purchase only what you need for the first five days. There's nothing enjoyable about opening a bag of rancid spinach—bleh! Investing in our health has been one of the most empowering things I've ever done, and I want to make sure you can use everything you buy. If you decide to prep ahead, you could buy everything for all ten days and freeze it into smoothie packs.

RECIPES ARE MEANT TO INSPIRE YOU

If you have food sensitivities or trouble finding certain ingredients, feel free to get creative and tweak the recipes to work best for you. There's no right or wrong way to do this challenge; you have to modify and make it work for you.

I've included one popsicle recipe in the challenge. If you don't have popsicle molds, feel free to blend as a smoothie or use paper cups and popsicle sticks as DIY popsicle molds.

BEST TIME TO DRINK A SMOOTHIE

It's completely up to you to decide what time of day to enjoy your smoothie. I prefer to have it in the morning as my breakfast, to start the day with a healthy foundation. You might prefer to have it as an afternoon "pick-me-up" or even as a nourishing dinner.

If using these smoothies as a meal replacement, I suggest adding a clean, plant-based protein powder, like [Protein Smoothie Boost \(sgs.to/protein\)](https://sgs.to/protein), to give you the additional protein and healthy fats needed to curb your appetite and turn a smoothie into a complete meal.

Let's Rawk!



DAY 1
Avocado Banana
Smoothie



DAY 2
Watermelon Smoothie



DAY 3
Blueberry Spinach
Smoothie



DAY 4
Pineapple Mint
Smoothie



DAY 5
Agua Fresca Popsicles

SMOOTHIES MAKE ONE SERVING

Each smoothie recipe makes one serving, and the shopping list is calculated based on this. Feel free to double (or triple) the shopping list and smoothie recipes if doing this with your loved ones. The exception to this is the day 5 popsicles, which makes six servings.

Shopping List: Days 1-5

FRUITS & VEGGIES

- Avocado: ½
- Bananas: 2
- Blueberries, frozen: ½ cup
- Cherries, frozen: ¼ cup
- Kale, fresh: 1 cup
- Lime: 1
- Mango, frozen: ½ cup
- Mint, fresh
- Pineapple, frozen: 1 ½ cups
- Spinach, fresh: 1 ½ cups
- Strawberries, frozen: 2 cups
- Watermelon: 4 cups

OILS & LIQUIDS

- Coconut water: 1 cup

HOW TO MAKE A MEAL REPLACEMENT SMOOTHIE

Enjoy any of these smoothies as a meal replacement by adding 1 serving of Protein Smoothie Boost. It'll help you stay full, energized and nourished for hours each day... without altering the taste.

SHOP: sgs.to/protein



DAY 6
Cinnamon Date
Smoothie



DAY 7
Tropical Bowl Smoothie



DAY 8
Strawberry Smoothie



DAY 9
Orange Julius
Smoothie



DAY 10
Chocolate Protein Shake

Shopping List: Days 6-10

FRUITS & VEGGIES

- Bananas: 2
- Cherries, frozen: ½ cup
- Mango, frozen: ½ cup
- Orange: 2
- Spinach, fresh: 1 cup
- Strawberries, frozen:
2 ½ cups

OILS & LIQUIDS

- Almond milk: 3 ½ cups
- Cashew milk: 1 cup

DRY GOODS

- Cacao powder
- Medjool dates, pitted: 4
- Protein Smoothie Boost
(optional)
- Raw cashews: 2 tbsp
- Rolled oats: ½ cup

