

# LEAN BELLY NOW

**100 BELLY MELTING GREEN SMOOTHIES**



**MEREDITH SHIRK, CPT, FNS**

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# SVELTE

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## GREEN GOODNESS

You've never taken your spinach like this before! This shockingly refreshing drink is packed with nutritional punches that will keep you sipping till the last drop.

1-2 Servings

### Ingredients

- 1½ cup fresh baby spinach\*
- 1 fresh banana peeled
- 2-3 slices fresh pineapple
- 1 tbsp. chia seeds soaked (can be substituted for flax seeds)
- 1 cup ice, or chilled water

### Instructions

- Blend all ingredients until smooth and delicious.

**\*Did you know that magnesium deficient bodies can crave sugar more often? Spinach is a great source of magnesium and will help you curb that sweet tooth with more than sheer will power alone.**



## PROTEIN POWER PUNCH

Nutty, creamy, and packed with protein to give you energy for your day. This smoothie is sure to delight anyone looking for a healthy alternative to a sugary drink, or a mid-morning snack.

1 Serving

### Ingredients

- 1 scoop of Sun Warrior Protein Powder
- 1 tbsp. of spirulina
- 1 small avocado
- ½ cup sliced fresh or frozen peaches
- ½ tbsp. unsalted sunflower seeds
- 1 cup water
- Ice, as needed

### Instructions

- Blend all ingredients until smooth and delicious.



## FIGHT THE FLU

When flu and cold season is coming, you want to take every precaution you can. This burst of Vitamin C will be just the ticket to help boost your immune system all throughout the season!

1 Serving

### Ingredients

- 1½ cup kale
- ½ a large orange, peeled\*
- 1 fresh or frozen kiwi, peeled
- ¼ cup fresh carrot chopped
- 1 lime juiced
- ½ cup water, or ice
- 5-6 Echinacea drops

### Instructions

- Blend all ingredients until smooth and delicious.

\*Orange too sweet? Try grapefruit instead!



## TROPICAL TEMPTATION

Have a taste of sweet and refreshing summer in every sip of this antioxidant and Vitamin C rich smoothie.

1-2 Servings

### Ingredients

- 1½ cup Swiss chard
- ½ cup cantaloupe
- ½ cup pineapple
- ¼ cup goji berries (reconstituted)\*
- ½ cup pure organic coconut water

### Instructions

- Blend all ingredients until smooth and delicious.

\*While rich in health and well-being benefits, goji berries could interact poorly with those on prescribed blood-thinners, or using medication to control diabetes. If you have concerns, contact a doctor before indulging in this tasty treat.



## PEACHY GREENS

Feel peachy keen with this peach-tastic green smoothie! High in protein and Vitamin C, it's one even the kids will ask for seconds of.

1-2 Servings

### Ingredients

- 1½ cup fresh baby spinach
- 1 cup fresh or frozen peaches, sliced
- ¼ cup fresh or frozen strawberries, sliced
- 1 tbsp. lemon juice
- 1 slice fresh ginger, peeled
- 1 cup water, or ice

### Instructions

- Blend all ingredients until smooth and delicious.



## SUNRISE AND SHINE

Shocking flavor comes to greet you with this unusual twist on a breakfast blend.

1-2 Servings

### Ingredients

- 2 large fresh orange
- ½ cup fresh cantaloupe, cubed
- 2-3 leaves of fresh Basil\*
- 1 scoop of Sun Warrior Protein Powder
- 1 tsp. spirulina
- ½ cup of water

### Instructions

- Blend all ingredients until smooth and delicious.

*\*Did you know, Basil is rich in vitamins and antioxidants. It has a huge dose of Vitamin K, as well as magnesium, a natural way to curb those sugar cravings that hit you mid-morning. It also tastes amazing when paired with a citrus, like orange!*



## SAVORY SAVIOR

Hungry? Tired of only sweet drinks? Try this veggie-tastic smoothie on for size!

1-2 Servings

### Ingredients

- 1½ cups wheat grass
- ½ fresh red bell pepper
- 1 fresh large tomato
- ½ cup fresh carrot, chopped
- Pinch of cayenne\*
- 1 scoop of Sun Warrior Protein Powder
- 1 cup pure aloe juice (water may be substituted)

### Instructions

- Blend all ingredients until smooth and delicious.

**\*Did you know that a pinch of cayenne can do anything from clearing a stuffy nose, to being an antioxidant? It's also been proven to calm an upset stomach, relieve heartburn, heal ulcers, as well as fight allergies and headaches! Who knew?**



## KREAMY KALE KOOLER

Surprisingly creamy, and deliciously addicting, this power-packed drink will have you thinking it's a guilty pleasure rather than a healthy treat!

1-2 Servings

### Ingredients

- 1½ cup of kale
- ½ fresh apple of choice (Granny Smith) cut into slices
- ½ cup fresh or frozen grapes
- 1 ripe avocado\*
- 1 tbsp. fresh squeezed lemon juice
- 1 slice fresh ginger, peeled
- 1 cup unsweetened almond milk

### Instructions

- Blend all ingredients until smooth and delicious.

**\*Did you know that avocados are just as creamy and sweet as a banana when ripe? Further, they lack the natural sugars and carbs and counter with a whopping punch of nearly 20 vitamins and minerals, and the good kind of fat your brain and heart need to stay healthy. A little-known fact is that the avocado is actually a fruit! A close cousin to the pear, in fact, yum!**





## GINGER SNAPPY

Warm, spicy, and filling, this palate cleansing treat is sure to be a go-to for all your on-the-run days.

