



Let's get started!

Smoothies

Smoothie pack will rotate flavors each week. Smoothies ingredients will come fresh and ready to blend.

- ▶ Freeze smoothie cups once you bring them home
- ▶ Fill the smoothie cup with liquid of choice, blend, then pour back into cup and enjoy
- ▶ Smoothie cups are designed to be blended with plant-based milk, juices or coconut water
- ▶ If you would like your smoothie to be a bit sweeter, add a ripe banana or a few dates
- ▶ Smoothie pack can also be used as a one day smoothie cleanse by replacing your meals with smoothies. Drink plenty of water between smoothies



Maca-Oat:

Apple, Oats, Mulberries, Maca, Cinnamon

Mix with: plant based milk (such as almond or rice milk) or water

Chloro-Mint:

Spinach, Banana, Cacao Nibs, Chlorella, Peppermint EO

Mix with: plant based milk or water

Tumeric-Carrot:

Orange, Carrot, Coconut, Dates, Acerola Powder, Turmeric

Mix with: coconut water, water or orange juice.

Gogi-Berry:

Rhubarb or Beet, Strawberry, Goji Berries, Dates, Sea Buckthorn Powder

Mix with: coconut water or water

Acai-Blue:

Baby Kale, Blueberries, Figs, Hemp Seeds, Acai Powder

Mix with: coconut water, water, or apple juice

Cacao-Cream:

Zucchini, Avocado, Dates, Cacao Powder, Pumpkin Seeds

Mix with: plant based milk or water