

RECIPE CARDS

The 30-Day Green Smoothie Challenge

JANUARY CHALLENGE

SIMPLE
GREEN
SMOOTHIES

THIS IS NOT A *Diet* IT'S A *Lifestyle*

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 Karma 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.



Week One SHOPPING LIST

THE 30-DAY GREEN SMOOTHIE CHALLENGE



FRUIT

- 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)

BEGINNER'S LUCK



INGREDIENTS

2 cups fresh spinach
2 cups water
1 cup pineapple
1 cup mango
2 bananas

DIRECTIONS

1. Blend spinach and water together until smooth.
2. Add remaining ingredients and blend again.

TIP: USE AT LEAST ONE FROZEN FRUIT TO MAKE THE SMOOTHIE COLD | SERVES 2

QUICK PICK ME UP



INGREDIENTS

2 cups fresh spinach
1 1/2 cups water
1 grapefruit, *peeled**
2 cups pineapple

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.*

TIP: USE AT LEAST ONE FROZEN FRUIT TO MAKE THE SMOOTHIE COLD | SERVES 2

STRAWBERRY DAIQUIRI



INGREDIENTS

2 cups fresh spinach
1 1/2 cups water
1 grapefruit, *peeled**
1 1/2 cup strawberries
4 medjool dates, *pitted*

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.*

TIP: USE AT LEAST ONE FROZEN FRUIT TO MAKE THE SMOOTHIE COLD | SERVES 2



Week Two SHOPPING LIST

THE 30-DAY GREEN SMOOTHIE CHALLENGE



FRUIT

- Cranberries (16 ounces)
- 3 whole pineapples, fresh (or 48 ounces frozen)
- 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)
- 1 bag fresh kale (10-16 ounces)

OTHER

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

CRANBERRY SPRITZER



INGREDIENTS

2 cups fresh kale
2 cups water
½ cup cranberries*
2 ½ cups pineapple
1 lime, juiced or peeled

DIRECTIONS

1. Blend kale and water together until smooth.
2. Add remaining ingredients and blend again.

**Can substitute cranberries with pomegranate seeds or any type of berries.*

TIP: USE AT LEAST ONE FROZEN FRUIT TO MAKE THE SMOOTHIE COLD | SERVES 2

OH KALE YEAH



INGREDIENTS

2 cups fresh kale
2 cups water
1 banana
1 cup pineapple
1 cup strawberries

DIRECTIONS

1. Blend kale and water together until smooth.
2. Add remaining ingredients and blend again.

TIP: USE AT LEAST ONE FROZEN FRUIT TO MAKE THE SMOOTHIE COLD | SERVES 2

CRANBERRY CITRUS BLAST



INGREDIENTS

2 cups fresh spinach
1 ½ cups water
½ cup cranberries*
2 oranges, peeled
1 banana

DIRECTIONS

1. Blend spinach, water, and oranges together until smooth.
2. Add remaining ingredients and blend again.

**Can substitute cranberries with pomegranate seeds or any type of berries.*

TIP: USE AT LEAST ONE FROZEN FRUIT TO MAKE THE SMOOTHIE COLD | SERVES 2

CITRUS CRUSH

SIMPLE
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SMOOTHIES

INGREDIENTS

2 cups fresh spinach
1 ½ cups water
1 cup pineapple
1 orange, *peeled*
1 cup grapes, *any variety*

DIRECTIONS

1. Blend spinach, water, and orange together until smooth.
2. Add remaining ingredients and blend again.

TIP: USE AT LEAST ONE FROZEN FRUIT TO MAKE THE SMOOTHIE COLD | SERVES 2

COCONUT DREAM

SIMPLE
GREEN
SMOOTHIES

INGREDIENTS

2 cups fresh kale
2 cups coconut milk,
unsweetened
1 cup mango
1 cup pineapple
1 banana
2 tablespoons coconut
flakes, *unsweetened*

