



Green Smoothies Protein Packer

By having this smoothie, you are automatically increasing your fruit / veg intake by 33% !!

Great for the internal organs and for cleansing the liver and kidneys. Good functioning organs will show in the skin enhancing hydration, clarity and vibrance.

Adding in the nut butter / date / yogurt will give an energy boost

Pineapple / Mango / Berries / Kiwi great for giving sweetness!

OPTION 1

- Handful kale
- 1 banana
- 1 tbsp flaxseed / hemp seed / sunflower seeds / pumpkin seed or mixed seed
- Fresh Pineapple 1 thick round cut into chunks
- 1/4 cucumber
- 1 stick celery
- 100ml almond milk (any other milk) or coconut water
- Green super powder blend 1 tsp (available in health aisle) / MACA Powder / Cacao Powder
- Add a little water if needed
- Optional Extras: Natural Yogurt or 1 tbsp nut butter or 2 dates



OPTION 2

- Handful baby spinach
- Half ripe avocado
- 1 tbsp flaxseed / hemp seed / sunflower seeds / pumpkin seed or mixed seed
- ¼ cucumber
- 1 stick celery
- 100ml almond milk / any nut milk / rice milk / coconut water
- Green super powder blend 1 tsp (available in health aisle) / MACA Powder / Cacao Powder
- Add a little water if needed
- Optional Extras: Natural Yogurt or 1 tbsp nut butter or 2 dates

OPTION 3

- Handful baby spinach or kale
- 1 scoop whey protein (vanilla or strawberry great for sweetness)
- 1 tbsp flaxseed / hemp seed / sunflower seeds / pumpkin seed or mixed seed
- ¼ cucumber
- 1 stick celery
- 100ml almond milk / any nut milk / rice milk / coconut water
- Green super powder blend 1 tsp (available in health aisle) / MACA Powder / Cacao Powder
- Add a little water if needed
- Optional Extras: Natural Yogurt or 1 tbsp nut butter or 2 dates