SEASONINGS

- Ground cinnamon
- Vanilla extract

OPTIONAL TOPPINGS

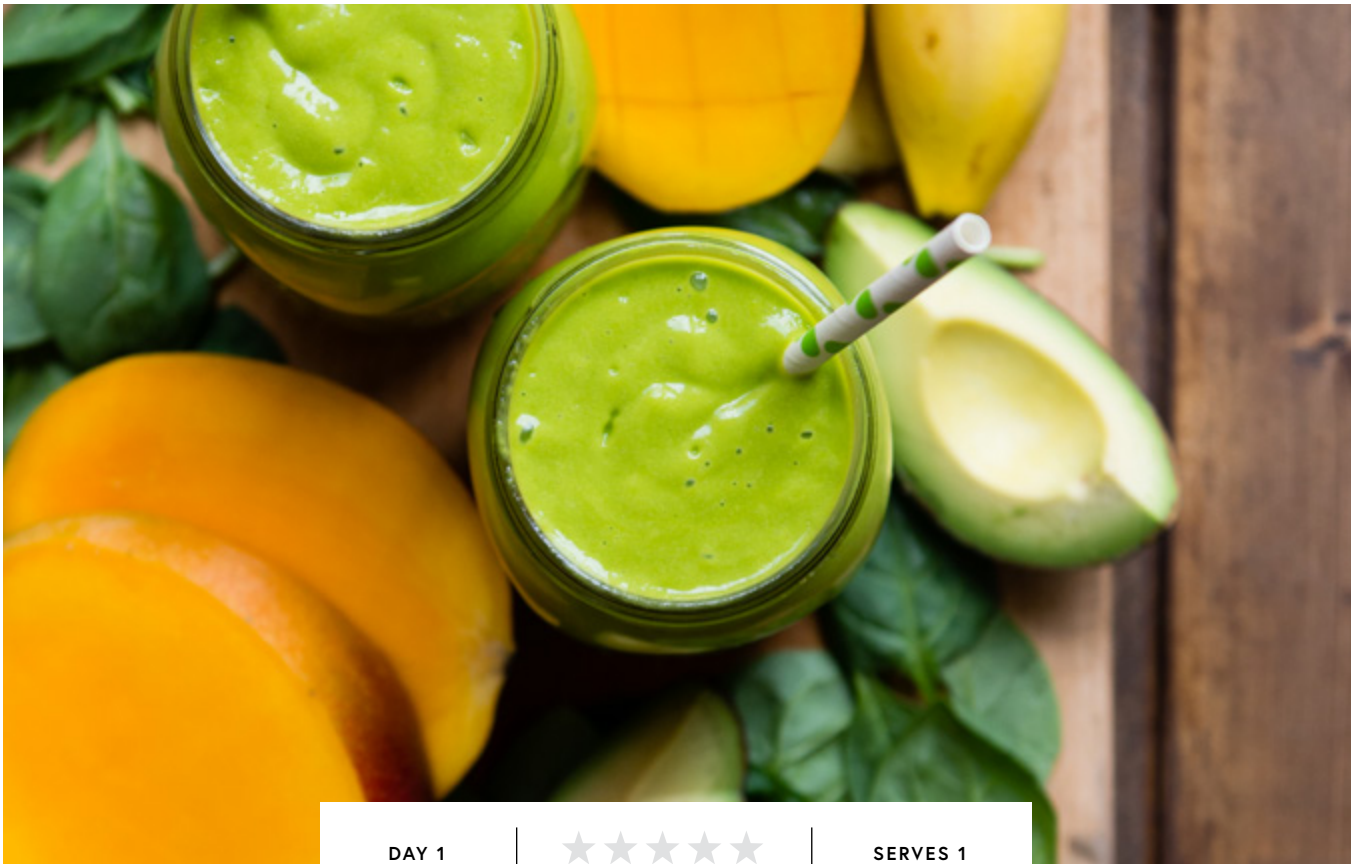
- Almond butter
- Blueberries, fresh
- Cacao nibs
- Hemp hearts
- Pineapple, fresh
- Raspberries, fresh
- Strawberries, fresh

jen's tips

NON-DAIRY MILK: Use unsweetened milk to avoid processed sugars and extra calories.

FROZEN FRUIT: Buying frozen fruit saves time and money and will chill your smoothie. You can also use fresh fruit if you prefer.

