

# Blender *Babes* **GREEN** Smoothie CHALLENGE



**FREE**



**DELICIOUS**



**FLEXIBLE**



**[www.BlenderBabes.com](http://www.BlenderBabes.com)**

# GREEN Smoothie CHALLENGE

## BENEFITS of Our Delicious Green Smoothie Challenge:

**Re-set your body by filling nutritional voids and creating new expectations.** You will actually start to crave the magical healing fruits & veggies that you might not be able to finish in the beginning! ALL of the healing, anti-inflammatory micro-nutrients in whole foods is kept when you make green smoothies – unlike traditional juicing, which removes the fiber and a lot of the most nutritious parts of the food – rind, peel, seeds, etc. – to encourage maximum bioavailability for your body to absorb every last little bit of nutrition.

**HEALTHY weight loss and less bloat. Whatever your health goals are, by drinking daily green smoothies you will most likely experience weight loss.**

For those that replaced 1 meal per day with a green smoothie, 90% of participants lost between 5 and 15 pounds. Those that used green smoothies with the goal of adding more fruits & veggies lost up to 5 pounds.

**Make sure that you get several servings of both fruits AND vegetables, every single day,** whether you “eat clean” or not. We know — it’s HARD to completely overhaul your diet. One green smoothie per day is ONE change we know you can commit to! It will make a HUGE difference in your energy levels and overall health. Did you know the average American gets 2 servings of fruits & veggies per day – and that’s counting fresh fries and ketchup! We’re here to make sure that you get 5 to 10 servings per day!

**Promote better digestion and elimination.**

Trust us on this one — you’ll definitely be feeling even better than regular after making green smoothies a daily routine. And don’t worry about spending too much time in the bathroom – unlike a restrictive Green Smoothie Diet, just ONE smoothie a day won’t inspire any hyper-activity in your lower GI.

**Strengthen your skin, hair, and nails.** A vast majority of participants in our cleanses say that this is what they notice first: brighter and clearer skin. Over time, you’ll notice your nails and hair will be thicker and stronger, too! This is just one result of the hydrating and nourishing properties of Green Smoothies.

**Make you happy — for real.**

Everything about Green Smoothies should serve to make you smile. They taste great, satiate, and actually boost your mood by providing your body with easy to

digest, raw, whole foods. We were pleased to find out that a large majority of our Green Smoothie Challenge participants reported a boost in mood AND energy levels within the first couple of days!

**Help you get the most out of your blender – no matter what blender you have.**

By using this machine EVERY DAY, you’re definitely getting the most out of your investment. And learning more about how your blender works will prepare you for more complicated blender recipes and eventually, not using a recipe at all (You’ll be a Blender Babe PRO!). Once you get familiarized with Green Smoothies, you’ll be able to make them with whatever you’ve got in the fridge.

Blender  
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# GREEN Smoothie CHALLENGE

## Frequently Asked QUESTIONS:

### **What is the difference between the Green Smoothie Challenge and The Juice Detox? Are they at the same time? I'm confused!**

In the past, we have combined our 21 Day Green Smoothie Challenge with the Juice Detox, as the GSC is good preparation for the juice detox. For the Green Smoothie Challenge: You will drink 1 green smoothie per day for 21 days in a row. For the Juice Detox: You will prep for 5 days, slowly eliminating certain foods. You will then start your juice detox, which consists of 6 juices created for optimal detoxification. You can do that

cleanse for as long as you like – we recommend three days, but anywhere from 1-5 days will be fine. Once you're done with the Juice Detox days, you will ease back into whole and cooked foods in the same way you eased into the detox, including those green smoothies! For a combined Green Smoothie Challenge and Juice Detox: You will drink 1 green smoothie per day for 5 days with your normal diet. You will then prep for 5 days, continuing to drink green smoothies as well as slowly eliminating certain foods. Then you will drink the 6 Juice Detox Recipes for 1 to 5 days (up to you). You will then ease out for the next 5 days, drinking green smoothies as well as adding whole and cooked foods back into your diet. We have some members who have had one green smoothie a day for over a year, so there are no limits! It is entirely up to you and your goals as to which program you choose to follow or whether you would like to combine the two.

