

P I N N A C L E F I T N E S S

10-Day Smoothie Cleanse

Shopping for the 10-Day Green Smoothie Cleanse

You'll use the shopping list for your trip to the grocery store. There is a shopping list for the entire 10 days but you only want to buy fruits and veggies for 5 days at a time so expect to shop twice during the 10-day cleanse. Therefore, the list is broken down into the first 5 days and the last 5 days.

The First 5 Days (Days 1-5)

- ☐ 6 large apples
- ☐ 1 bunch grapes
- ☐ 20 ounces fresh or frozen blueberries
- ☐ 20 ounces fresh or frozen peaches
- ☐ 15 ounces fresh or frozen strawberries
- ☐ 10 ounces fresh or frozen mixed berries
- ☐ 6 ounces of mango chunk
- ☐ 3 bananas
- ☐ 1 bunch of basil
- ☐ 1 bunch kale
- ☐ 1 bunch of Mint
- ☐ 1 bunch of Cilantro (optional)
- ☐ 20 ounces spinach
- ☐ 20 ounces spring mix greens
- ☐ Bag of ground flax seeds (often in vitamin section)
- ☐ Bag of crushed hemp seeds
- ☐ Fruit and veggies of your choice to munch on (such as apples, carrots, celery, etc.)
- ☐ Pink Hymlyian sea salt (or any uniodized sea salt)
- ☐ Raw or unsalted nuts and seeds to snack on
- ☐ Detox Tea (by Triple Leaf or Yogi brands)
- ☐ Unsalted, no sugar added peanut (or other nut butter, etc. almond butter).
- ☐ OPTIONAL: Protein Powder (your choice)

The Last 5 Days (Days 6-10)

- ☐ 20 ounces fresh or frozen mango chunks
- ☐ 20 ounces of fresh or frozen peaches
- ☐ 20 ounces fresh or frozen pineapple chunks
- ☐ 10 ounces fresh or frozen mixed berries
- ☐ 6 ounces fresh or frozen strawberries
- ☐ 6 ounces fresh or frozen blueberries
- ☐ 2 apples
- ☐ 5 bananas
- ☐ 20 ounces spinach
- ☐ 20 ounces spring mix greens
- ☐ 1 bunch kale
- ☐ 1 bunch of mint
- ☐ 1 bunch of basil
- ☐ 1 bunch of cilantro
- ☐ Fruit and veggies of your choice to munch on (such as apples, carrots, celery, etc.)
- ☐ Raw or unsalted nuts and seeds to snack on
- ☐ Unsalted, no sugar added peanut (or other nut butter, etc. almond butter).

10-Day Green Smoothie Cleanse Smoothie Recipes

DAY 1: Berry Green

- ☐ 3 handfuls spinach
- ☐ Sprigs of mint
- ☐ Sprigs of basil
- ☐ Sprigs of cilantro
- ☐ 2 cups water
- ☐ 1 apple, cored, quartered
- ☐ 1 cup fresh or frozen mangoes
- ☐ 1 cup frozen strawberries
- ☐ 1 handful fresh or frozen seedless grapes
- ☐ 2 tablespoons ground flaxseed
- ☐ 2 tablespoons of hemp seed
- ☐ OPTIONAL: 1 scoop of protein powder
- ☐ OPTIONAL: 1 tablespoons of nut butter

Place leafy greens and liquid only into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients to blender. Blend again until the whole smoothie is a creamy consistency.

DAY 2: Apple Strawberry

- ☐ 3 handfuls spring mix
- ☐ Sprig of mint
- ☐ Sprig of basil
- ☐ 2 cups water
- ☐ 1 banana, peeled
- ☐ 2 apples, cored, quartered
- ☐ 2 cups of fresh or frozen strawberries
- ☐ 2 cups of salad spring mix greens
- ☐ 2 Tablespoons ground flax seeds
- ☐ 2 tablespoons of hemp seed
- ☐ OPTIONAL: 1 scoop of protein powder
- ☐ OPTIONAL: 1 Tablespoons of nut butter

Place leafy greens and liquid only into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients to blender. Blend again until the whole smoothie is a creamy consistency.

DAY 3: Banana Berry

- ☐ 1 handful of spring mix greens
- ☐ 2 handfuls spinach leaves
- ☐ 2 cups of water
- ☐ 1½ cups fresh or frozen mixed berries
- ☐ 1 banana, peeled
- ☐ apple, cored and quartered
- ☐ 2 Tablespoons ground flax seeds
- ☐ 2 tablespoons hemp seed
- ☐ OPTIONAL: 1 tablespoons of nut butter
- ☐ OPTIONAL: 1 scoop of protein powder

Place leafy greens and liquid only into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients to blender. Blend again until the whole smoothie is a creamy consistency.