1-2 Servings

### Ingredients

- 2 slices of fresh ginger, peeled
- ½ cup of fresh-squeezed lemon juice
- ½ cup dried apricots or prunes, diced
- 1 pinch cayenne pepper
- 1 tsp. turmeric
- 2-3 mint leaves, chopped
- ¼ cup romaine lettuce, cored
- 1½ cup coconut water

### Instructions

- Blend all ingredients until smooth and delicious.



## PASSION COLADA

Sweet and tangy, this delicious mix will get anyone in the mood to face their day.

1-2 Servings

### Ingredients

- 1-2 fresh passion fruits, use only juice meat and seeds
- ½ cup fresh or frozen nectarines
- ¼ cup fresh or frozen raspberries
- ½ cup nonfat plain Greek yogurt
- 1 tsp. of spirulina
- 1 cup of almond milk

### Instructions

- Blend all ingredients until well-mixed.



## MEAN GREENS

Get it all in one go, with this power-packed punch.

1-2 Servings

### Ingredients

- 2 scoops of Sun Warrior Protein Powder
- ½ cup romaine lettuce, cored
- ½ cup kale
- ½ cup fresh baby spinach
- ½ cup wheat grass
- ¼ cup cucumber, sliced
- 1 fresh kiwi, peeled
- 1 fresh radish, sliced
- 1 fresh celery stalk, chopped
- ½ cup fresh apple of choice, sliced
- 2 tsp. flax seeds
- 1 cup coconut water

### Instructions

- Blend all ingredients until well-mixed.



## CAULIFLOWER BOUQUET

Yes, you read that right. Creamy and delicious cauliflower isn't just for casseroles anymore!

1 Serving

### Ingredients

- ½ cup chopped fresh cauliflower florets
- 1 cup fresh baby spinach
- 1 banana
- ½ cup fresh pineapple
- ½ cup water
- ½ cup ice

### Instructions

- Blend all ingredients until well-mixed.





## MANGO MELON MEDLEY

Tart and tangy, this sweet treat is a fantastic substitute for any sherbet craving.

1 Serving

### Ingredients

- 1 fresh mango, diced
- ½ cup fresh cantaloupe, diced
- 1 fresh peach, sliced
- ½ cup fresh pineapple
- 1 cup Swiss chard
- ⅓ cup non-fat Greek yogurt
- ½ cup unsweetened almond milk

### Instructions

- Blend all ingredients until well-mixed.



## CUCOOLER

Refreshing, hydrating and cool, perfect for after a workout.

1 Serving

### Ingredients

- 1 cucumber, peeled and cubed
- ½ cup fresh honeydew melon, cubed
- ½ cup fresh green grapes
- 2-3 fresh mint leaves
- 1 cup romaine lettuce, cored
- ½ tbsp. fresh lemon juice
- ½ cup coconut water

### Instructions

- Blend all ingredients until well-mixed.
- Serve over ice.



## SQUASH ME NOT

You may only ever take your squash grilled or in a casserole, but this yummy drink will be sure to change your tune.

1-2 Servings

### Ingredients

- 1 fresh yellow squash, cubed
- 1 fresh pear of choice, sliced
- 1 fresh orange, peeled
- 1 tbsp. chia seeds, soaked
- 1 cup coconut water

### Instructions

- Blend all ingredients until smooth and delicious.



## BANANA NUT SPLAT

Refreshing, hydrating and cool, perfect for after a workout.

1-2 Servings

### Ingredients

- 2 fresh bananas, peeled
- 1 fresh peach, sliced
- 2 cups collard greens
- ¼ cup unsalted walnuts
- 1 cup coconut water
- ½ cup ice

### Instructions

- Blend all ingredients until smooth and delicious.

Streamline your mind, body & life.



## GRAPE BALLS OF FIBER

Full of fiber and a powerful punch of flavor, try this on for size any time you feel the need for some digestive relief!

1-2 Servings

### Ingredients

- ½ cup dried, unsweetened prunes
- ½ cup fresh grapes of choice
- 1 cup fresh baby spinach, washed
- ½ cup fresh broccoli florets
- ½ cup non-fat plain Greek yogurt
- ½ cup unsweetened almond milk

### Instructions

- Blend all ingredients until smooth and delicious.



## PEAR ME UP

Tangy and tart, this indulgent smoothie will make you forget it's not a dessert!

1-2 Servings

### Ingredients

- 1 cup fresh or frozen pears, sliced
- 1 slice ginger, peeled
- ¼ cup unsweetened dried cranberries
- 1 half lemon, juiced
- 1 cup arugula, washed
- 1 tsp. cinnamon (powdered)
- ½ cup non-fat, plain Greek yogurt
- ½ cup unsweetened almond milk

### Instructions

- Blend all ingredients until smooth and delicious.



## KUMQUAT SURPRISE

Funny name, serious flavor.

1-2 Servings

### Ingredients

- 10-12 fresh kumquats, washed
- 1 slice ginger, peeled
- 1 fresh peach, sliced
- 1 fresh tangerine, peeled
- 1 small avocado
- 1 cup red kale, washed
- ½ tbsp. flax seeds
- 1 cup coconut water

### Instructions

- Blend all ingredients until smooth and delicious.



## STRAWBERRY BANANA BLAST

Don't be fooled by the green color, this simple tasty drink will fool even the keenest of palates.

1-2 Servings

### Ingredients

- 1 fresh banana
- ½ cup frozen strawberries
- 1½ cups fresh baby spinach
- ½ fresh kiwi, peeled
- 1 cup unsweetened almond milk

### Instructions

- Blend all ingredients until smooth and delicious.



