



Green Smoothie Guide

1 LEAFY GREENS

Choose 1-2 cups,
fresh or frozen



Spinach, kale, Swiss chard, arugula, parsley, cilantro (free to add other veggies like cauliflower, zucchini, carrots, beets or pumpkin)

2 FRUIT

Choose 1-2 cups,
fresh or frozen



Blueberry, strawberry, raspberry, pear, pineapple, banana, apple, mango, cherries, peaches, etc.

3 PROTEIN

Choose 1 serving



Hemp seeds (2-3 Tbsp), plant-based protein powder (½-1 scoop) organic silken tofu (½ cup), white beans or chickpeas (½ cup), unsweetened soy or pea milk (1 cup, counts as liquid too)

4 FAT & FIBER

Choose 1-2
tablespoons



Flax meal, chia seeds, walnuts, avocado, nut butter

5 BOOSTERS

Optional, Choose
¼ - 1 teaspoon



Spirulina, cinnamon, turmeric (+ black pepper), nutmeg, vanilla extract, Medjool date, ginger, cayenne, cacao powder, cacao nibs, mint

6 LIQUID

Choose 1-2 cups



Filtered water, unsweetened plant milk (soy, pea, almond, cashew, oat, rice), unsweetened coconut water, green tea, ice for thickness