

SEVEN DAYS OF SMOOTHIES

SHOPPING LIST

- ◇ Non-Dairy Milk (cashew, almond, coconut, etc)
- ◇ Plant-based vanilla protein powder
- ◇ Hemp seeds
- ◇ Chia seeds
- ◇ Cacao powder
- ◇ Powdered peanut butter
- ◇ Vanilla extract
- ◇ 1 pound of medjool dates
- ◇ 10 bananas
- ◇ 1 bag of spinach
- ◇ 1 head of kale
- ◇ 1 avocado
- ◇ 2 kiwi
- ◇ 1 bag frozen strawberries
- ◇ 1 bag frozen mango
- ◇ 1 bag frozen pineapple
- ◇ 1 bag frozen mixed berries
- ◇ 2 cups fresh orange juice (or approximately 8 large oranges to make your own)

Smoothie Bowl Toppings (optional):

- ◇ Cashew pieces
- ◇ Cacao nibs
- ◇ Granola
- ◇ Fresh berries
- ◇ Cashew, peanut, almond, or sunflower seed butter
- ◇ Shredded coconut

Favorite Products Used/Featured In Seven Days of Smoothies

- ◇ Sunwarrior Vanilla Protein
- ◇ Garden of Life Vanilla Protein
- ◇ LivWell Nutrition Vanilla Protein
- ◇ GlassDharma Glass Straws
- ◇ Go Raw Granola