## GREEN LEMONADE

Cool down the kids and yourself with this deceitfully familiar flavor, full of amazing nutrition and none of the artificial sugars!

1-2 Servings

### Ingredients

- ½ cup lemon juice
- ½ cup fresh honeydew melon, cubed
- 1½ cups fresh baby spinach
- 2 cups coconut water

### Instructions

- Blend all ingredients until smooth and delicious.
- Serve over ice.



## KALE ON THE BEACH

If you love Piña Coladas, you will love this nutritious twist on a classic!

1-2 Servings

### Ingredients

- 1 cup fresh pineapple, cubed
- ½ cup unsweetened coconut milk
- ¼ cup unsweetened coconut flakes
- 1 cup fresh kale, chopped
- 1 cup coconut water

### Instructions

- Blend all ingredients until smooth and delicious.



## TEA TIME

Green tea has legendary benefits. Why not sip it in your smoothie?

1-2 Servings

### Ingredients

- 1 tsp. green tea powder
- 1 cup fresh kale, chopped
- 1 cup fresh guava, chopped
- 1 fresh banana
- 1 cup coconut water

### Instructions

- Blend all ingredients until smooth and delicious.



## KIWI KANDY

You'll swear this sweet, creamy treat is secretly a sin!

1-2 Servings

### Ingredients

- 2 fresh kiwis, peeled
- 1 cup fresh romaine lettuce
- 1 fresh mango, chopped
- 1 small avocado
- ¼ cup frozen blueberries
- 1 cup coconut water

### Instructions

- Blend all ingredients until smooth and delicious.



## CARROT BLUEBERRY DELIGHT

Never struggle to make your kids eat their veggies again!

1-2 Servings

### Ingredients

- ½ cup fresh raw carrots
- 1½ cups fresh baby spinach
- ¼ cup fresh or frozen blueberries
- ¼ cup fresh or frozen cherries
- 1 tbsp. chia seeds, soaked
- 1 lime juiced
- 1½ cups coconut water

### Instructions

- Blend all ingredients until smooth and delicious.



## YO QUIERO REFRESCO

Take a trip south of the border with this surprisingly yummy blend!

1-2 Servings

### Ingredients

- 1-2 cactus pears diced (careful!)
- 1 lime juiced
- 1 fresh banana
- ½ cup papaya, diced
- ½ tbsp. fresh tamarind
- 1 cup fresh kale
- 1½ cups coconut water

### Instructions

- Blend all ingredients until smooth and delicious.





## HONEY, DEW!

Sweet, succulent and floral, this will delight anyone looking to escape the hectic perils of everyday life!

1-2 Servings

### Ingredients

- 2 cups fresh honeydew, cubed
- 1 cup fresh romaine lettuce
- 1 fresh kiwi, peeled
- ½ fresh orange, peeled
- 1 tbsp. dried hibiscus flower
- 1 cup aloe juice (or coconut water)
- ½ cup ice

### Instructions

- Blend all ingredients until smooth and delicious.



## A PEAR OF ACES

Protein takes on a fresh and citrusy kick, with this delicious smoothie!

1-2 Servings

### Ingredients

- 2 fresh pears, peeled and sliced
- 1 fresh banana
- 1 lemon, juiced
- 1½ cups Swiss chard
- 1 scoop of Sun Warrior Protein Powder
- 1 cup coconut water
- ½ cup ice

### Instructions

- Blend all ingredients until smooth and delicious.



## RAZZY JAZZY KALE

Sweet and sour super foods. Need we say more?

1-2 Servings

### Ingredients

- $\frac{3}{4}$  cup fresh or frozen raspberries
- $\frac{1}{4}$  cup fresh or frozen peaches
- $1\frac{1}{2}$  cups fresh kale
- 1 fresh banana, peeled
- 1 cup coconut water

### Instructions

- Blend all ingredients until smooth and delicious.



## WATERMELON MELTDOWN

Beat the heat with this juicy, chilled delight!

1-2 Servings

### Ingredients

- $1\frac{1}{2}$  cups fresh watermelon, cubed
- $\frac{1}{2}$  cup fresh or frozen cherries
- 1 tbsp. flax seeds
- 1 lime, juiced
- 1 cup fresh kale
- 1 cup ice

### Instructions

- Blend all ingredients until smooth and delicious.



## ORANGE CREAM DREAM

Dreamsicles move over! This decadent delight has replaced you.

1-2 Servings

### Ingredients

- 1 fresh orange, peeled (large)
- 1 fresh banana, peeled
- 1 cup non-fat Greek yogurt
- 1 scoop of Sun Warrior Protein Powder
- 1 cup fresh kale
- 1 cup unsweetened almond milk

### Instructions

- Blend all ingredients until smooth and delicious.



## ALMOST THANKSGIVING

All the best flavors of fall, in one delicious and good-for-you smoothie!

1-2 Servings

### Ingredients

- $\frac{3}{4}$  cup unsweetened, dried cranberries
- 1 tsp. ground cinnamon
- $\frac{1}{2}$  cup fresh pineapple, cubed
- $\frac{1}{2}$  fresh orange
- 1 cup fresh baby spinach
- 1 cup coconut water

### Instructions

- Blend all ingredients until smooth and delicious.



## CHRISTMAS MORNING

Open your presents to this tasty little surprise! Even Santa would be envious.