OPTIONAL TOPPINGS: These items are used in the Day 7 and Day 10 smoothies to make them packed with superfoods and flavors. We suggest using them all, yet understand if budget is a factor.



DAY 1



SGS.TO/SUMMER-1

SERVES 1

Avocado Banana Smoothie

The cream factor in this avocado banana smoothie is a 10/10. The perfect combo of sweetness + healthy fats, this green smoothie is delish!

INGREDIENTS

1 cup spinach
1 cup water
½ avocado, pitted
½ cup mango, frozen
½ banana

DIRECTIONS

1. Blend all ingredients until smooth.
2. Pour into your favorite glass and enjoy!

Watermelon Smoothie

Want a refreshing, vitamin-packed smoothie that doubles as a kid-pleasing snack? This watermelon smoothie is a cool and sweet thirst quencher you'll be sipping on all summer long.

INGREDIENTS

¼ cup cherries, frozen
2 cups watermelon
¼ cup strawberries, frozen
½ lime, peeled

DIRECTIONS

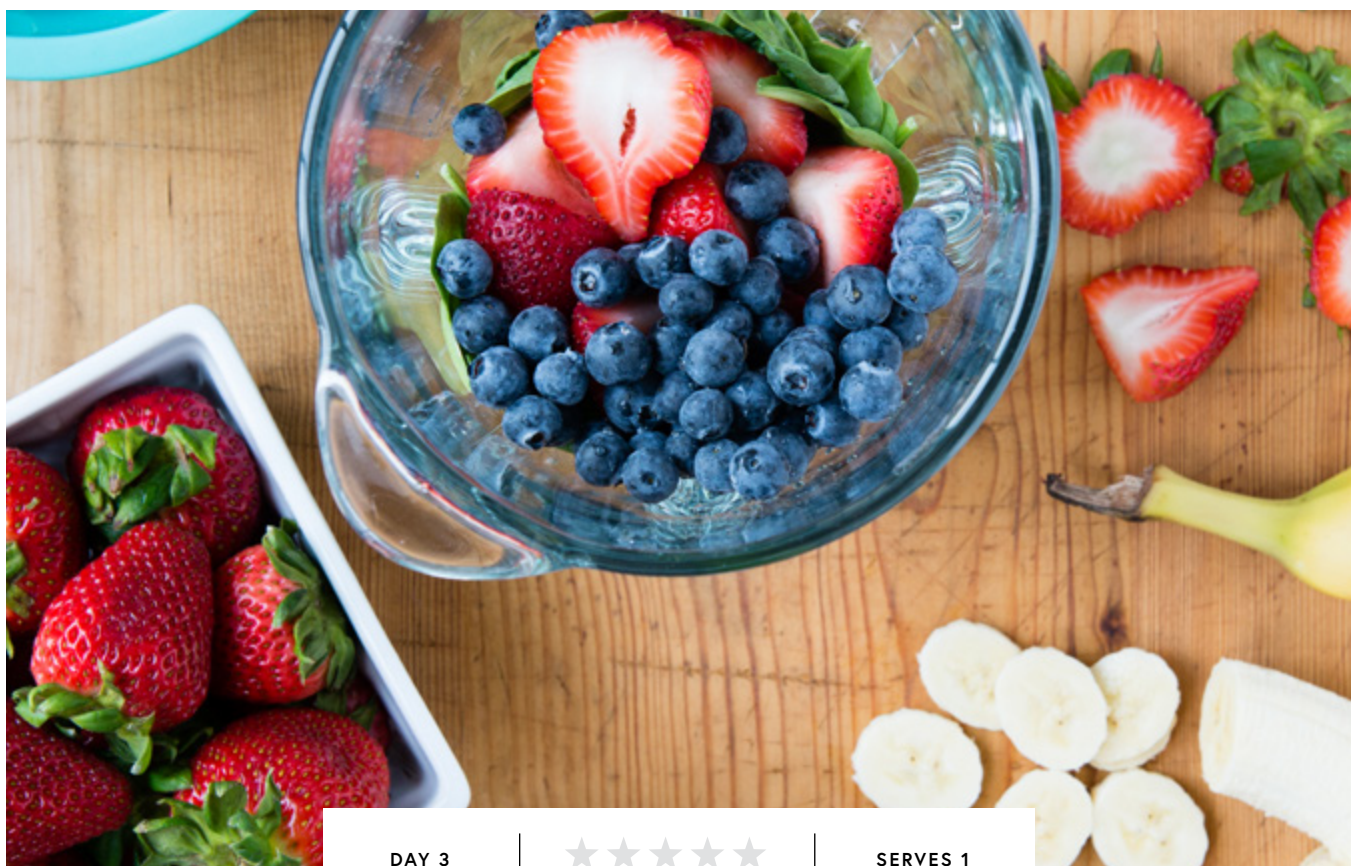
1. Blend all ingredients until smooth.
2. Pour into your favorite glass and enjoy!