### **What if I can't make a smoothie at work? How much does it make and how long will they keep?**

Just make it in the morning or the night before! They will maintain the nutritional value for at least 24 hours, at which point that will start to slowly dissipate. Typically 1 serving is 2 cups, however many in our green smoothie community drink the full 32 ounces – either all at once or some at first and the rest throughout the day. We like to put them in large mason jars in a small cooler if we're working or on the road (and otherwise just in the fridge!). Green smoothies should definitely keep through an 8 hour work shift as long as they are properly refrigerated. You can also freeze your green smoothie the night before and then let it thaw throughout the next day (if you live in a warm climate).

### **Do I drink for breakfast, lunch or dinner?**

You decide when

drinking a green smoothie is best for you. It also depends on your goals. For maximum weight loss, you will replace one meal per day. You decide whether to drink for breakfast, lunch or dinner. If your goal is more to increase your fruit and vegetable consumption, we recommend having a green smoothie as a snack in between meals.

### **A lot of recipes call for bananas. Should I use yellow, green, frozen, fresh?**

Green bananas can cause indigestion, and brown ones don't taste quite as delicious, so go with a nicely yellow banana with a few spots to make sure that it is ripe enough not to cause any digestion problems. If you want a creamy texture, use sliced, frozen bananas – if temperature isn't such a big deal to you, use fresh bananas! Make sure to buy enough when you go shopping and then freeze extras as they become ripe so you always have them on hand!

**I don't like stevia/agave/honey/whatever. What can I use instead?** There are plenty of alternatives when it comes to sweetening your smoothies and juices. Unrefined whole foods are the best, so we recommend substituting fresh or dried Medjool dates, real grade B 100% maple syrup, raw honey, or coconut sugar. You can also substitute powdered stevia for liquid, if you don't mind the taste – 6 to 9 drops of liquid stevia is about a ¼ teaspoon of the powder.

**I hate "X"!!! Or I'm allergic! What can I use instead?** There are always some ingredients that you may not prefer (or are allergic to!). If you have the ability, you may want to just TRY the recipe as is, to see if the flavor is masked or blended with other, dominant flavors. If you are a die-hard hater or allergic however, try swapping out the ingredient for another. For example there are those that don't like or are

allergic to banana – we recommend swapping out banana for mango to achieve a similar flavor and texture. You could also just make one of the other green smoothie recipes that you did like again!

**Can I use frozen fruits and vegetables?!** Yes, absolutely use frozen fruits and vegetables! They can offer a nice texture change, and you can use less ice, which can slightly water-down the flavor. Also, there are recent studies that state frozen foods lose even less nutritional value than fresh ones since they are flash frozen right after picking instead of being transported fresh. Don't hesitate to use frozen (organic if you can!) fruits and veggies to save some money, too!

**Which smoothies are good for arthritis/fibromyalgia/diabetes?** Please keep in mind that no one at Blender Babes is a medical doctor. While most of these

recipes are especially healthy, anti-inflammatory, and MUCH healthier than your average smoothie recipe, we recommend that you discuss health and diet goals with a nutritionist or dietitian and your healthcare provider. Sometimes the comments on individual recipes will contain other people's individual experiences with those smoothies that can also be helpful. While green smoothies are VERY LIKELY to result in positive overall health benefits and we have people tell us wonderful stories all the time, these claims have not been tested in any formal studies. We encourage you to do your own research and share your results with us!

**HAPPY BLENDING!**

Blender  
*Babes*

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# HOW TO MAKE GREEN SMOOTHIES WITH A REGULAR BLENDER

Blender Babes recommends that you upgrade to one of two of the best high powered blenders on the market, however if upgrading is not likely right now, then follow this advice to help make smoother green smoothies when using a basic blender.

**1.** Always add the liquid first! Filtered water, coconut water, your favorite milk substitutes, organic milk, or juice are the top choices Blender Babes recommends. By adding liquids first, your blender can better produce a “vortex” that will pull fruit and leafy greens into the blades and more easily blend your smoothie ingredients. For leafy greens & veggies, or lots of frozen fruit – start with at least 12 to 16 ounces of liquid.