1-2 Servings

### Ingredients

- 2 tsp. ground cinnamon
- 1 slice fresh ginger, peeled
- 1 fresh banana
- 1 fresh pear, sliced
- 1 cup fresh baby spinach
- 1 cup unsweetened almond milk

### Instructions

- Blend all ingredients until smooth and delicious.



## BLUE GREENS

As reliable as your favorite pair of blue jeans, these blue GREENS will have you begging for more.

1-2 Servings

### Ingredients

- ½ cup fresh or frozen blueberries
- 1 lemon, juiced
- 1 cup fresh or frozen peaches
- ¼ cup fresh carrot, chopped
- 1½ cups fresh baby spinach
- 1 cup coconut water
- ½ cup ice

### Instructions

- Blend all ingredients until smooth and delicious.



## STRAWBERRY FIELDS FOR DINNER

If you need to skip a meal or substitute with a smoothie, this amazing blend will keep you full and healthy all night long!

1-2 Servings

### Ingredients

- 1 cup fresh or frozen strawberries
- ¼ cup fresh or frozen raspberries
- 1-2 fresh basil leaves
- 1 fresh banana
- 1 cup field greens
- 1 scoop of Sun Warrior Protein Powder
- 1 cup coconut water
- ½ cup ice

### Instructions

- Blend all ingredients until smooth and delicious.



## DRINK YOUR WHEAT

Everyone needs a little fiber now and then...

1-2 Servings

### Ingredients

- 1½ cups fresh wheat grass
- 1 avocado, peeled
- ½ cup fresh currants
- ½ cup dried, unsweetened prunes
- ½ cup fresh broccoli florets
- 1 fresh banana
- 1 cup aloe juice
- ½ cup unsweetened almond milk

### Instructions

- Blend all ingredients until smooth and delicious.



## BANANA NUT DELISH

A flavor you love, with a benefit you'll love even more!

1-2 Servings

### Ingredients

- 1½ cups non-fat Greek yogurt
- 2 fresh bananas
- 2 tbsp. chopped plain walnuts
- 1 cup fresh baby spinach
- 1 scoop of Sun Warrior Protein Powder
- 1 cup unsweetened almond milk

### Instructions

- Blend all ingredients until smooth and delicious.



## TOMATO-TOMAHTO

You could've had something way better than a mass marketed 'health' drink!

1-2 Servings

### Ingredients

- 1 large tomato, quartered
- ½ cup fresh carrot, chopped
- 1 stalk celery, chopped
- ½ cup wheat grass
- 1 tsp. cayenne
- 1 cup coconut water

### Instructions

- Blend all ingredients until smooth and delicious.



## EXOTICA

All those weird fruits you always see but maybe never tried? They make one heck of a smoothie!

1-2 Servings

### Ingredients

- 1 fresh dragon fruit, peeled
- 1 fresh passion fruit, seeds, meat, and juice only
- ¼ cup fresh pomegranate pips
- ¼ cup fresh red or black currants
- ½ orange, peeled
- 1 cup Swiss chard
- 1 cup coconut water

### Instructions

- Blend all ingredients until smooth and delicious.
- Serve over ice.



## BANANA CREAM

Sweet and creamy, just like grandma's pie.

1-2 Servings

### Ingredients

- 2 fresh bananas, peeled
- 1 cup fresh baby spinach
- ¾ cup non-fat Greek yogurt
- 1 cup unsweetened almond milk
- ½ cup ice

### Instructions

- Blend all ingredients until smooth and delicious.
- Serve over ice.





## GOJI GO GO

Sweet and Super, what more can you ask from your food?

1-2 Servings

### Ingredients

- ½ cup reconstituted goji berries
- 1½ cups red kale
- ½ cup cherry tomatoes
- ½ cup red or black currants
- 1 cup coconut water

### Instructions

- Blend all ingredients until smooth and delicious.



## GARDEN SALAD

Everything nutritious about a salad, made sweet and delicious!

1-2 Servings

### Ingredients

- 1 cup romaine lettuce
- 1 cup mixed field greens
- ½ cup fresh cherry tomatoes
- ¼ cup fresh carrot, sliced
- ¼ cup fresh cucumber, cubed
- 1 tbsp. unsalted sunflower seeds
- 1 scoop of Sun Warrior Protein Powder
- 1 cup coconut water
- Ice as desired

### Instructions

- Blend all ingredients until smooth and delicious.



## CHERRY LIME KALEBANA

You'll swear you've been transported to Cancun with this tasty indulgence.

1-2 Servings

### Ingredients

- 1 cup fresh kale
- ½ cup fresh or frozen cherries
- 2 limes, juiced
- ½ cup fresh carrot, sliced
- 1 cup unsweetened sparkling water
- 1 cup ice

### Instructions

- Blend all ingredients until smooth and delicious.



## VANILLA CREAM DELIGHT

Throw your ice cream out, you'll never eat it again!

1-2 Servings

### Ingredients

- 1½ cups non-fat Greek yogurt
- 1 tsp. vanilla extract
- 2 fresh bananas
- 1 cup fresh romaine lettuce
- 1 scoop of Sun Warrior Protein Powder
- 1 cup unsweetened almond milk
- 1 cup ice

### Instructions

- Blend all ingredients until smooth and delicious.



## BLUEBERRY KALE DETOXER

Nothing beats a classic.

1-2 Servings

### Ingredients

- 1½ cups fresh kale
- ½ cup fresh or frozen blueberries
- ½ cup fresh or frozen blackberries
- 2 slices fresh ginger, peeled
- 1 lemon, juiced
- 1 tsp. cayenne
- 1 cup coconut water
- 1 cup ice

### Instructions

- Blend all ingredients until smooth and delicious.



