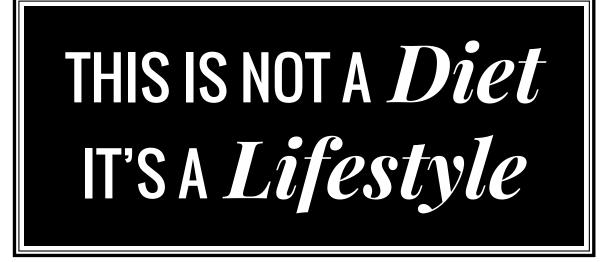
RECIPE CARDS The 30-Day Green Smoothie Challenge

JANUARY CHALLENGE





THE 30-DAY GREEN SMOOTHIE CHALLENGE

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Well, hello there!

It's time to get blending! The 30-Day Green Smoothie Challenge is full of so many great recipes we just couldn't resist making cute recipe cards to go with them. We really hope you enjoy these printable recipe cards and use them so much that eventually you'll have them memorized. Heck, maybe even confident enough to create your own green smoothie recipes (we left you a few blank cards on page 20).

In case you don't know who's behind Simple Green Smoothies, let us introduce ourselves:

We're Jen Hansard and Jadah Sellner, two friends on a mission to share our love of green smoothies with the world. Yes, we're so passionate about green smoothies that we want everyone to know about them! We've seen the health benefits in our own lives and just can't keep it to ourselves. Everyone should know how simple and life-changing green smoothies can be.

Would you help us spread the word? Tell your friends about our FREE 30-Day Green Smoothie Challenge, share a green smoothie with them, or invite them over for a green smoothie party. Make healthy eating fun! The more people we can get to eat their fruits and veggies, the healthier the world will be.

Peace, love and leafy greens,

Jadah Sellner + Jen Hansard

P.S. We've made a pact with the Kharma Police: Be kind to everybody. We just ask that you be cool and don't share this digital product with others. We share tons of free content on our site and through email, so spread the green smoothie love by telling your friends and loved ones to visit our site, sign-up for our challenge and buy our recipes cards so we can keep changing lives one green smoothie at a time.



Tips for Printing

PAPER

We recommend heavyweight paper to print out the recipe cards (they will last longer and look better). You can get this at Target, Amazon.com, and office supply stores.

Examples of this would be:

- cardstock (at least 110 lbs)
- heavyweight matte photo paper

If you aren't comfortable printing yourself, store this PDF on a flash drive and go to a local printer and have them print it for you on heavyweight paper. This will save you time from finding the right paper, and there is a good chance they will even have a paper cutter you can use to cut them all up. Trust us— cutting straight lines with scissors is tough!

PRINTER SETTINGS

If you are printing from home, we want to share some tips with you...

Open the print dialogue box and make sure these settings are used:

- Print Quality: Photo or high-quality color
- Pages: From 5-19 (This is so you only print the recipe cards and don't waste any paper.)
- Scale: 100%

Once printed, allow the ink to dry for a few minutes before handling and cutting the cards with a paper cutter, scissors or exacto blade.