**2.** Chop & dice your fruit and vegetables first with a sharp knife, including shredding the greens. The less powerful your blender is, the finer you will need to chop your ingredients (a MINIMUM of 1 inch pieces, preferably smaller if your blender is around 300 watts).

- Note that with a Blendtec or Vitamix blender, it's mostly unnecessary to chop things up and saves you A TON of time.

**3.** Add fruit next (fresh only. Frozen goes last with ice). When you make a green smoothie, make sure to add the fruit before the greens. (Also if you plan to use yogurt, add it after the fruit and before the greens.)

**4.** Make use of the pulse button if there is one before starting to blend. The pulse feature further chops/ breaks up the ingredients which will help to get things going. It may also help dislodge pieces of fruit that may get stuck in the blades.

**5.** Using different blending speeds more easily blends the fruit and greens in a green smoothie. After pulsing, start blending on low, then increase to high after 20 to 30 seconds. If you still find you need to push ingredients down or around, make sure to stop the machine first and then again start from low to high. NOW add your greens in small batches, then add ice and follow the low to high instructions. Adding extra liquid is also recommended if your blender is still having a hard time with your green smoothie.



# WEEK 1 SHOPPING LIST

LIQUIDS	FRUITS	GREENS/VEGGIES	EXTRAS
filtered water OR	bananas (4)	spinach (8 cups)	raw cashews
coconut water	pineapple (2 cups)	romaine (1 head)	medjool dates (4)
milk alternative	strawberries (4)	kale (1 cup)	raw cacao
acai juice (10 oz)	blueberries (3 cups)	celery (3 stalks)	coconut flakes
yogurt (8 oz)	red grapes (2 cups)	red cabbage (1 cup)	vanilla protein powder
	lemon (1)		chia seeds
	pear (1)		flax oil
	apple (1)		maca powder
			spirulina powder
			flaxseed





## **Red Grape Heart Healthy Green Smoothie**

A great morning smoothie filled with natural energy and great taste.

Serving Size: 4 cups (32 oz)

### **Ingredients**

2 cups red seeded grapes (organic)  
4 cups baby spinach (organic)  
2 bananas  
2 tablespoons chia seeds (optional)  
2 cups ice

### **Instructions**

1. Place ingredients in the jar in the order listed.
2. Blend until Smooth. Enjoy!





## Pineapple Ice Cream Green Smoothie

**Recipe by: Healthy Blender Recipes**

This smoothie is so mouth watering and it tastes just like pineapple ice cream!

**Serving Size:** 4 cups (32 oz)

### **Ingredients**

- 1 cup (8 oz) coconut water, milk, or filtered water
- 1/2 to 1 cup kale leaves (2 to 3 large leaves)
- 2 cups ripe pineapple, fresh or frozen
- 1 bananas – fresh or frozen
- 1/8 cup raw cashews (or hazelnuts)
- 2 pitted dates (or more depending on fruit ripeness)
- 1/8 cup dried unsweetened coconut (optional)
- 1/4 cup vanilla protein powder (optional)
- Pinch of (Celtic) salt
- 1 cup ice (if using fresh fruit)

### **Instructions**

1. Place ingredients in the jar in the order listed.
2. Blend until Smooth. Enjoy!



## **Dr. Oz Detox Favorite Green Smoothie**

**Recipe by: Dr. Oz**

Replenish your body by packing in 5 essential greens.

**Serving Size:** 3.5 cups (28 oz)

### **Ingredients**

- 1 cup almond milk or your favorite milk substitute
- 3 cups spinach
- 1 cup fresh or frozen blueberries (you could substitute raspberries, blackberries, mangoes, or papaya)
- 1 tablespoon flax oil
- 1 tablespoon maca powder (optional)
- 1 tablespoon spirulina or E3live (optional)
- 2 heaping tablespoons plant-based protein powder
- 2 dates or a few drops of Stevia to taste
- 1 cup ice

### **Instructions**

1. Place ingredients in the jar in the order listed.
2. Blend until Smooth. Enjoy!



## ACAI and Red Cabbage Cancer Fighting Smoothie

This cancer fighting, super nutritious smoothie is perfect for breakfast.