DAY 2

★★★★★
SGS.TO/SUMMER-2

SERVES 1





DAY 3



SGS.TO/SUMMER-3

SERVES 1

Blueberry Spinach Smoothie

Oh, this blueberry spinach smoothie is a good one! It's full of iron, potassium and vitamin C to nourish your body and support the immune system. Plus, it tastes so good. My kids love it!

INGREDIENTS

½ cup spinach
1 cup water
½ cup blueberries, frozen
½ cup strawberries, frozen
1 banana

DIRECTIONS

1. Blend all ingredients until smooth.
2. Pour into your favorite glass and enjoy!

Pineapple Mint Smoothie

Friends will keep coming back for more when you serve up this refreshingly sweet pineapple mint smoothie. This recipe is a great way to introduce others to the world of kale!

INGREDIENTS

1 cup kale, stems removed
2 tbsp mint
1 cup coconut water
1 ½ cups pineapple, frozen
½ lime, juiced

DIRECTIONS

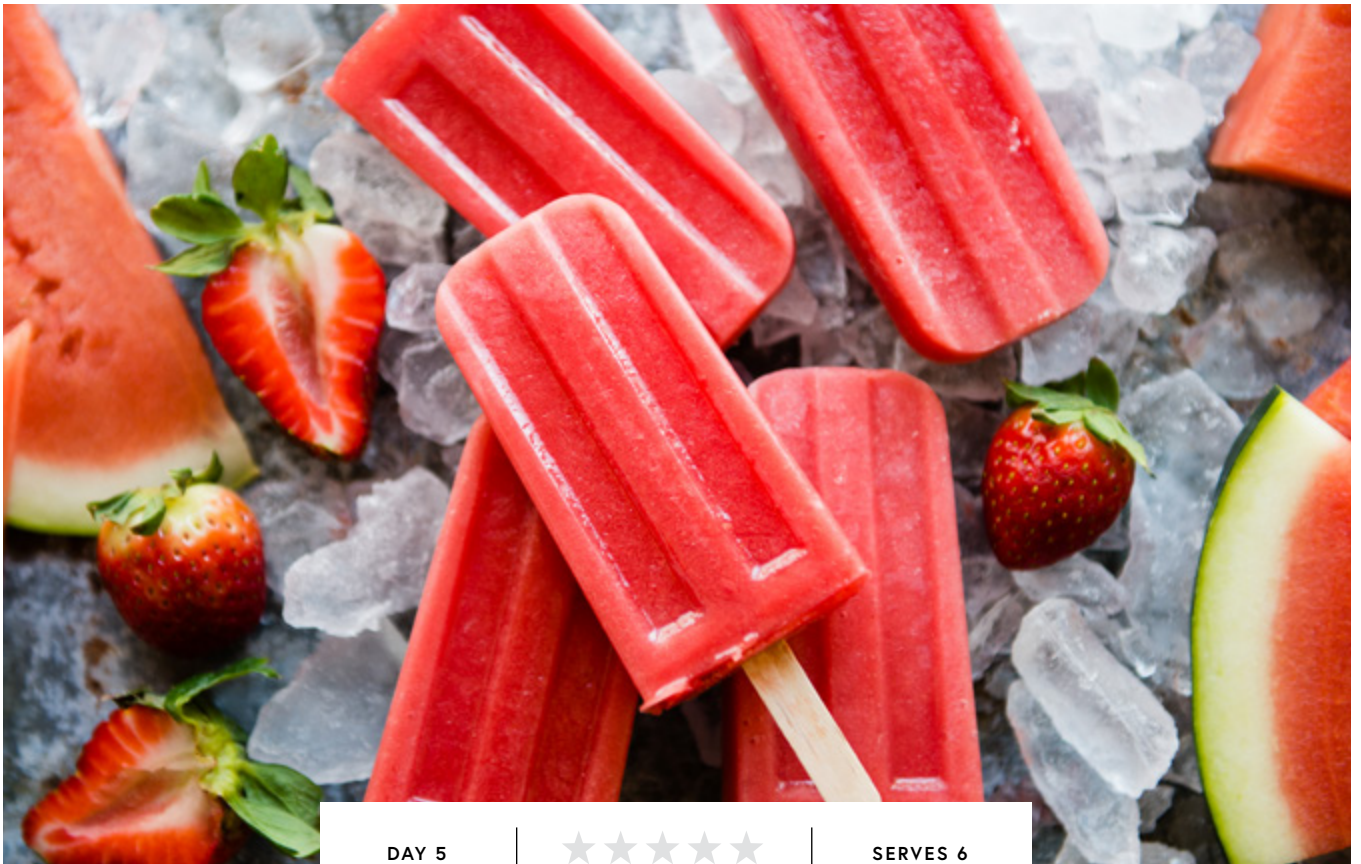
1. Blend all ingredients until smooth.
2. Pour into your favorite glass and enjoy!