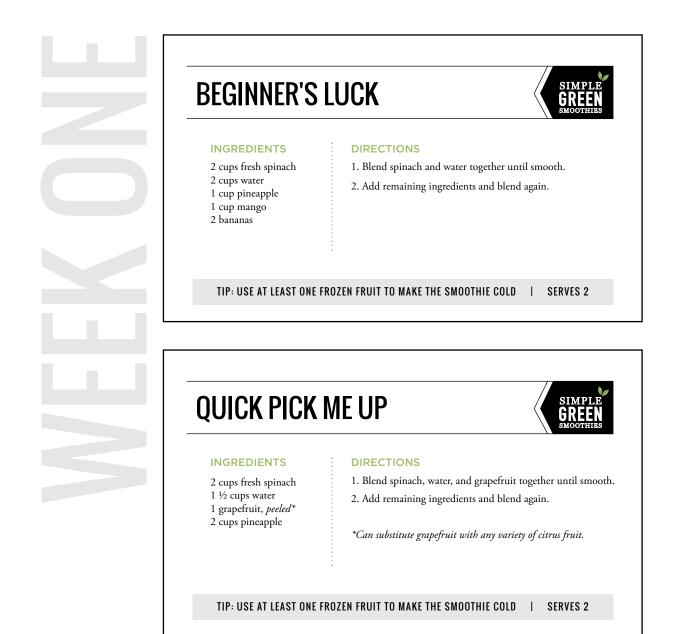


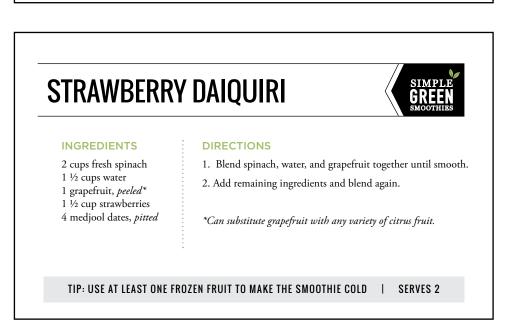


- □ 1 whole pineapples, fresh (or 24 ounces frozen)
- □ 1 mango
- □ 2 bananas
- □ 2 grapefruits
- □ Strawberries (12 ounces)
- □ Medjool dates, pitted (can use throughout the challenge to sweeten)

VEGGIES

□ 1 bag fresh spinach (10-16 ounces each)









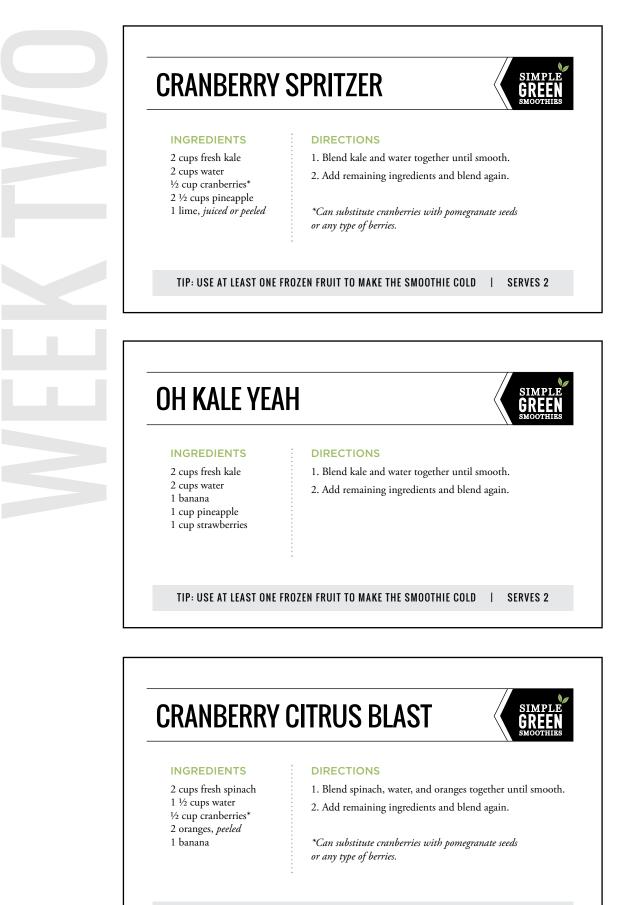
- □ Cranberries (16 ounces)
- □ 3 whole pineapples, fresh (or 48 ounces frozen)
- \Box 2 limes
- □ 4 oranges
- □ 4 bananas
- □ Grapes, any variety (8-16 ounces)
- □ 2 mangoes, fresh (or 16 ounces frozen)
- □ Strawberries (16 ounces)

VEGGIES

- □ 1 bag fresh spinach (10-16 ounces)
- \Box 1 bag fresh kale (10-16 ounces)

OTHER

- □ 1 carton coconut milk, unsweetened (32 ounces)
- □ Coconut flakes, unsweetened