Serving Size: 3.5 cups (28 oz)

### Ingredients

- 6 ounces acai juice
- 1 container of berry yogurt (non fat) or vegan coconut yogurt
- 1/2 cup red cabbage
- 1 banana
- 4 strawberries
- 1 cup ice

### Instructions

1. Place ingredients in the jar in the order listed.
2. Blend until Smooth. Enjoy!



## **Dr. Fuhrman Chocolate Green Smoothie**

**Recipe by: Dr. Fuhrman**

This makes a seriously yummy green smoothie.

Serving Size: 4 cups (32 oz)

### **Ingredients**

- 1/2 cup your favorite milk substitute
- 1/2 cup 100% acai or pomegranate juice (or more milk)
- 5 ounces baby spinach, organic (about 4 cups packed)
- 1 banana, medium size and peeled
- 1 tablespoon cacao powder, raw
- 1 tablespoon flaxseed
- 2 cups blueberries, frozen
- 1 cup ice (if using all fresh fruit)

### **Instructions**

1. Place ingredients in the jar in the order listed.
2. Blend until Smooth. Enjoy!





## **Kimberly Snyder's Glowing Green Smoothie**

**Recipe by: Kimberly Snyder**

Favorite go-to green smoothie recipe of all time.

Serving Size: 5 cups (40 oz)

### **Ingredients**

12 to 16 oz filtered water  
1 head romaine lettuce  
1 cup spinach  
3 celery stalks  
1 apple (cored)  
1 pear (cored)  
1 banana  
Juice 1/2 lemon  
1 cup ice

### **Instructions**

1. Place ingredients in the jar in the order listed.
2. Blend until Smooth. Enjoy!

**CONGRATULATIONS THIS IS YOUR REST DAY!**  
**ENJOY YOUR FAVORITE SMOOTHIE FROM THE PAST 6 DAYS**





# WEEK 2 SHOPPING LIST

GREEN  
Smoothie  
CHALLENGE

LIQUIDS	FRUITS	GREENS/VEGGIES	EXTRAS
filtered water OR	bananas (3)	spinach (5-7 cups)	ginger
coconut water	pineapple (2-3 cups)	kale (4-6 cups)	cinnamon
milk alternative	limes (~8)	celery (1 stalk)	liquid stevia
yogurt (1/2 cup)	blueberries (1-2 cups)	cucumber (1/2)	vanilla
	orange (1)	parsley (1/2 cup)	medjool dates
	lemon (1)	mint (1/2 cup)	nut butter
	mango (1-2 cups)	carrot (1)	
	apple (2)		
	avocado (1)		



## Wendy's Super Green Avocado

**Recipe by: Wen In Roam**

Avocado provides lots of beautifying healthy fats.

Serving Size: 4 cups (32 oz)

### Ingredients

- 1 cup (8 ounces) of your favorite milk substitute (sweetened or non-sweetened)
- 2 cups spinach
- 1/2 avocado
- 1 green apple, cored & halved
- 1 cup fresh or frozen mango and/or pineapple
- 1/2 teaspoon ginger (optional)
- 2 cups ice (less if using frozen fruit)

### Instructions

1. Place ingredients in the jar in the order listed.
2. Blend until Smooth. Enjoy!



## **Blueberry Glow Green Smoothie**

Favorite go-to green smoothie recipe of all time.

**Serving Size:** 4 cups (32 oz)

### **Ingredients**

- 1 cup (8 oz) coconut water or coconut milk or other milk substitute (unsweetened)
- 2 cups kale or spinach
- 1 1/2 cups fresh or frozen blueberries
- 1 fresh or frozen banana
- 1/8 teaspoon cinnamon
- 2 to 5 drops of Stevia (or other sweetener)
- 1 cup ice (if using fresh fruit)

### **Instructions**

1. Place ingredients in the jar in the order listed.
2. Blend until Smooth. Enjoy!



## Coconut Mango and Lime Green Smoothie

An enjoyable way to consume a LOT of kale!