DIRECTIONS

1. Blend kale and coconut milk together until smooth.
2. Add remaining ingredients and blend again.

TIP: USE AT LEAST ONE FROZEN FRUIT TO MAKE THE SMOOTHIE COLD | SERVES 2



Week Three **SHOPPING LIST**

THE 30-DAY GREEN SMOOTHIE CHALLENGE



FRUIT

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

FLU FIGHTER

SIMPLE
GREEN
SMOOTHIES

INGREDIENTS

2 cups fresh kale
1 ½ cups water
1 banana
2 oranges, *peeled*
1 cup strawberries

DIRECTIONS

1. Blend kale, water, and oranges together until smooth.
2. Add remaining ingredients and blend again.

TIP: USE AT LEAST ONE FROZEN FRUIT TO MAKE THE SMOOTHIE COLD | SERVES 2

BEACHY DREAMS

SIMPLE
GREEN
SMOOTHIES

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.*

TIP: USE AT LEAST ONE FROZEN FRUIT TO MAKE THE SMOOTHIE COLD | SERVES 2

SHAUNA'S SANGRIA

SIMPLE
GREEN
SMOOTHIES

INGREDIENTS

2 cups fresh spinach
1 ½ cups water
1 apple, *any variety, core removed*
1 cup strawberries
½ cup grapes, *any variety*
1 orange, *peeled*

DIRECTIONS

1. Blend spinach, water, and orange together until smooth.
2. Add remaining ingredients and blend again.

TIP: USE AT LEAST ONE FROZEN FRUIT TO MAKE THE SMOOTHIE COLD | SERVES 2

SWEET JUBILEE



INGREDIENTS

2 cups fresh kale
1 cup almond milk,
unsweetened
2 cups grapes, *any variety*
1 apple, *any variety*,
core removed
1 orange, *peeled*

DIRECTIONS

1. Blend kale, almond milk, and orange together until smooth.
2. Add remaining ingredients and blend again.

TIP: USE AT LEAST ONE FROZEN FRUIT TO MAKE THE SMOOTHIE COLD | SERVES 2

GINGERLICIOUS



INGREDIENTS

2 cups fresh spinach
2 cups almond milk,
unsweetened
1 banana
2 apples, *any variety*,
core removed
½-inch fresh ginger, *peeled*

DIRECTIONS

1. Blend spinach and almond milk together until smooth.
2. Add remaining ingredients and blend again.

TIP: USE AT LEAST ONE FROZEN FRUIT TO MAKE THE SMOOTHIE COLD | SERVES 2



Week Four SHOPPING LIST

THE 30-DAY GREEN SMOOTHIE CHALLENGE



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)
- 2 avocados
- 3 bananas
- 3 oranges

VEGGIES

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

OTHER

- 1 carton almond milk, unsweetened (32 ounces)

CARING CARROT

SIMPLE
GREEN
SMOOTHIES

INGREDIENTS

2 cups kale
1 cup water
2 oranges, *peeled*
1 large carrot*
1 cup mango

DIRECTIONS

1. Blend kale, water, and oranges together until smooth.
2. Add remaining ingredients and blend again.

**Can chop and steam carrot to make easier to blend, or leave raw.*

TIP: USE AT LEAST ONE FROZEN FRUIT TO MAKE THE SMOOTHIE COLD | SERVES 2

POM POWER

SIMPLE
GREEN
SMOOTHIES

INGREDIENTS

2 cups fresh kale
2 cups water
1 cup blueberries
1 cup strawberries
1 cup pomegranate seeds*