DAY 4

★★★★★
SGS.TO/SUMMER-4

SERVES 1





DAY 5



SERVES 6

[SGS.TO/SUMMER-5](https://sgs.to/summer-5)

Agua Fresca Popsicles

Beat the heat with these refreshing watermelon popsicles. Two simple ingredients are all it takes to make watermelon popsicles sweet enough to fall in love.

INGREDIENTS

2 cups watermelon
1 cup strawberries

DIRECTIONS

1. Blend watermelon and strawberries until smooth.
2. Pour mixture into popsicle molds and freeze.

Cinnamon Date Smoothie

This smoothie is perfectly sweet and creamy and will delight at your next party or family movie night. The dates naturally sweeten, while the rolled oats thicken it to a milkshake consistency.

INGREDIENTS

½ cup rolled oats
3 Medjool dates, pitted
1 ½ cups almond milk
½ tsp vanilla extract
2 tsp ground cinnamon
1 cup of ice (optional)

DIRECTIONS

1. Blend oats until powdery.
2. Add dates, almond milk, vanilla extract and cinnamon to blender, and blend again.
3. Pour into a glass containing 1 cup ice for an extra cold beverage.

DAY 6



SGS.TO/SUMMER-6

SERVES 1





DAY 7



[SGS.TO/SUMMER-7](https://sgs.to/summer-7)

SERVES 1

Tropical Smoothie Bowl

Indulge a little with this plant-based tropical smoothie bowl. It's loaded with fresh fruits to nourish your body and hydrate your skin.

INGREDIENTS

1 orange
1 ½ cups strawberries, frozen
½ cup mango, frozen

SUGGESTED TOPPINGS

blueberries, fresh
raspberries, fresh
strawberries, fresh
pineapple, fresh

DIRECTIONS

1. Place orange, strawberries and mango in blender.
2. Blend together until smooth, stopping to scrape down sides as needed. Feel free to add water to help it blend, yet you want it to be thick. The texture should be similar to soft-serve ice cream.
3. Transfer to a bowl and top with suggested toppings.

