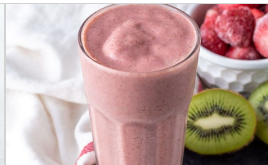




	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	Dragon Fruit & Kiwi Smoothie	Fruity Kiwi Smoothie	Strawberry Kiwi Tropical Smoothie	Kiwi Green Smoothie	Green Apple Cinnamon Smoothie	Strawberry Blueberry Smoothie	Blueberry Coconut Smoothie
Snack 1							
	Strawberry Cranberry Smoothie	Orange Matcha Smoothie	Strawberry Pineapple Smoothie				

Fruits

- ☐ 1 Apple
- ☐ 1 Banana
- ☐ 6 1/2 Kiwi
- ☐ 1/2 Lime
- ☐ 1 Navel Orange
- ☐ 1 1/4 cups Pineapple
- ☐ 2 cups Strawberries

Breakfast

- ☐ 1 tsp Green Tea Powder
- ☐ 1 tsp Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/4 cup Chia Seeds
- ☐ 1/2 tsp Cinnamon
- ☐ 1 tbsp Ground Flax Seed

Frozen

- ☐ 113 grams Dragon Fruit
- ☐ 3/4 cup Frozen Banana
- ☐ 1 1/2 cups Frozen Blueberries
- ☐ 1/2 cup Frozen Cranberries
- ☐ 1 cup Frozen Pineapple
- ☐ 1 1/2 cups Frozen Strawberries
- ☐ 13 Ice Cubes

Vegetables

- ☐ 4 1/2 cups Baby Spinach
- ☐ 1 cup Kale Leaves
- ☐ 1/2 Zucchini

Cold

- ☐ 1/2 cup Orange Juice
- ☐ 3 cups Plain Coconut Milk
- ☐ 1/4 cup Plain Greek Yogurt
- ☐ 4 1/2 cups Unsweetened Almond Milk
- ☐ 3/4 cup Unsweetened Coconut Yogurt

Other

- ☐ 1 cup Coconut Water
- ☐ 19 grams Collagen Powder
- ☐ 1/3 cup Protein Powder
- ☐ 1 1/3 cups Vanilla Protein Powder
- ☐ 2 1/2 cups Water



Dragon Fruit & Kiwi Smoothie

1 serving

5 minutes

Ingredients

1 cup Plain Coconut Milk (unsweetened from the carton)
113 grams Dragon Fruit (red, cubed, fresh or frozen)
1/2 Kiwi
1/2 Lime (juiced)
1 tsp Maple Syrup
19 grams Collagen Powder
5 Ice Cubes

Directions

1

Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

No Coconut Milk: Use cow's milk or any other alternative milk.

Additional Toppings: Add chia seeds or hemp seeds before blending.

Make it Vegan: Omit collagen powder and use plant-based protein powder.

No Red Dragon Fruit: Use a white flesh dragon fruit or strawberries.

Dragon Fruit Size: Four ounces or 113 grams of dragon fruit is equal to approximately 1/2 of a small dragon fruit.



Fruity Kiwi Smoothie

2 servings

5 minutes

Ingredients

- 1 Kiwi
- 1 cup Pineapple (fresh or frozen)
- 1 cup Kale Leaves
- 1/2 cup Unsweetened Coconut Yogurt
- 1/2 cup Orange Juice (freshly squeezed)
- 1/2 cup Water
- 4 Ice Cubes

Directions

1

Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately one cup.

More Protein: Add protein powder, collagen powder, hemp seeds, or chia seeds.



Strawberry Kiwi Tropical Smoothie

1 serving

5 minutes

Ingredients

- 1 1/4 cups Unsweetened Almond Milk
- 1 cup Frozen Strawberries
- 1 Kiwi (peeled, chopped)
- 1/4 cup Pineapple (fresh or frozen)
- 1/2 Zucchini (chopped)
- 1 tbsp Chia Seeds
- 2 tbsps Vanilla Protein Powder

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Nut-Free: Use hemp milk, rice milk, oat milk or water instead of almond milk.

No Chia Seeds: Use ground flax seeds instead.

No Zucchini: Use frozen cauliflower, spinach or kale instead.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Kiwi Green Smoothie

2 servings

5 minutes

Ingredients

- 2 Kiwi (small, peeled)
- 1 Banana (frozen)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 2 1/2 cups Baby Spinach
- 2 cups Water
- 4 Ice Cubes

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds: Use flax seed instead.

No Protein Powder: Use hemp seeds instead.



Green Apple Cinnamon Smoothie

1 serving

10 minutes

Ingredients

1 Apple (peeled, cored and chopped)
2 Kiwi (peeled and sliced)
1 tbsp Ground Flax Seed
1/2 tsp Cinnamon
1 cup Unsweetened Almond Milk
2 cups Baby Spinach

Directions

1

Place apple, kiwi, ground flax, cinnamon and almond milk in a blender and blend well. Then add in baby spinach and blend again. Pour and enjoy!



Strawberry Blueberry Smoothie

1 serving

5 minutes

Ingredients

1/2 cup Frozen Blueberries (wild)
1/2 cup Strawberries (stems removed)
1 1/4 cups Unsweetened Almond Milk
1 tbsp Chia Seeds
1/4 cup Vanilla Protein Powder

Directions

1

Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

No Almond Milk: Use another plant-based milk such as coconut, cashew, or oat.

No Fresh Strawberries: Use frozen instead.

Protein Powder: This recipe was tested using plant-based vanilla protein powder.



Blueberry Coconut Smoothie

1 serving

5 minutes

Ingredients

1 cup Coconut Water
1 cup Frozen Blueberries
1/4 cup Frozen Banana
1/4 cup Plain Greek Yogurt
1/4 cup Vanilla Protein Powder

Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to approximately 1 1/3 cup.

Make it Vegan: Use coconut or cashew yogurt instead.

More Fiber: Add a combination of chia seeds, hemp seeds, and baby spinach before blending.



Strawberry Cranberry Smoothie

1 serving

5 minutes

Ingredients

1 cup Plain Coconut Milk (from the carton)
1/3 cup Unsweetened Coconut Yogurt
1/2 cup Frozen Strawberries
1/2 cup Frozen Cranberries

Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to approximately 1 1/3 cup.

No Coconut Milk: Use any other alternative milk.

More Protein: Add a scoop of vanilla or unflavored protein powder.

More Fiber: Add a combination of chia seeds, nut butter, and baby spinach before blending.



Orange Matcha Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Plain Coconut Milk (from the carton)
- 1 Navel Orange (peeled)
- 1/2 cup Frozen Banana
- 1/4 cup Vanilla Protein Powder
- 1 tsp Green Tea Powder

Directions

1

Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to approximately 1 1/2 cups.

No Coconut Milk: Use cow's milk or any other alternative milk.

Additional Toppings: Add spinach or kale before blending.



Strawberry Pineapple Smoothie

2 servings

5 minutes

Ingredients

1 cup Unsweetened Almond Milk
1 1/2 cups Strawberries (chopped)
1 cup Frozen Pineapple
1/3 cup Protein Powder

Directions

1

Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to approximately 1 1/2 cups.

More Flavor: Swap almond milk for orange juice.