

Let's Rawk!



DAY 1
Avocado Banana
Smoothie



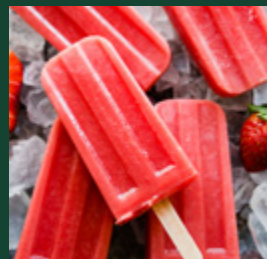
DAY 2
Watermelon Smoothie



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.