



Smoothie Week Shopping List

Veggies & Greens

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|--------------------------|---|
| ☐ | Spinach - 16 oz bag/carton OR 2 Bunches |
| ☐ | Kale - 10 oz bag/carton OR 1 Bunch |
| ☐ | Mint - 1 bunch |
| ☐ | Basil - 1 bunch |
| ☐ | Beets - 1 bunch |
| ☐ | Carrot - 2 |
| ☐ | Avocado - 1 |

Fruit

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|--------------------------|-------------|
| ☐ | Bananas - 5 |
| ☐ | Pear - 1 |
| ☐ | Apple - 1 |
| ☐ | Kiwis - 2 |
| ☐ | Orange - 1 |

Frozen Options

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|--------------------------|---|
| ☐ | Strawberries - 1 carton OR 10 oz frozen bag |
| ☐ | Mangos - 2 Mangos OR 10 oz frozen bag |
| ☐ | Pineapple - 1 Pineapple OR 10 oz frozen bag |
| ☐ | Blueberries - 1 carton OR 10 oz frozen bag |

Luquids

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|--------------------------|------------------------------|
| ☐ | Coconut Water - 1 Liter |
| ☐ | None Dairy Milk - 1/2 gallon |

Dry

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|--------------------------|------------------------------|
| ☐ | Unsweetened Shredded Coconut |
| ☐ | Chia Seeds |
| ☐ | Hemp Hearts |
| ☐ | Cinnamon |

Other

An option to add other ingredients you might like
