

# THE ULTIMATE GREEN SMOOTHIE GUIDE

STEP  
**1**

PICK A BASE



8oz  
WATER



8oz  
COCONUT WATER



8oz  
ALMOND MILK

STEP  
**2**

PICK 1 OR 2 LEAFY GREENS



2-3 HANDFULS  
SPINACH



2-3 HANDFULS  
ROMAINE



2-3 HANDFULS  
KALE



2-3 HANDFULS  
COLLARDS

STEP  
**3**

PICK 1 OR 2 FRUITS FOR SWEETNESS



1 MEDIUM  
APPLE



1 RIPE  
BANANA



1 MEDIUM  
ORANGE



1 CUP  
PINEAPPLE



1 CUP  
BERRIES

STEP  
**4**

ADD FOR FLAVOR & DETOX (OPTIONAL)



1 HANDFUL  
PARSLEY



1/2-1 INCH  
GINGER



1/2 LEMON  
JUICED



1/2 LIME  
JUICE



2-3 MINT  
LEAVES

STEP  
**5**

ADD A BOOST OF ENERGY (OPTIONAL)



RAW  
CACAO



RAW  
MACA



MATCHA  
GREEN TEA



BEE  
POLLEN



GREENS  
POWDER

\*CHOOSE ORGANIC WHENEVER POSSIBLE



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# Smoothie Reference Guide

**Sebastian Brünink**



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