## BELLS AND WHISTLES

Savory with a hint of sweet!

1-2 Servings

### Ingredients

- 1 fresh bell pepper, sliced
- 1 cup Swiss chard
- 1 tomato, juiced
- ½ cup cauliflower florets
- ½ orange, peeled
- 1 avocado, peeled
- 1 tsp. cayenne
- 1 cup coconut water

### Instructions

- Blend all ingredients until smooth and delicious.



## ENERGIZED

Natural energy to get you through your day!

1-2 Servings

### Ingredients

- 1 fresh banana, peeled
- 1 fresh grapefruit, sliced
- 2 cups fresh baby spinach
- ½ cup unsalted sunflower seeds
- 1 cup coconut water
- 1 cup ice

### Instructions

- Blend all ingredients until smooth and delicious.



## KITCHEN SINK SMOOTHIE

The perfect smoothie to blend up when you need to clean out that vegetable drawer! Mix and match ingredients by type, texture, and taste, to make your own winning blend!

1-2 Servings

### Ingredients

- 1½ cups greens of choice
- ½ cup carrots, apples, pears, or peaches
- ½ cup cucumber, watermelon, or tomato
- 1 avocado or banana
- 1 tsp. turmeric, cayenne, or cinnamon to taste
- 1 tbsp. flax seeds, or chia seeds
- 1 scoop of Sun Warrior Protein Powder
- 1 cup coconut water or unsweetened almond milk

### Instructions

- Blend all ingredients until smooth and delicious.



## WATERMELON & PEAR SMOOTHIE

2 Servings

### Ingredients

- $\frac{3}{4}$  cup fresh, seedless watermelon, chopped
- 1 fresh pear, peeled, cored, and chopped
- 4 Medjool dates, pitted, and chopped
- 4-6 romaine lettuce leaves, torn
- 2 tbsp. fresh mint leaves
- 1 tbsp. goji berries
- $1\frac{1}{2}$  cups filtered water
- 1 tbsp. fresh lime juice
- $\frac{1}{2}$  cup ice cubes

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## CABBAGE & DANDELION SMOOTHIE

2 Servings

### Ingredients

- 2 cups green cabbage, chopped
- 1 cup fresh dandelion greens, chopped
- 1 frozen large banana, peeled and sliced
- $\frac{1}{2}$  cup frozen raspberries
- 2 cups filtered water
- $\frac{1}{4}$  cup ice cubes

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## BROCCOLI SMOOTHIE

2 Servings

### Ingredients

- ½ pound broccoli florets, chopped
- 2 frozen bananas, peeled and sliced
- 1 tsp. ground cinnamon
- 2 cups unsweetened almond milk

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## BROCCOLI, CUCUMBER & KIWI SMOOTHIE

2 Servings

### Ingredients

- 1½ cups frozen broccoli florets, chopped
- 1 cucumber, peeled and chopped
- 2 kiwis, peeled and chopped
- 1 frozen banana, peeled and sliced
- 2 cups filtered water

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## BROCCOLI, PINEAPPLE & APPLE SMOOTHIE

2 Servings

### Ingredients

- 2 cups broccoli florets, chopped
- 1 apple, peeled, cored, and chopped
- 1/3 cup frozen pineapple chunks
- 1 frozen banana, peeled and sliced
- 1½ cups unsweetened almond milk
- 1 tbsp. fresh lemon juice
- ¼ tsp. vanilla extract

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## BROCCOLI, CUCUMBER & GRAPES SMOOTHIE

2 Servings

### Ingredients

- 2 cups broccoli florets, chopped
- 1 cucumber, peeled and chopped
- 1 frozen banana, peeled and sliced
- 1 cup seedless green grapes
- 1 tbsp. fresh lime juice
- 1½ cups filtered water
- ½ cup ice cubes

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.





## BELL PEPPER & APPLE SMOOTHIE

2 Servings

### Ingredients

- 1 large, green bell pepper, seeded and chopped
- 2 cups fresh baby spinach
- 2 fresh green apples, peeled, cored and chopped
- 4 Medjool dates, pitted and chopped
- 2 tbsp. hemp seeds
- 2 cups chilled filtered water

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## BELL PEPPER & AVOCADO SMOOTHIE

2 Servings

### Ingredients

- 1 large, green bell pepper, seeded and chopped
- 1 medium avocado, peeled, pitted and chopped
- 2 frozen bananas, peeled and sliced
- 2 tbsp. hemp seeds
- 1 cup fat-free plain yogurt
- 1 cup filtered water
- ½ cup ice cubes

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## ZUCCHINI & ORANGE SMOOTHIE

2 Servings

### Ingredients

- 2 oranges, peeled, seeded and sectioned
- 4 Medjool dates, pitted and chopped
- 2 large zucchinis, peeled and chopped
- 1 tsp. vanilla extract
- 1½ cups filtered water
- ½ cup ice cubes

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## ZUCCHINI & MANGO SMOOTHIE

2 Servings

### Ingredients

- 1½ cups frozen mango, peeled, pitted and chopped
- 1 large zucchini, peeled and chopped
- 1 cup fresh baby spinach
- ½ of lemon, peeled
- 1 tbsp. coconut oil, melted
- 1½ cups filtered water
- ¼ cup ice cubes

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## CARROT & KALE SMOOTHIE

2 Servings

### Ingredients

- 3 cups fresh kale, trimmed and chopped
- 1 large carrot, peeled and chopped
- 2 bananas, peeled and sliced
- 1½ cups fat-free plain yogurt
- ½ cup filtered water
- ½ cup ice cubes

