



# Smoothies: Grocery List

Yields: ~2-4 servings per smoothie recipe



Paleo & Gluten Free  
Meal Plans

1. Raspberry Dream
2. Tropical Breeze
3. PB & J Green Monster
4. Chocolate Cherry Decadence
5. Gingered Mango Smoothie



## Produce

4 bananas (1,3)  
~2" fresh ginger knob (5)  
(OR sub ground ginger)



## Frozen Fruit\*\*

16oz raspberries (1)  
20oz tropical fruit blend (2)  
20oz mixed berry (3)  
20oz dark sweet cherries (4)  
20oz mango chunks (5)

## Frozen Veggies\*\*

10oz spinach (1,3)  
3-5oz collards (4)  
(OR other frozen greens)  
16oz broccoli (2,5)

\*\*Note: Quantities may vary,  
anything within a few ounces  
works!



## Pantry

2 cans lite coconut milk (2,5)  
3T cocoa powder (4)  
1/4c almond butter (4)\*  
2T peanut butter (3)\*  
(OR nut butter of choice)  
10 x 1/2-gallon freezer baggies



## Pantry/Spices

1/2tsp cinnamon (4)  
1tsp ground ginger (5)  
(if not using fresh)

optional: purchase for "smoothie bowl" toppings:



## Fruit

2 pints blueberries (2,3)  
2 bananas (1)  
16oz strawberries (3,5)



## Nuts, Seeds & Dried Fruits

1/4c hemp seeds (1)  
1/2c chia seeds (3,4)  
1/4c pumpkin seeds (5)  
1/4c macadamia nuts (2)  
1/2c sliced almonds (3,5)  
1/4c hazelnuts (4)  
1/4c dried goji berries (2)



## Pantry/Spices

1c coconut flakes (1,2,5)  
1/2c almond butter (1,4)\*  
1/4c cacao nibs (4)  
(OR dark chocolate chips\*)

\*Note: read all ingredient  
lists; avoid added msg, sugar,  
gluten, salt, etc.



# Smoothies: Prep Day



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## Notes:

- Frozen fruit & veggie amounts may vary, anything within a few ounces works!
- Baggy freezes best if you spread out contents and lay flat so ingredients do not clump/ freeze together.
- Each "baggy" yields 1-2 servings.



**Bananas:** peel & cut 4 bananas into 1-2" pieces, set aside. (1,3)

**Fresh Ginger:** peel & grate ginger for 2tsp total. (5)



### Raspberry Dream (1)

Place the following in a large baggy:

1 chopped banana

2.5c raspberries

½c frozen spinach

Repeat and fill a 2nd baggy. [\*] (1)

### Tropical Breeze (2)

Place the following in a large baggy:

10oz tropical fruit mix

¾c frozen broccoli

Repeat and fill a 2nd baggy. [\*] (2)

### PB & J Green Monster (3)

Place the following in a large baggy:

2T peanut butter (or nut butter of choice)

10oz mixed berries

½c frozen spinach

Repeat and fill a 2nd baggy. [\*] (3)

### Cherry Chocolate Decadence (4)

Place the following in a large baggy:

10oz frozen cherries

3T cocoa powder

¼c almond butter

½c collards (or other greens)

½tsp cinnamon

Repeat and fill a 2nd baggy. [\*] (4)

### Gingered Mango (5)

Place the following in a large baggy:

10oz mango

¾c frozen broccoli

1tsp fresh grated ginger or ½ tsp ground ginger

Repeat and fill a 2nd baggy. [\*] (5)

**KEY** - [\*]: store in baggie in freezer for up to 3-4 months.



## Smoothies: Dish Day



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### Notes:

- For smoothies, start w/ 1c liquid & increase as needed for desired consistency.
- For smoothie bowls, start w/ 1/2c liquid & increase as needed for desired consistency.
- I use water unless otherwise noted, but you may use milk of choice (almond, dairy, coconut, etc).

### Raspberry Dream (1)

1. Place 1/2c water in a blender, add contents of 1 baggy. Blend on high until smooth. Add liquid as needed for desired consistency.

Suggested Smoothie Bowl Toppings:

- hemp seeds
- coconut flakes
- almond butter
- sliced banana

### Tropical Breeze (2)

1. Place 1/2 can **lite coconut milk** + 1/2c water in blender, add contents of 1 baggy & blend on high until smooth. Add liquid as needed.

Suggested Smoothie Bowl Toppings:

- coconut flakes
- dried goji berries
- blueberries
- chopped macadamia nuts

### PB & J Green Monster (3)

1. Place 1/2c water in a blender, add contents of 1 baggy. Blend on high until smooth. Add liquid as needed for desired consistency.

Suggested Smoothie Bowl Toppings:

- sliced almonds
- strawberry slices
- chia seeds
- blueberries

### Chocolate Cherry Decadence (4)

1. Place 1/2c water in a blender, add contents of 1 baggy. Blend on high until smooth. Add liquid as needed for desired consistency.

Suggested Smoothie Bowl Toppings:

- cacao nibs or dark chocolate chips
- chopped hazelnuts
- chia seeds
- almond butter

### Gingered Mango Smoothie (5)

1. Place 1/2 can **lite coconut milk** + 1/2c water in blender, add contents of 1 baggy & blend on high until smooth. Add liquid as needed.

Suggested Smoothie Bowl Toppings:

- sliced almond
- coconut flakes
- pumpkin seeds
- strawberry slices