HAPPY GUT®

7-Day Detox SMOOTHIES



DAY 1

Breakfast Smoothie

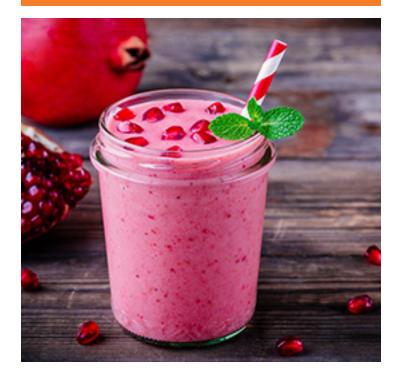
Pomegranite and **Pecan Smoothie**

Ingredients:

1 cup spinach ½ cup frozen pomegranite seeds 1 tbs pecan butter ½ cup almond milk 1 scoop Cleanse Shake



Combine ingredients in a blender and blend well until smooth or desired consistency.





Dinner Smoothie

Sweet Potato Pie Smoothie

Ingredients:

1/2 sweet potato ½ medium green banana, sliced & frozen ½ cup almond milk

A few ice cubes 1 scoop Cleanse Shake

Instructions:

Roast sweet potato in the oven for

45 minutes at 400 degrees. Once it cools, pull the skin off and use half in the smoothie. Add remaining ingredients and blend until smooth and creamy.

Berry Berry Delicious Smoothie

Ingredients:

½ cup blueberries

½ cup almond milk

1 cup spinach

1 inch cube ginger, peeled

1 scoop Cleanse Shake

Instructions:

Combine ingredients in a blender and blend well until smooth or desired consistency.





Dinner Smoothie

Chia Power Smoothie

Ingredients:

½ cup strawberries

1 cup kale

1 tbs chia seeds

½ cup cashew milk

1 scoop Cleanse Shake

Instructions:

DAY 3

Breakfast Smoothie

Blackberry Breakfast Smoothie

Ingredients:

½ cup blackberries

1 cup spinach

2 stalks celery

½ cup cashew milk

A few cubes ice

1 scoop Cleanse Shake



Combine ingredients in a blender and blend well until smooth or desired consistency.





Dinner Smoothie

Cauli Power Smoothie

Ingredients:

½ cup cauliflower florets

2 tbs walnuts

½ cup cashew milk

A few ice cubes

1 tbs flaxseeds

1 scoop Cleanse Shake

Instructions:

Red Velvet Cake Smoothie

Ingredients:

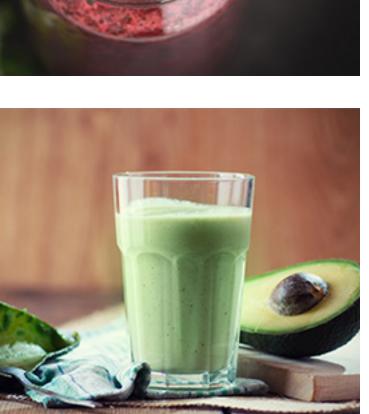
½ cup frozen beets
1 tbs cacao powder
½ cup almond milk
½ medium greener banana, sliced & frozen

1 scoop Cleanse Shake

Instructions:

Combine ingredients in a blender and blend well until smooth or desired consistency.





Dinner Smoothie

Creamy Avocado Smoothie

Ingredients:

½ ripe avocado
½ cup blueberries
1 tbs chia seeds
1 cup kale
½ cup almond milk
1 tsp cinnamon powder
1 scoop Cleanse Shake

Instructions:

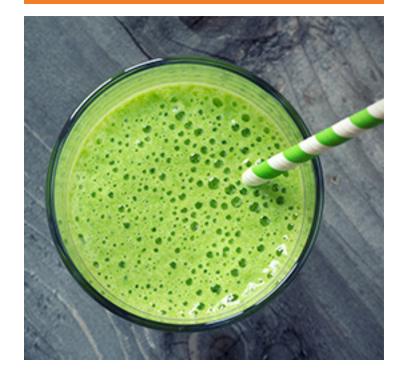
Herb Fresh Smoothie

Ingredients:

½ small cucumber
A few sprigs parsley
½ cup strawberries
½ cup almond milk
¼ cup pumpkin seeds
1 scoop Cleanse Shake

Instructions:

Combine ingredients in a blender and blend well until smooth or desired consistency.



Dinner Smoothie

Zucchini Bread Smoothie

Ingredients:

½ zucchini

1 cup spinach

1 tbs cacao powder

½ cup cashew milk

1 tsp cinnamon powder

1 tbs pecan butter

½ medium greener banana, sliced & frozen

1 scoop Cleanse Shake

Instructions:

Rainbow Smoothie

Ingredients:

½ cup red cabbage, sliced
¼ cup pomegranate seeds
¼ cup blueberries
1 tbs flaxseeds
½ cup almond milk
1 scoop Cleanse Shake

Instructions:

Combine ingredients in a blender and blend well until smooth or desired consistency.



Dinner Smoothie

Carrot Cake Smoothie

Ingredients:

1 medium carrot

1 tbs pecan butter

1 cup spinach

½ medium greener banana, sliced & frozen

1 tsp cinnamon powder

A few ice cubes

½ cup cashew milk

1 scoop Cleanse Shake

Instructions:

Wake Me Up Matcha Smoothie

Ingredients:

A few ice cubes

½ cup cashew milk

1 cup romaine lettuce

2 tsp matcha powder

½ medium greener banana, sliced & frozen

1 tbs flaxseeds

1 scoop Cleanse Shake

Instructions:

Combine ingredients in a blender and blend well until smooth or desired consistency.





Dinner Smoothie

Lemon Berry Blast Smoothie

Ingredients:

½ lemon, freshly squeezed

1 inch fresh ginger

1/4 cup blackberries

1/4 cup blueberries

½ cup almond milk

1 cup remaining greens (spinach,

kale, romaine)

1 scoop Cleanse Shake

Instructions:

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7-Day Detox SHOPPING LIST

Purchase organic when possible.

Fresh Fruit:

- 3 medium bananas unripe
- 1 medium avocado

Frozen Fruit:

- 1 16oz. bag of **pomegranate seeds**
- 1 16 oz. bag of blackberries
- 2 16 oz. bags of blueberries
- 2 16 oz. bags of strawberries

Vegetables:

- 2 10 oz. bags of spinach
- 1 bunch of kale
- 1 medium sweet potato
- 1 head of cauliflower
- 1 bag of cooked, frozen beets
- 1 small cucumber
- 1 medium loose carrot
- 1 small head purple cabbage
- 1 small zucchini
- 2 stalks loose celery
- 1 head romaine lettuce

Nut Butter:

1 - 10 oz. pecan butter

Nuts & Seeds:

- 1 16oz. chia seeds
- 1 8 oz. **walnuts**
- 1 ½ cup fresh **flaxseeds** or 8 oz. bag
- 1 cup **pumpkin seeds** or 8 oz. bag

Milks:

- 1 ½ gallon unsweetened almond milk
- 1 ½ gallon unsweetened cashew milk

Spices & Other:

- 1 3 in. root fresh ginger
- 1 8 oz. cacao powder

Cinnamon powder

- 1 bunch of parsley
- 1 oz. **matcha powder** (or small packet)
- 1 fresh lemon