**Serving Size:** 4 cups (32 oz)

### Ingredients

8 oz of unsweetened coconut milk or your favorite milk substitute

1 mango, peeled and pitted

1/2 lime, peeled

1 frozen banana

1 cup pineapple

3 cups kale

3 to 5 drops of Stevia (or other sweetener)

1 cup ice (if using fresh banana)

### Instructions

1. Place ingredients in the jar in the order listed.
2. Blend until Smooth. Enjoy!

## WHY IT'S IMPORTANT TO **ROTATE YOUR GREENS**

Leafy green veggies contain small quantities of alkaloids as well as other phytotoxins like oxalates, goitrogens, arsenic, and opium as a way to “warn” the unwelcome grazers in the fields to move on to another plant family before eating it all up. By eating the same type of green all the time, these alkaloids can build up and become toxic to your body.

The simple solution: **ROTATE YOUR GREENS!** Throughout the week, make sure to use a variety of leafy greens in your green

smoothies- such as kale, spinach, romaine, herbs and carrot tops. Try not to sweat rotating your greens too much.

How often should you rotate your greens? There are a number of leafy greens families. The leafy greens in each family have similar “DNA,” each including their own minor level of toxins. By rotating family types of leafy greens you’re not only preventing a toxic build-up, you are also feeding your body a variety of nutrients that you’d otherwise be

missing out on! You can rotate your greens however it’s convenient. Some people use a different type of green each day, while others put a variety of greens in each green smoothie. We recommend a minimum of 2 types of greens from different families rotated throughout the week. The following week rotate to 2 other types of greens from a different family than the previous week.

Some of our favorite greens, separated by family type.





## **Vegan Vanilla Lime Green Smoothie**

Green, probiotic, and delicious!

**Serving Size:** 2.5 cups (20 oz)

### **Ingredients**

- 1/2 cup your favorite milk substitute
- 1/2 cup unsweetened plain soy/coconut yogurt (or regular for non vegan)
- 1 cup kale leaves, packed
- 1 teaspoon vanilla
- 2 dates, pitted
- 2 tablespoons fresh lime juice
- 1 banana, best frozen
- 1/2 to 1 cup ice

### **Instructions**

1. Place ingredients in the jar in the order listed.
2. Blend until Smooth. Enjoy!





## **Dr. Oz NEW Green Smoothie**

**Recipe by: Dr. Oz**

We love the combination of pineapple and apple.

**Serving Size:** 5.5 cups (44 oz)

### **Ingredients**

1 1/2 cups (12 oz) filtered water or coconut water	1/2 cup carrot (1 small carrot)
1 cups spinach	1 apple, cored
1/2 cucumber	1/2 cup pineapple
1 celery stalk	1/4 cup orange
1/2 cup parsley	1/4 lime
1/2 cup mint	1/4 lemon
	1 cup ice

### **Instructions**

1. Place ingredients in the jar in the order listed.
2. Blend until Smooth. Enjoy!



## Key Lime Pie Green Smoothie

**Recipe by: Healthful Pursuit**

Dessert-like key lime pie green smoothie.

Serving Size: 2 7/8 cups (23 oz)

### Ingredients

- 2 tablespoons key lime juice (about 4 limes)
- 1 teaspoon key lime zest (about 2 limes)
- 1 cup unsweetened non-dairy milk
- 1 ripe frozen banana
- 1/4 teaspoon alcohol-free vanilla extract
- 2 drops liquid Stevia or 1 tablespoon ground xylitol or 1 pitted medjool date
- 1 tablespoon sunflower butter (nut free) OR peanut butter
- 2 cups organic baby spinach
- 4 ice cubes
- Gluten-free graham cracker pieces (optional for garnish)

### Instructions

1. Place all ingredients except for gluten-free graham crackers in the order listed to your jar.
2. Blend until Smooth.
3. Garnish with gluten-free graham crackers & Enjoy!

