
SHOPPING LIST

30 SMOOTHIE PACKS

- 72 OUNCES FROZEN MIXED BERRIES
- 42 OUNCES TROPICAL MIXED FRUIT
- 30 OUNCES FROZEN SPINACH
- 21 BANANAS
- 4 OUNCES COCOA POWDER OR CACAO NIBS (I USED A MIX OF BOTH, BUT YOU CAN CHOOSE ONE)
- 8 OUNCES HONEY OR MAPLE SYRUP
- 6 OZ MIXED SEEDS OF CHOICE (PUMPKIN, SUNFLOWER, CHIA, FLAX, HEMP HEARTS)
- 4 OUNCES SLICED ALMONDS
- MINT EXTRACT OR FRESH MINT BUNCH
- PROTEIN POWDER OF CHOICE
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