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## ORANGE, PINEAPPLE & GRAPES SMOOTHIE

2 Servings

### Ingredients

- 2 cups fresh spinach
- 2 oranges, peeled, seeded and sectioned
- 1 cup green, seedless grapes
- 1 cup frozen pineapple chunks
- 2 Medjool dates, pitted and chopped
- 2 tbsp. ground flaxseeds
- 1½ cups filtered water
- ½ cup ice cubes

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## MANGO & JALAPEÑO SMOOTHIE

2 Servings

### Ingredients

- 1½ cups frozen mango, peeled, pitted, and chopped
- 2 frozen bananas, peeled and sliced
- 2 cups fresh baby arugula
- ½ tsp. jalapeño pepper, seeded and chopped
- 1½ cups filtered water

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## APPLE & BERRIES SMOOTHIE

2 Servings

### Ingredients

- 1 cup fresh green apple, peeled, cored, and chopped
- 1 cup frozen strawberries
- ½ cup frozen blackberries
- 1 frozen banana, peeled and sliced
- 2 cups fresh baby kale
- 1½ cups filtered water

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## BEET GREENS & MANGO SMOOTHIE

2 Servings

### Ingredients

- 2 cups frozen mango, peeled, pitted, and chopped
- 2 frozen bananas, peeled and sliced
- 2 cups fresh beet greens
- 2 tbsp. flaxseeds
- 1½ cups filtered water

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## HONEYDEW, ORANGE & CUCUMBER SMOOTHIE

2 Servings

### Ingredients

- 2 cups honeydew melon, peeled and chopped
- 2 oranges, peeled, seeded, and sectioned
- 3-4 dates, pitted and chopped
- 1 cucumber, peeled, seeded, and chopped
- ¼ cup fresh mint leaves
- 1 cup filtered water
- ½ cup ice cubes

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## GRAPEFRUIT & GINGER SMOOTHIE

2 Servings

### Ingredients

- 3 grapefruit, peeled and sectioned
- 1 large frozen banana, peeled and sliced
- 3 cups fresh spinach
- 1 (½-inch) piece fresh ginger, chopped
- 1 tbsp. flax seeds
- 1 cup filtered water
- ½ cup ice cubes

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## APPLE, AVOCADO & CARROT SMOOTHIE

2 Servings

### Ingredients

- 1 fresh green apple, peeled, cored, and chopped
- 1 avocado, peeled, pitted, and chopped
- 1 carrot, peeled and chopped
- 1 cup fresh baby kale
- ½ cup fresh parsley leaves
- 1 lemon, peeled
- 1 (½-inch) piece fresh ginger, chopped
- 3 tsp. flax seeds
- 1 cup filtered water
- ½ cup ice cubes

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## CUCUMBER, ORANGE & GINGER SMOOTHIE

2 Servings

### Ingredients

- 2 oranges, peeled, seeded, and sectioned
- 2 frozen bananas, peeled and sliced
- 1 cucumber, peeled and chopped
- 1 tsp. fresh ginger, chopped
- 1 tbsp. chia seeds
- 1½ cups chilled water

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## ALMONDS & BERRIES SMOOTHIE

2 Servings

### Ingredients

- 2 cups frozen mixed berries
- 2 frozen bananas, peeled and sliced
- 2 cups fresh kale, trimmed
- ½ cup almonds, chopped
- ¼ cup fat-free plain yogurt
- 1½ cups filtered water

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.





## AVOCADO & COCONUT SMOOTHIE

2 Servings

### Ingredients

- 1 large avocado, peeled, pitted and chopped
- 4 Medjool dates, pitted and chopped
- 2 tbsp. unsweetened coconut, shredded
- ½ cup unsweetened coconut cream
- 1 cup fat-free milk
- ½ cup ice cubes

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## AVOCADO & PINEAPPLE SMOOTHIE

2 Servings

### Ingredients

- 1 avocado, peeled, pitted, and chopped
- 2 cups frozen pineapple chunks
- 1 frozen banana, peeled and sliced
- 1 cup fresh baby spinach
- 2 tbsp. almond butter
- 1 tsp. Maca powder
- 1½ cups unsweetened almond milk

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## AVOCADO & PEANUT BUTTER SMOOTHIE

2 Servings

### Ingredients

- 2 avocados, peeled, pitted, and chopped
- 2 frozen bananas, peeled and sliced
- ¼ cup creamy peanut butter
- 1 tsp. vanilla extract
- 1½ cups unsweetened almond milk
- ½ cup ice cubes

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## APPLE & COTTAGE CHEESE SMOOTHIE

2 Servings

### Ingredients

- 2 large apples, peeled, cored and chopped
- 4 Medjool dates, pitted and chopped
- 2 cups fresh baby spinach
- ½ cup fat-free cottage cheese
- ½ cup fat-free plain yogurt
- 1 cup filtered water
- ½ cup ice cubes

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## SWEET POTATO & COTTAGE CHEESE SMOOTHIE

2 Servings

### Ingredients

- 1 small cooked sweet potato, peeled and chopped
- 2 cups fresh beet greens
- 1 large frozen banana, peeled and sliced
- 1 cup fat-free cottage cheese
- ¼ teaspoon ground cinnamon
- ¼ teaspoon almond extract
- 1 cup chilled fat-free milk

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## YAM SMOOTHIE

2 Servings

### Ingredients

- 1 small yam
- 1 frozen banana, peeled and sliced
- 2 dates, pitted
- 2 cups fresh kale, trimmed
- ½ cup fat-free plain yogurt
- 1 cup fat-free milk
- ½ cup ice cubes