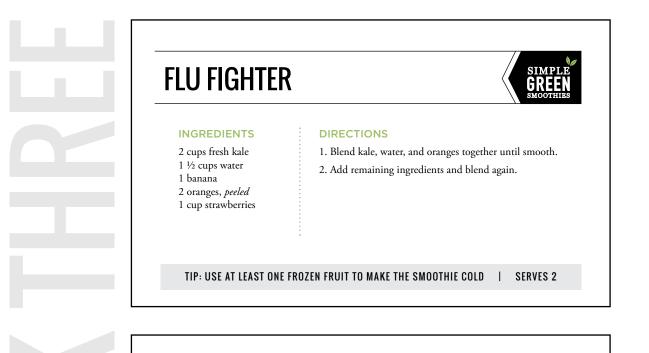
- □ 1 grapefruit
- □ 1 pineapple, fresh (or 16 ounces frozen)
- □ 3 kiwi
- \Box 5 apples, any variety
- □ Strawberries (16-24 ounces)
- □ Grapes, any variety (20-28 ounces)
- \Box 5 oranges
- □ 3 bananas

VEGGIES

- □ 1 bag fresh spinach (10-16 ounces)
- □ 1 bag fresh kale (10-16 ounces)

OTHER

- □ 1 carton almond milk, unsweetened (32 ounces)
- □ 1-inch fresh ginger

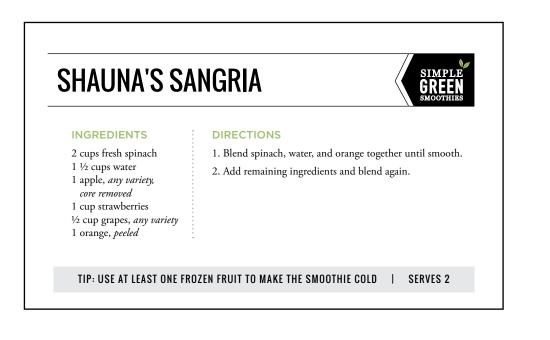


BEACHY DREAMS



INGREDIENTS

- 2 cups fresh spinach
- 2 cups water
- 1 grapefruit, *peeled**
- 1 cup pineapple 2 kiwi, *peeled or whole*
- DIRECTIONS
- 1. Blend spinach, water, and grapefruit together until smooth.
- 2. Add remaining ingredients and blend again.
- *Can substitute grapefruit with any variety of citrus fruit.









- □ Blueberries (8-10 ounces)
- □ Strawberries (8-10 ounces)
- □ 4 pomegranates (or 24-32 ounces of seeds)
- □ 3 mangoes, fresh (or 24-30 ounces frozen)
- □ Mixed berries, any variety (24-32 ounces)
- \Box 2 avocados
- □ 3 bananas
- □ 3 oranges

VEGGIES

- □ 1 bag fresh spinach (10-16 ounces)
- \Box 1 bag fresh kale (10-16 ounces)
- □ 2 large carrots

OTHER

□ 1 carton almond milk, unsweetened (32 ounces)









- □ Strawberries (48 ounces)
- □ 1 mango (or 8 ounces frozen)
- □ 1 whole pineapple, fresh (or 16 ounces frozen)
- □ 5-6 bananas
- □ 1 lime
- □ 2 kiwi
- □ 1 pear

VEGGIES

- □ 1 bag fresh spinach (10-16 ounces)
- □ 1 bag fresh kale (10-16 ounces)

OTHER

- □ 1 carton coconut milk, unsweetened (32 ounces)
- □ 1-2 cartons almond milk, unsweetened (48 ounces)
- □ Cacao powder
- □ Almond butter





		SIMPLE GREEN SMOOTHIES
INGREDIENTS	DIRECTIONS	
NOTES:		

		SIMPLE GREEN SMOOTHIES
INGREDIENTS	DIRECTIONS	
NOTES:		

		SIMPLE GREEN SMOOTHLES
INGREDIENTS	DIRECTIONS	
NOTES:		

Cheers! To your health

PEACE, LOVE & LEAFY GREENS, Jen Hansard + Jadah Sellner

Visit us below for more recipes & tips. Meet our green smoothie lovin' tribe too!

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