



Green Smoothie

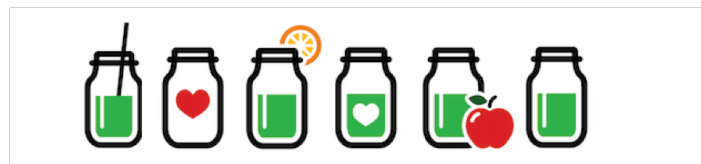
Challenge

7 days of energizing vibrancy



Welcome to your 7-day Green Smoothie Challenge! I am thrilled you have decided to join us on a healthy, tasty journey this week and I know you will feel amazing throughout it. You don't have to stop at 7 days; I would highly suggest you carry these smoothies on into your daily life. I don't think I'll have to twist your arm...you'll see!

We are going to implement one green smoothie into your life every day for the next 7 days. You can choose what time of day to enjoy your smoothie. I suggest breakfast, as it's a quick, easy and healthy breakfast for you as you're running out the door. I would also suggest you choose healthy meals





throughout your challenge week, as well, but this is not required for this challenge. Choosing healthy meals will only compliment your smoothies and keep you coming back for healthy, nutritious whole foods to fuel your body with! We will start with the smoothies, and you'll be so hooked on feeling awesome that I know it will bleed into your other daily meals. This is how it works when you start feeling great. Can you even wait?! I'm thrilled for you.

KYLE EICHORN

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Smoothie Tips

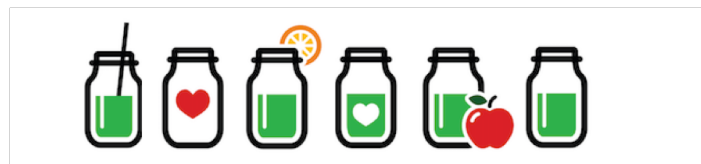
- **Blend your smoothie in stages!** Blend your liquid + greens together to avoid any clumpy leafy greens floating around in your smoothie. Once you blend your liquid + greens together to a great consistency, add in your fruits + remaining ingredients and blend them all together into a delicious, smooth treat.
- **Plan ahead.** If you are crunched for time, put your ingredients together the night before and store them in the fridge. A ziplock bag, Tupperware container, mason jar –





whatever you have in your cabinets that will do the trick.

- **Use frozen fruit.** Instead of using ice to make your smoothie your desired consistency, use one of your fruit ingredients frozen.
- **Choose organic.** As much as possible, have your ingredients be organic. Local is even better. A trip to the Farmers Market will be fun, go for it!
- **Change things up.** Rotate your greens. If you use kale today, use spinach tomorrow (you get my drift) – and switch out any ingredients that may not tickle your fancy. Make your smoothie yours so that you will love and enjoy it. You will be much more likely to have a smoothie every day if you do not dread drinking it!

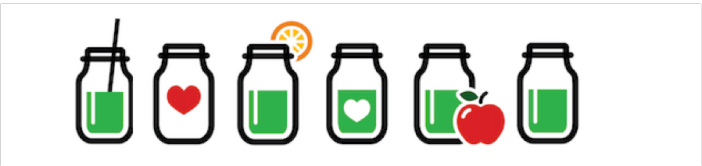




IF YOU'D LIKE TO CREATE YOUR OWN SMOOTHIE RECIPES,
YOU CAN USE THE TEMPLATE + SUGGESTIONS BELOW AS
A START:

1 CUP GREENS	1-CUP LIQUID	1 ½ CUPS FRUIT	EXTRA ADD-INS
Kale Spinach Swiss chard Romaine Spring Mix Turnip Greens	Water Coconut Water Almond Milk Coconut Milk Hemp Milk	Banana Strawberries Blueberries Pineapple Avocado Pear Cherries Raspberries Mango	Chia Seeds Hemp Seeds Nut Butter Flax Seeds Cinnamon Vanilla Spirulina

* These are only a few suggestions – you can go wild with ingredients
and play with them tailored to your personal taste + texture preference.





Getting Started

It's time to start planning and get ready for your challenge! It's important to remember that this is **your** challenge – and you should enjoy it. The recipes are listed to give you some inspiration, please feel free to tweak them to your personal taste. You may want to switch out an ingredient or two for something else, and that's perfectly okay for you to do, it is suggested, even! Make them yours, I want you to look forward to your daily smoothie and I know that you will. Sip + Enjoy!





Grab your shopping list companion and take a look through the recipes. Jot down what you need to grab from the grocery store for your smoothies this week. Being prepared and having the ingredients on hand will make your smoothie challenge go by with ease. You can even get creative and come up with some smoothies on your own.

The recipes listed are meant to be simple, easy recipes to make your experience fun + stress-free. Feel free to add any ingredients that you may desire!

After looking through your delicious recipes, jot down what smoothies you intend on having each day this coming week so that you may create your shopping list accordingly.





