

SMOOTHIE MAKING MADE EASY

Here is a guide to help you create your own unique and healthy Green Dream Smoothie! Don't forget there are recipes in the Tool Kit also! So start wherever you're comfortable, either using our recipes or get after it yourself. There's really no 'RULES'...throw some stuff together and enjoy.


Reminder: watch your mix-ins as most will have calories which can easily add up.

We want you to get your greens in but not by adding a ton of unnecessary calories!

BUILD YOUR PERFECT SMOOTHIE!

STEP	CHOOSE YOUR..	HOW MUCH	SUGGESTIONS
1	Base/liquid	1-1 1/2 cups	<ul style="list-style-type: none"> • Water • Nut or seed milk • Coconut Water • Coffee/Cold brew/tea • Any 0 Calorie liquid
2	Greens	2 handfuls	<ul style="list-style-type: none"> • Spinach • Kale • Collards • Swiss Chard • Beet greens • Cilantro • Mint • Basil • Celery • Greens Powder
3	Healthy Fat	1-2 Tbls	<ul style="list-style-type: none"> • Nut butter • Seed butter • Flax oil • Coconut oil • Chia seed • Avocado
4	Fruit	1 handful	<ul style="list-style-type: none"> • Berries • Plums • Mangos • Banana • Kiwi • Pears
5	Make it SUPER! (superfood add-in)	1-2 tsp	<ul style="list-style-type: none"> • Chia seeds • Hemp seeds • Flax • Maca root • Cinnamon • Tumeric • Raw Cacao • Spirulina • Wheatgrass
6	Making it a meal? Add in some protein!	1+ scoops	<ul style="list-style-type: none"> • Whey • Egg • Pea • Collagen Powder • Hemp • Brown Rice • Other Vegan
7	Need it sweeter?	1-2 tsp	<ul style="list-style-type: none"> • Stevia • Honey/Agave • Maple Syrup

Follow the complete in 3 rule



If replacing a meal, add protein to make it a complete balance of protein, fiber and fat. Try adding in a low calorie/lean protein powder. You don't need a high calorie protein powder when you have all the other fresh ingredients!

If having with a meal that includes protein (ie eggs in morning), keep it simple & skip the powder.

This chart is a guide. You of course do not always need to add a fat, or fruit. Be creative and find what works for you.