DIRECTIONS

1. Blend kale and water together until smooth.
2. Add remaining ingredients and blend again.

**Can substitute pomegranate seeds with cranberries or any type of berries.*

TIP: USE AT LEAST ONE FROZEN FRUIT TO MAKE THE SMOOTHIE COLD | SERVES 2

PEACEFUL POMEGRANATE

SIMPLE
GREEN
SMOOTHIES

INGREDIENTS

2 cups fresh spinach
2 cups water
1 ½ cups pomegranate seeds*
1 ½ cups mango

DIRECTIONS

1. Blend spinach and water together until smooth.
2. Add remaining ingredients and blend again.

**Can substitute pomegranate seeds with cranberries or any type of berries.*

TIP: USE AT LEAST ONE FROZEN FRUIT TO MAKE THE SMOOTHIE COLD | SERVES 2

BERRIES 'N CREAM



INGREDIENTS

2 cups fresh spinach
2 cups water
1 avocado
2 cups mixed berries

DIRECTIONS

1. Blend spinach and water together until smooth.
2. Add remaining ingredients and blend again.

TIP: USE AT LEAST ONE FROZEN FRUIT TO MAKE THE SMOOTHIE COLD | SERVES 2

BANANA BERRY BLAST



INGREDIENTS

2 cups fresh spinach
2 cups almond milk,
unsweetened
1 cup mixed berries
2 bananas

DIRECTIONS

1. Blend spinach and almond milk together until smooth.
2. Add remaining ingredients and blend again.

TIP: USE AT LEAST ONE FROZEN FRUIT TO MAKE THE SMOOTHIE COLD | SERVES 2



Week Five SHOPPING LIST

THE 30-DAY GREEN SMOOTHIE CHALLENGE



FRUITS

- 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

CHOCOLATE DIPPED STRAWBERRIES



INGREDIENTS

2 cups fresh kale
2 cups almond milk,
unsweetened
2 cups strawberries
1 banana
2 tablespoons cacao
powder

DIRECTIONS

1. Blend kale and almond milk together until smooth.
2. Add remaining ingredients and blend again.

TIP: USE AT LEAST ONE FROZEN FRUIT TO MAKE THE SMOOTHIE COLD | SERVES 2

PINK FLAMANGO



INGREDIENTS

2 cups fresh spinach
2 cups almond milk,
unsweetened
2 cups strawberries
1 cup mango

DIRECTIONS

1. Blend spinach and almond milk together until smooth.
2. Add remaining ingredients and blend again.

TIP: USE AT LEAST ONE FROZEN FRUIT TO MAKE THE SMOOTHIE COLD | SERVES 2

STRONG POPEYE



INGREDIENTS

2 cups fresh spinach
2 cups coconut milk,
unsweetened
2 cups pineapple
1 banana
1 lime, *juiced or peeled*

DIRECTIONS

1. Blend spinach and coconut milk together until smooth.
2. Add remaining ingredients and blend again.

TIP: USE AT LEAST ONE FROZEN FRUIT TO MAKE THE SMOOTHIE COLD | SERVES 2

KIWI TANGO



INGREDIENTS

2 cups fresh kale
2 cups coconut milk,
unsweetened
2 kiwi, *peeled or whole*
2 cups strawberries

DIRECTIONS

1. Blend kale and coconut milk together until smooth.
2. Add remaining ingredients and blend again.

TIP: USE AT LEAST ONE FROZEN FRUIT TO MAKE THE SMOOTHIE COLD | SERVES 2

CHUNKY MONKEY



INGREDIENTS

2 cups fresh spinach
2 cups almond milk,
unsweetened
2 bananas
1 pear, *core removed**
2 tablespoons almond
butter
2 tablespoon cacao powder

DIRECTIONS

1. Blend spinach and almond milk together until smooth.
2. Add remaining ingredients and blend again.

**Can substitute pear with mango.*

TIP: USE AT LEAST ONE FROZEN FRUIT TO MAKE THE SMOOTHIE COLD | SERVES 2

**SIMPLE
GREEN**
SMOOTHIES

INGREDIENTS **DIRECTIONS**

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NOTES:

**SIMPLE
GREEN**
SMOOTHIES

INGREDIENTS **DIRECTIONS**

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NOTES:

**SIMPLE
GREEN**
SMOOTHIES

INGREDIENTS **DIRECTIONS**

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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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