### Instructions

- With a fork, prick the yam completely.
- On a microwave-safe plate, microwave yam for about 8-10 minutes.
- Remove from heat and keep aside to cool completely.
- Peel the yam and chop it.
- In a high-speed blender, add yam and remaining ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## KALE, GINGER & TURMERIC SMOOTHIE

2 Servings

### Ingredients

- 4 cups fresh kale, trimmed
- 3 tbsp. fresh ginger, chopped
- 2 tbsp. fresh turmeric, chopped
- 2 frozen bananas, peeled and sliced
- $\frac{1}{3}$  cup flax seeds meal
- 2 tbsp. almond butter
- $\frac{1}{4}$  tsp. cayenne pepper
- $1\frac{1}{2}$  cup unsweetened coconut milk
- $\frac{1}{2}$  cup ice cubes

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## MANGO & TOMATO SMOOTHIE

2 Servings

### Ingredients

- $1\frac{1}{2}$  cups frozen mango, peeled, pitted and chopped
- 1 large tomato, chopped
- 2 cups fresh baby arugula
- 2 tbsp. fresh basil leaves
- 1 cup filtered water
- $\frac{1}{2}$  cup ice cubes

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## CITRUS APPLE & VEGGIE SMOOTHIE

2 Servings

### Ingredients

- 2 fresh green apples, peeled, cored, and chopped
- 2 celery stalks, chopped
- 1 medium cucumber, peeled and chopped
- 1 cup fresh kale, trimmed
- 1 cup fresh spinach
- ¼ cup fresh parsley
- 1 tbsp. fresh lemon juice
- 1 tbsp. fresh lime juice
- 1½ cups filtered water
- ½ cup ice cubes

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## GRAPES & BASIL SMOOTHIE

2 Servings

### Ingredients

- 1½ cups seedless green grapes
- 1 cup fresh basil leaves
- 4-5 Medjool dates, pitted and chopped
- ¼ of lime
- 2 cups chilled filtered water

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## MANGO, CUCUMBER & SESAME SEEDS SMOOTHIE

2 Servings

### Ingredients

- 1½ cups frozen mango, peeled, pitted and chopped
- 1 large frozen banana, peeled and sliced
- 2 cups fresh spinach
- 1 small cucumber, peeled and chopped
- 2 tbsp. cashew butter
- 1 tsp. sesame seeds, toasted
- 1½ cups filtered water

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## COCONUT & WALNUT SMOOTHIE

2 Servings

### Ingredients

- 2 cups fresh kale, trimmed
- 1 cup walnuts, chopped
- ½ cup unsweetened coconut, shredded
- 2 cups chilled unsweetened coconut water

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## APPLE, CARROT & GINGER SMOOTHIE

2 Servings

### Ingredients

- 1 fresh green apple, peeled, cored and chopped
- 4 Medjool dates, pitted and chopped
- 1 large carrot, peeled and chopped
- 2 cups fresh kale, trimmed
- 1 (½-inch) piece fresh ginger, chopped
- 1 tbsp. ground flax seeds
- Dash of hot sauce
- 2 cups filtered water
- ½ cup ice cubes

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## GRAPES, PEAR & GREENS SMOOTHIE

2 Servings

### Ingredients

- 2 cups seedless frozen green grapes
- 2 frozen bananas, peeled and sliced
- 1 frozen pear, peeled, cored, and chopped
- 2 cups spring salad greens
- ¼ cup walnuts, chopped
- 1½ cups filtered water

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## APPLE, PUMPKIN & OATS SMOOTHIE

2 Servings

### Ingredients

- 2 fresh green apples, peeled, cored and chopped
- 2 frozen bananas, peeled and sliced
- ½ cup frozen pumpkin puree
- ¼ cup large flake oats
- 2 tablespoons ground chia seeds
- 2 tablespoons hemp seeds
- 2 teaspoons pumpkin pie spice
- ½ teaspoon vanilla extract
- 2 cups unsweetened coconut milk

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## CABBAGE, APPLE & OAT SMOOTHIE

2 Servings

### Ingredients

- 2 cups green cabbage, chopped
- 1 fresh green apple, peeled, cored, and chopped
- 1 fresh banana, peeled and sliced
- 1 fresh lemon wedge
- ½ cup oats
- 2 cups chilled unsweetened almond milk

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.





## ZUCCHINI, CARROT & OATS SMOOTHIE

2 Servings

### Ingredients

- 1 zucchini, peeled and chopped
- 1 carrot, peeled and chopped
- 1 cup fresh spinach
- 4 Medjool dates, pitted and chopped
- 3 tbsp. rolled oats
- 1 tbsp. flax seeds
- ½ cup fat-free plain yogurt
- 1 cup fat-free milk
- ¾ cup ice cubes

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## SPINACH, ALMOND & OATS SMOOTHIE

Servings

### Ingredients

- 3 cups fresh spinach
- 2 frozen bananas, peeled and sliced
- ¾ cup oats
- ¼ cup almonds, chopped
- 2 tbsp. peanut butter
- ¼ tsp. ground cinnamon
- ¼ cup fat-free plain yogurt
- 1½ cups chilled, unsweetened almond milk

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## BEANS & PEAR SMOOTHIE

2 Servings

### Ingredients

- 2 fresh pears, peeled, cored, and chopped
- ½ cup frozen pineapple chunks
- 1 small cucumber, peeled and chopped
- 2 tablespoons fresh parsley, chopped
- 1 teaspoon fresh ginger, chopped
- ¼ cup canned white beans, rinsed and drained
- 1½ cups filtered water
- ½ cup ice cubes