YOUR GREEN SMOOTHIE WEEK CALENDAR:

Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	





The Recipes

PINEAPPLE MANGO SPLASH



INGREDIENTS

1-cup kale
1-cup coconut milk
1-cup pineapple
½-cup mango
1-tbsp chia seeds

DIRECTIONS

1. Blend liquid + green together until smooth.
2. Add your remaining ingredients and blend together with first mixture.





SUMMER BREEZE



INGREDIENTS

- 1-cup spinach
- 1-cup coconut milk
- 1 apple, cored
- 1 banana
- ¼-teaspoon ground cinnamon

DIRECTIONS

1. Blend liquid + green together until smooth.
2. Add your remaining ingredients and blend together with first mixture.





ORANGE BLAST



INGREDIENTS

- 1-cup spinach
- 1-cup almond milk
- 1-cup apricot
- 1/2 orange, peeled
- 1-tbsp hemp seeds

DIRECTIONS

1. Blend liquid + green together until smooth.
2. Add your remaining ingredients and blend together with first mixture.





CRAN-ANA RAMA



INGREDIENTS

- 1-cup kale
- 1-cup coconut water
- ½-cup cranberries
- 1 orange, peeled
- 1 banana
- 1-tbsp chia seeds

DIRECTIONS

1. Blend liquid + green together until smooth.
2. Add your remaining ingredients and blend together with first mixture.





TROPICAL WAVE



INGREDIENTS

- 1-cup spinach
- 1-cup coconut water
- 1-cup pineapple
- 1 banana
- 1-tbsp flax seeds

DIRECTIONS

1. Blend liquid + green together until smooth.
2. Add your remaining ingredients and blend together with first mixture.





BLUE LAGOON



INGREDIENTS

1-cup kale
1-cup almond milk
1-cup blueberries
1 peach
¼ avocado

DIRECTIONS

1. Blend liquid + green together until smooth.
2. Add your remaining ingredients and blend together with first mixture.





GREEN SLAMMER



INGREDIENTS

- 1-cup kale
- 1-cup coconut water
- 1-cup pineapple
- ½ orange
- ½ banana
- 1-tbsp hemp seeds

DIRECTIONS

1. Blend liquid + green together until smooth.
2. Add your remaining ingredients and blend together with first mixture.





BERRY NUT CRAZE



INGREDIENTS

- 1-cup kale
- 1-cup almond milk
- 1-cup berries of choice
- 1 banana
- 2 tablespoons almond butter

DIRECTIONS

1. Blend liquid + green together until smooth.
2. Add your remaining ingredients and blend together with first mixture.





STRAWBERRY BANANA



INGREDIENTS

- 1-cup spinach
- 1-cup coconut water
- 8 large strawberries
- 1 banana
- ½ lemon, peeled

DIRECTIONS

1. Blend liquid + green together until smooth.
2. Add your remaining ingredients and blend together with first mixture.





CALIFORNIA DREAM



INGREDIENTS

1-cup of kale
1-cup almond milk
½ avocado
1 banana
1 orange

DIRECTIONS

1. Blend liquid + green together until smooth.
2. Add your remaining ingredients and blend together with first mixture.





CHERRY CREAMY DREAMY



INGREDIENTS

- 1-cup spinach
- 1-cup almond milk
- 1-cup cherries
- 1 banana
- 1-tbsp chia seeds

DIRECTIONS

1. Blend liquid + green together until smooth.
2. Add your remaining ingredients and blend together with first mixture.





STRAWBERRY KIWI



INGREDIENTS

- 1-cup kale
- 1-cup coconut water
- 2 kiwis
- 1-cup strawberries
- 1-tbsp hemp seeds

DIRECTIONS

1. Blend liquid + green together until smooth.
2. Add your remaining ingredients and blend together with first mixture.





FRUITY TOOTY



INGREDIENTS

1-cup spinach
1-cup coconut water
1 mango
½ apple
½ lemon, peeled

DIRECTIONS

1. Blend liquid + green together until smooth.
2. Add your remaining ingredients and blend together with first mixture.





BANANA KIWI CRUSH



INGREDIENTS

1-cup kale
1-cup water
2 kiwis
1 banana
1-tbsp flax seeds

DIRECTIONS

1. Blend liquid + green together until smooth.
2. Add your remaining ingredients and blend together with first mixture.





TROPIC THUNDER



INGREDIENTS

1-cup spinach
1-cup coconut water
1 orange
½ banana
1-tbsp hemp seeds

DIRECTIONS

1. Blend liquid + green together until smooth.
2. Add your remaining ingredients and blend together with first mixture.





CITRUS BLAST



INGREDIENTS

1-cup spinach
1-cup coconut water
1 grapefruit
1-cup fresh pineapple
2 kiwis

DIRECTIONS

1. Blend liquid + green together until smooth.
2. Add your remaining ingredients and blend together with first mixture.





BLUEBERRY MANGO MADNESS



INGREDIENTS

- 1-cup fresh spinach
- 1-cup almond milk
- 1-cup blueberries
- 1 mango
- 1-tbsp chia seeds

DIRECTIONS

1. Blend liquid + green together until smooth.
2. Add your remaining ingredients and blend together with first mixture.





RASP-BANANA BREEZE



INGREDIENTS

- 1-cup spinach
- 1-cup coconut water
- 1-cup raspberries
- 1 banana
- 1-tbsp hemp seeds

DIRECTIONS

1. Blend liquid + green together until smooth.
2. Add your remaining ingredients and blend together with first mixture.





KIWI KALE DELIGHT



INGREDIENTS

1-cup kale
1-cup coconut water
2 kiwis
1 banana
¼ avocado

DIRECTIONS

1. Blend liquid + green together until smooth.
2. Add your remaining ingredients and blend together with first mixture.





TROPICAL TWISTER



INGREDIENTS

- 1-cup spinach
- 1-cup almond milk
- 1-cup strawberries
- 1 Kiwi
- ½ banana
- 1-tbsp hemp seeds

DIRECTIONS

1. Blend liquid + green together until smooth.
2. Add your remaining ingredients and blend together with first mixture.

