



5 Day Blending Plan

Give a rainbow of fresh food a spin with this 5 day blending plan, packed full of colourful and nutritional variety.

Day 1

Tropical
Tiger Tonic

Day 2

Pomegranate
Berry Green
Smoothie

Day 3

Beetroot &
Ginger Green
Smoothie

Day 4

Raspberry,
Pear & Vanilla
Smoothie

Day 5

Mango,
Vanilla & Chia
Smoothie

Just some of the nutritional benefits you will be getting more of



Vitamin C,
Dietary Fibre,
Vitamin B6



Vitamin C,
Vitamin A,
Dietary Fibre



Vitamin C,
Vitamin B6,
Dietary Fibre



Vitamin C,
Vitamin B6,
Potassium



Vitamin C,
Vitamin A,
Magnesium



Vitamin C,
Vitamin B6,
Iron



Vitamin C,
Dietary Fibre,
Potassium



Vitamin C,
Vitamin B6,
Calcium



Day 1 - Tropical Tiger Tonic

 Makes 500ml / Serves 2

250ml coconut water, chilled
15g roughly torn kale leaves, stem removed
90g peeled pineapple, chopped
50g frozen diced mango
1 tablespoon raw almonds
1/4 teaspoon ground turmeric

1. Place ingredients into blender jug and secure lid
2. Blend well until smooth

Day 2 - Pomegranate Berry Green

 Makes 500ml / Serves 2

80g frozen mixed berries
30g baby spinach leaves
1 banana, halved
90g natural yoghurt
200ml chilled pomegranate juice

1. Place ingredients into blender jug and secure lid
2. Blend well until smooth





Day 3 - Beetroot & Ginger Green

 Makes 500ml / Serves 2

80g beetroot, peeled, cut into 2cm pieces
 60g seedless red or green grapes
 15g baby spinach leaves
 0.5cm piece ginger, peeled, roughly chopped
 1/4 lemon, peeled, seeds removed
 1/2 orange, peeled, seeds removed
 5 fresh mint leaves
 4 ice cubes
 125ml organic cloudy apple juice, chilled

1. Place ingredients into blender jug and secure lid
2. Blend well until smooth

Day 4 - Raspberry, Pear & Vanilla

 Makes 500ml / Serves 2

180ml dairy milk
 110g peeled banana, chopped
 85g frozen raspberries
 70g vanilla yoghurt
 50g pear, cored, chopped

1. Place ingredients into blender jug and secure lid
2. Blend well until smooth



Day 5 - Mango, Vanilla & Chia

 Makes 500ml / Serves 2

250g frozen chopped mango
 60g reduced fat vanilla yoghurt
 3 teaspoons white chia seeds
 250ml chilled milk

1. Place ingredients into blender jug and secure lid
2. Blend well until smooth