**CONGRATULATIONS THIS IS YOUR REST DAY!**  
**ENJOY YOUR FAVORITE SMOOTHIE FROM THE PAST 6 DAYS**



# WEEK 3 SHOPPING LIST

LIQUIDS	FRUITS	GREENS/VEGGIES	EXTRAS
filtered water OR	bananas (6)	spinach (3-4 cups)	coconut oil
coconut water	orange (1)	kale (2 cups)	ginger
milk alternative	cherries (1 cup)	parsley (1/2 cup)	honey
yogurt (1 1/2 cups)			vanilla
			protein powder
			raw cacao
			medjool dates (2)
			mint essential oil OR extract
			stevia
			pistachios or cashews or hazelnuts (1/2 cup)



## **Pistachio Ice Cream Kale Shake**

**Recipe Adapted from Healthy Blender Recipes**

JUST like a milkshake!

Serving Size: 2.5 cups (20 oz)

### **Ingredients**

- 1/2 cup (4 oz) of milk substitute or filtered water
- 1 cup kale leaves (about 3 large leaves)
- 2 bananas – fresh or frozen
- 1/2 cup pistachios, hazelnuts, or raw cashews
- 3 tablespoons honey or 1/4 cup raw pitted dates (chopped)
- 1 teaspoon vanilla extract
- 1/2 teaspoon finely minced ginger
- Pinch of salt
- 2 cups ice (1 cup of ice if using frozen bananas)

### **Instructions**

1. Place ingredients in the jar in the order listed.
2. Blend until Smooth. Enjoy!



## **Dr. Oz Berries and Greens Smoothie**

**Recipe by: Dr. Oz**

Easy Berries & Greens Breakfast Smoothie.

Serving Size: 4 cups (32 oz)

### **Ingredients**

- 2 cups coconut milk (or other non dairy milk/substitute)
- 1 cup fresh or frozen berries (blueberries, raspberries, etc.)
- 1 to 2 cups of spinach
- 1 tablespoon coconut oil
- 2 tablespoons plant-based protein powder
- 2 cups ice (less if using frozen fruit)

### **Instructions**

1. Place ingredients in the jar in the order listed.
2. Blend until Smooth. Enjoy!





## Orange and Banana Green Smoothie

**Recipe by: Wishful Chef & Blender Babes**

Delightfully versatile orange and banana green smoothie.

Serving Size: 4 cups (32 oz)

### Ingredients

- 1 cup water
- 1/2 cup curly parsley
- 1 whole orange, peeled and halved
- 1 banana, fresh or frozen
- 1 scoop vanilla protein powder or sport protein (optional)
- 1 cup Greek yogurt (optional)
- 1 cup ice

### Instructions

1. Place ingredients in the jar in the order listed.
2. Blend until Smooth. Enjoy!



## **Vegan Cake Batter Green Protein Smoothie**

Protein-packed, vibrant, and super kid-friendly!

**Serving Size:** 2.5 cups (20 oz)

### **Ingredients**

- 1/2 cup coconut water
- 3/4 cup vegan yogurt OR unsweetened plain yogurt (non vegan version)
- 2 cups spinach
- 1 scoop of VegaOne vanilla chai OR vanilla plant-based protein (with 1 teaspoon homemade chai\*)
- 1-2 tablespoons chia seeds
- 1 banana (fresh or frozen)
- 1 cup ice (1/2 cup if using frozen banana)

### **Instructions**

1. Place ingredients in the jar in the order listed.
2. Blend until Smooth. Enjoy

(\*see notes)



## Bobbi Brown's Chocolate Coconut Kale Shake

**Recipe by: Bobbi Brown & Blender Babes**

A chocolate green smoothie that is truly rich, decadent, and delicious.

Serving Size: 3.5 cups (28 oz)

### Ingredients

- 1 cup coconut milk or your favorite milk substitute
- 2 tablespoons raw cacao
- 2 scoops chocolate, plant-based protein powder\*
- 2 dates, pitted
- 1 frozen banana
- 1 cup fresh or frozen cherries
- 1 cup kale
- 1/2 cup ice

### Instructions

1. Place ingredients in the jar in the order listed.
2. Blend until Smooth. Enjoy!

\*If you don't have chocolate protein powder, feel free to use vanilla and add an additional 1 tablespoon of cacao if you desire the deep chocolate flavor!