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## BEANS & FRUIT SMOOTHIE

2 Servings

### Ingredients

- 1 papaya, peeled and chopped
- 1 frozen banana, peeled and sliced
- 2 cups romaine lettuce leaves
- 2 tbsp. fresh mint leaves
- ½ cup canned white beans, rinsed and drained
- ¼ cup unsweetened coconut, shredded
- 1½ cups unsweetened coconut milk
- ½ cup ice cubes

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## BEANS, PINEAPPLE & ORANGE SMOOTHIE

2 Servings

### Ingredients

- 1 cup frozen pineapple chunks
- 1 large frozen banana, peeled and sliced
- 2 mandarin oranges, peeled
- 2 cups fresh spinach
- ¼ cup canned white beans, rinsed and drained
- 1½ cups filtered water

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## BEANS & MANGO SMOOTHIE

2 Servings

### Ingredients

- 2 cups frozen mango, peeled, pitted, and chopped
- 1 large frozen banana, peeled and sliced
- 1 cup fresh baby kale
- ¼ cup unsweetened coconut, shredded
- ¼ cup canned white beans, rinsed and drained
- 1 tsp. green tea powder
- 1½ cups filtered water

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## BEANS & BROCCOLI SMOOTHIE

2 Servings

### Ingredients

- 1 cup frozen strawberries
- 1 large frozen banana, peeled and sliced
- ½ cup broccoli florets, chopped
- 1 cup frozen spinach
- 1/3 cup canned chickpeas, rinsed and drained
- 2 tsp. flax meal
- ½ tsp. ground cinnamon
- 1 cup fat-free, plain yogurt
- 1 cup chilled, brewed green tea

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## BEANS & PUMPKIN SMOOTHIE

2 Servings

### Ingredients

- 1 large frozen banana, peeled and sliced
- 2 cups fresh baby kale
- ¾ cup pumpkin purée
- 1/3 cup canned chickpeas, rinsed and drained
- ½ tsp. ground cinnamon
- Pinch of ground nutmeg
- 1½ cups unsweetened almond milk
- ½ cup ice cubes

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## TOFU & SPINACH SMOOTHIE

2 Servings

### Ingredients

- 3 cups fresh spinach
- 2 large frozen bananas, peeled and sliced
- 7 oz. silken tofu
- ½ tsp. almond extract
- 1½ cups unsweetened almond milk
- ½ cup ice cubes

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## TOFU, RASPBERRY & GREENS SMOOTHIE

2 Servings

### Ingredients

- 1 cup frozen raspberries
- 1 large frozen banana, peeled and sliced
- 2 cups fresh salad greens
- ½ cup silken tofu
- 1 tbsp. fresh parsley
- 1½ cups unsweetened almond milk
- ¼ cup ice cubes

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## TOFU & PUMPKIN SMOOTHIE

2 Servings

### Ingredients

- 3 cups fresh spinach
- 2 large frozen bananas, peeled and sliced
- 7 oz. silken tofu
- ½ tsp. almond extract
- 1½ cups unsweetened almond milk
- ½ cup ice cubes

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## PROTEIN, BANANA & KALE SMOOTHIE

2 Servings

### Ingredients

- 2 large frozen bananas, peeled and sliced
- 2 cups fresh kale, trimmed
- 2 tbsp. chia seeds
- 2 tbsp. almond butter
- 1 scoop unsweetened protein powder (Sun Warrior)
- 1½ cups unsweetened almond milk
- ½ cup ice cubes

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## PROTEIN, PAPAYA & GREENS SMOOTHIE

2 Servings

### Ingredients

- 2 cups frozen papaya, peeled and chopped
- 1 large avocado, peeled, pitted, and chopped
- 3-4 Medjool dates, pitted and chopped
- 2 cups fresh beet greens
- 1 scoop unsweetened protein powder (Sun Warrior)
- 1½ cups unsweetened coconut water
- ½ cup ice cubes

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## PROTEIN, AVOCADO & COCONUT SMOOTHIE

2 Servings

### Ingredients

- 1 large avocado, peeled, pitted, and chopped
- 2 frozen bananas, peeled and sliced
- 2 cups fresh baby spinach
- ¼ cup unsweetened coconut, shredded
- 1 scoop unsweetened protein powder (Sun Warrior)
- 2 tbsp. chia seeds
- 2 tsp. Maca powder
- 1½ cups unsweetened almond milk
- ½ cup ice cubes

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## GREEN TEA & STRAWBERRIES SMOOTHIE

2 Servings

### Ingredients

- 2 cups fresh strawberries, hulled and sliced
- 4 Medjool dates, pitted and chopped
- 2 cups fresh baby spinach
- ½ tsp. ground cinnamon
- ½ tsp. chia seeds
- 2 cups chilled, brewed Green Tea

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.



## HERBED, APPLE & GREENS SMOOTHIE

2 Servings

### Ingredients

- 1 small fresh green apple, peeled, cored, and chopped
- 1 frozen banana, peeled and sliced
- ¼ cup fresh kale, trimmed
- ¼ cup fresh Swiss chard
- ¼ cup fresh spinach
- ¼ cup fresh mustard greens
- ¼ cup fresh parsley leaves
- ¼ cup fresh cilantro leaves
- ¼ cup fresh basil leaves
- ½ tbsp. lime juice
- 1½ cups water
- ½ cup ice cubes

### Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 glasses and serve immediately.