Strawberry Smoothie

This soothing strawberry smoothie is a dairy-free treat. Naturally sweet, and not a banana in sight, making it a favorite among our banana-free rawkstars. Add 1/4 cup frozen cauliflower to pack in more plants (no one will even notice!).

INGREDIENTS

2 tbsp cashews
1 cup cashew milk
1 cup strawberries, frozen
½ cup cherries, frozen

DIRECTIONS

1. Blend all ingredients until smooth.
2. Pour into your favorite glass and enjoy!

DAY 8

★★★★★
SGS.TO/SUMMER-8

SERVES 1





DAY 9



[SGS.TO/SUMMER-9](https://sgs.to/summer-9)

SERVES 1

Orange Julius Green Smoothie

This Orange Julius Smoothie is free of processed sugar and dairy, making it a healthy alternative to the mall-time original. We've added spinach for fiber and phytonutrients, yet it can be left out if desired.

INGREDIENTS

1 cup spinach, fresh
½ cup almond milk
1 ½ oranges
½ banana
1 cup ice (optional)

DIRECTIONS

1. Blend all ingredients until smooth.
2. Pour into your favorite glass and enjoy!

Chocolate Protein Shake

A healthier twist on a classic chocolate protein shake using our favorite plant-based protein powder. This smoothie makes a great meal replacement for a busy day at work, the tennis courts or out running errands.

INGREDIENTS

1 ½ cups almond milk
2 tbsp cacao powder
1 Medjool date, pitted
1 ½ bananas
1 serving Protein Smoothie Boost (optional)
1 cup ice (optional)

SUGGESTED TOPPINGS

Almond butter
Banana, sliced
Cacao nibs
Hemp hearts

DIRECTIONS

1. Blend all ingredients, except for toppings, until smooth.
2. Top with a drizzle of almond butter, sliced bananas, hemp hearts and cacao nibs.

DAY 10



SERVES 1





Meal Replacements *for* Smoothie Lovers

I set out to create the cleanest plant-based protein powder to use as a meal replacement in my daily smoothies because I wasn't happy with any of the powders on the market. They were sickly sweet, bitter, chalky, gritty, flavored weird and generally loaded with all kinds of unnecessary additives.

After three years of research and testing, I've made a 100% organic, high-quality plant-based protein powder. Add one scoop to your favorite smoothie recipe to turn it into a meal replacement, post-workout recovery shake or for additional nutrients.

Plant-Based Protein Powder	PSB	OTHERS
Number of ingredients	3	7+
Only uses high-quality plant proteins	✓	✗
Avoids natural flavors	✓	✗
Avoids artificial ingredients	✓	✗
Avoids stevia, monk fruit, sugar, etc.	✓	✗
Avoids gums and fillers	✓	✗
Passes the USP heavy metals test	✓	✗
Contains ALL 9 essential amino acids	✓	✗
100% certified organic ingredients	✓	✗

SHOP NOW



Ready for a Blender Upgrade?

There's one appliance you need to make a smoothie: a blender. There are hundreds on the market, and new ones all the time. No matter what, I always say: Start blending with whatever you have (or borrow from a friend), and you'll be on your way to rawkstar status in no time! Yet if you're itching for the best...

Get a Vitamix, the #1 high-speed blender rated by Consumer Reports AND Simple Green Smoothies. I use my Vitamix blender for smoothies, soups, salads, hummus, nut butter, lattes and more.

[SHOP NOW](#)



Seasonal Cleanse

A seasonal cleanse can help reverse fatigue, stubborn weight gain, acne, bloating, sugar addiction, and brain fog.

Nothing is more frustrating than feeling trapped in a body that's holding you back from living the life you were meant to live. Let Simple Green Smoothies take you on a plant-based cleanse journey with recipes, meal plans and support to live your best life.

[LEARN MORE](#)



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my awesome life.
I PLAY & LAUGH to fuel
my soul.
I DRINK my
Greens
I dance with my fears. I chase my dreams.
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