



# 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 (1/2-1 scoop) organic silken tofu (1/2 cup), white beans or chickpeas (1/2 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  
1/4 - 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*