DAY 4: Berry Peachy

- ☐ 2 handfuls kale
- ☐ 1 handful spinach
- ☐ Sprig of cilantro
- ☐ Sprig of mint
- ☐ Sprig of basil
- ☐ 2 cups water
- ☐ 2 apples, cored and quartered
- ☐ 1 ½ cups of fresh or frozen peaches
- ☐ 1 ½ cups frozen mixed berries
- ☐ 2 Tablespoons ground flax seed
- ☐ 2 tablespoons hemp seed
- ☐ OPTIONAL: 1 scoop of protein powder
- ☐ OPTIONAL: 1 Tablespoon of nut butter

Place leafy greens and liquid only into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients to blender. Blend again until the whole smoothie is a creamy consistency.

DAY 5: Peachy Berry Spinach

- ☐ 3 handfuls of spinach
- ☐ Sprig of mint
- ☐ Sprig of basil
- ☐ 2 cups of water
- ☐ 1 cup fresh or frozen peaches
- ☐ 1½ cups fresh or frozen blueberries
- ☐ 1 handful fresh or frozen grapes
- ☐ 2 Tablespoons ground flax seeds
- ☐ 2 tablespoons hemp seed
- ☐ OPTIONAL: 1 scoop of protein powder
- ☐ OPTIONAL: 1 tablespoons of nut butter

Place leafy greens and liquid only into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients to blender. Blend again until the whole smoothie is a creamy consistency.

DAY 6: Pineapple Spinach

- 2 cups spinach
- 1 cup fresh or frozen pineapple
- 2 cups of fresh or frozen peaches 2 bananas, peeled
- 2 cups of water
- 2 Tablespoons ground flax seeds
- 2 tablespoons hemp seed
- OPTIONAL: 1 scoop of protein powder

Place leafy greens and liquid only into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients to blender. Blend again until the whole smoothie is a creamy consistency.

Day 7: Pineapple Berry

- ☐ 1 banana, peeled
- ☐ 1 ½ cups fresh or frozen pineapple chunks
- ☐ 1 ½ cups fresh or frozen mango chunks
- ☐ 1 cup fresh or frozen mixed berries
- ☐ 2 handfuls spring mix salad greens
- ☐ 2 handfuls spinach leaves
- ☐ 2 cups water
- ☐ 2 Tablespoons ground flax seeds
- ☐ OPTIONAL: 3 stevia packet (add more to sweeten, if desired)

- ☐ OPTIONAL: 1 scoop of protein powder

Place leafy greens and liquid only into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients to blender. Blend again until the whole smoothie is a creamy consistency.

DAY 8: Spinach Kale Berry

- ☐ 1 apple, cored, quartered
- ☐ 1 banana, peeled
- ☐ 1 ½ cups fresh or frozen blueberries
- ☐ 2 handfuls kale
- ☐ 2 handfuls spinach
- ☐ 2 cups of water
- ☐ 2 Tablespoons ground flax seeds
- ☐ OPTIONAL: 2 stevia packets (add more to sweeten, if desired)
- ☐ OPTIONAL: 1 scoop of protein powder

Place leafy greens and liquid only into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients to blender. Blend again until the whole smoothie is a creamy consistency.

DAY 9: Apple Mango

- ☐ 1 apple, cored, quartered
- ☐ 1 ½ cups of fresh or frozen mangoes
- ☐ 1 ½ cups fresh or frozen strawberries
- ☐ 3 handfuls of spinach
- ☐ 2 cups of water
- ☐ 2 Tablespoons ground flax seeds
- ☐ OPTIONAL: 1 stevia packet (add more to sweeten, if desired)
- ☐ OPTIONAL: 1 scoop of protein powder

Place leafy greens and liquid only into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients to blender. Blend again until the whole smoothie is a creamy consistency.

DAY 10: Pineapple Kale

- ☐ 1 ½ cups of fresh or frozen peaches

- ☐ 2 handfuls of fresh or frozen pineapple chunks
- ☐ 2 handfuls kale
- ☐ 1 handful spring mix greens
- ☐ 2 cups of water
- ☐ 2 Tablespoons ground flax seeds
- ☐ OPTIONAL: 2 stevia packets (add more to sweeten, if desired)
- ☐ OPTIONAL: 1 scoop of protein powder

Place leafy greens and liquid only into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients to blender. Blend again until the whole smoothie is a creamy consistency.