## **Slimmed Down Shamrock Shake**

McCafe Shamrock Shake, but HEALTHIER.

**Serving Size:** 2 cups (16 oz)

### **Ingredients**

- 1/2 cup milk substitute (unsweetened or vanilla)
- 1 frozen banana, sliced
- 2 drops mint essential oil OR 1/4 teaspoon mint extract OR 1/2 cup fresh mint leaves
- 1 teaspoon vanilla extract (if using plain milk and/or protein powder)
- 1/2 teaspoon Stevia powder (1 packet) or a few drops of liquid Stevia
- 1 cup spinach
- 1 scoop VegaOne Vanilla Protein Powder
- 1 cup ice\*
- Whipped cream (optional, to garnish)

### **Instructions**

1. Place ingredients in the jar in the order listed.
2. Blend until Smooth. Enjoy!

\*For an even creamier texture and an additional 100 calories, sub the ice for another frozen banana.



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# GREEN Smoothie CHALLENGE

## NUTRITIONAL INFORMATION

### PER SERVING

<b>1</b>		Calories: 214 Carbohydrates: 53g Fiber: 6g	Fat: 4.8g Sugar: 28.7g Protein: 3g	<b>7</b>		Calories: 172 Carbohydrates: 20.2g Fiber: 3.9g	Fat: 7.3g Sugar: 12.6g Protein: 2.6g	<b>13</b>		Calories: 342 Carbohydrates: 52g Fiber: 8g	Fat: 13g Sugar: 31g Protein: 8g
<b>2</b>		Calories: 245 Carbohydrates: 53.4g Fiber: 5.2g	Fat: 4.2g Sugar: 36.4g Protein: 3.5g	<b>8</b>		Calories: 171.6 Carbohydrates: 41g Fiber: 7.2g	Fat: .7g Sugar: 24.8g Protein: 3.9g	<b>14</b>		Calories: 232.55 Carbohydrates: 22g Fiber: 5.2g	Fat: 13.4g Sugar: 13.2g Protein: 7.2g
<b>3</b>		Calories: 440 Carbohydrates: 26g Fiber: 6g	Fat: 36.5g Sugar: 17.4g Protein: 9.9g	<b>9</b>		Calories: 474 Carbohydrates: 60.3g Fiber: 9.4g	Fat: 27.4g Sugar: 34.4g Protein: 7.1g	<b>15</b>		Calories: 209 Carbohydrates: 30.9g Fiber: 6.5g	Fat: 1.8g Sugar: 12.4g Protein: 19.1g
<b>4</b>		Calories: 167.5 Carbohydrates: 37.3g Fiber: 3g	Fat: 1.3g Sugar: 24.7g Protein: 3.8g	<b>10</b>		Calories: 313.7 Carbohydrates: 66.8g Fiber: 6.9g	Fat: 3.9g Sugar: 38.3g Protein: 7.3g	<b>16</b>		Calories: 526 Carbohydrates: 71.1g Fiber: 20.4g	Fat: 15.5g Sugar: 36.2g Protein: 34.1g
<b>5</b>		Calories: 235.6 Carbohydrates: 50.7g Fiber: 8.6g	Fat: 2.8g Sugar: 31.7g Protein: 5g	<b>11</b>		Calories: 105.9 Carbohydrates: 28.2g Fiber: 5.4g	Fat: .6g Sugar: 16.9g Protein: 19.67g	<b>17</b>		Calories: 126 Carbohydrates: 22g Fiber: 3g	Fat: 4g Sugar: 14.8g Protein: 4g
<b>6</b>		Calories: 218.6 Carbohydrates: 52.4g Fiber: 13.5g	Fat: 2.1g Sugar: 29g Protein: 6.3g	<b>12</b>		Calories: 293 Carbohydrates: 51g Fiber: 6.4g	Fat: 11.3g Sugar: 15.4g Protein: 7.4g	<b>18</b>		Calories: 282 Carbohydrates: 40g Fiber: 9.7g	Fat: 5.3g Sugar: 17g Protein: 17.6g



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