

Green Smoothie Cheat Sheet

Greens – 2 Cups Your Choice:

- Spinach
- Kale
- Swiss Chard
- Beet Greens
- Romaine Lettuce
- Collard Greens
- Dandelion Greens



Fruits – 2 Cups Your Choice:

- Berries
- Pineapple
- Mango
- Goji Berries
- Kiwi
- Citrus Fruits
- Banana
- Avocado
- Cherries
- Grapes
- Apple
- Watermelon



Vegetables – 1 Cup Your Choice:

- Carrots
- Celery
- Beets
- Cucumber
- Pumpkin
- Zucchini



Herbs – 1 Teaspoon Your Choice:

- Mint
- Ginger
- Turmeric
- Cinnamon
- Basil
- Cilantro



Super Foods– 1 Tablespoon Your Choice: (Optional)

- Chia Seeds
- Maca Powder
- Hemp Seeds or Oil
- Flax Seeds or Oil
- Aloe Juice
- Spirulina



Liquid – 2-3 Cups for Desired Consistency

- Almond Milk
- Coconut Milk
- Water
- Coconut Water
- Fresh Juice



Optional – 2 Drops Citrus Essential Oil (Removes Bite From Greens)