



7 Day Blending Plan

Give a rainbow of fresh food a spin with this 7 day blending plan. Packed full of colourful and nutritional variety, it's sure to fuel an entire week of healthy living.

Day 1

Triple
Greenie

Day 2

Melon
Madness

Day 3

Dragon's
Lair

Day 4

Summer
Peach Shake

Day 5

Lady
Green

Day 6

Strawberry
Crush
Refresher

Day 7

Antioxidant
Blast

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



Carbohydrates,
Dietary Fibre,
Protein



Vitamin C,
Calcium,
Iron



Vitamin C,
Vitamin B6,
Dietary Fibre



Vitamin B6,
Potassium
Magnesium



Vitamin C,
Vitamin A,
Magnesium



Potassium,
Magnesium,
Iron



Vitamin C,
Vitamin A,
Vitamin B6



Vitamin C,
Potassium,
Magnesium

Day 1 - Triple Greenie

 Makes 500ml / Serves 2

250ml coconut water, chilled
7g baby spinach leaves
5g roughly torn kale leaves, stem removed
5g roughly torn baby cos leaves
60g small Granny Smith apple, cored, chopped
50g small Lebanese cucumber, chopped
40g banana, peeled, chopped
40g medium celery stick, chopped
1/8 lemon, peeled, seeds removed
2 ice cubes

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



Day 2 - Melon Madness

 Makes 500ml / Serves 2

310ml coconut water, chilled
45g peeled, chopped rockmelon
45g peeled, chopped honeydew melon
55g frozen diced mango
50g avocado, peeled, stone removed
1/4 lime, peeled, seeds removed
3 ice cubes

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





Day 3 - Dragon's Lair

 Makes 500ml / Serves 2

250ml coconut water
 90g peeled, chopped pink flesh dragonfruit (pitaya)
 50g coconut or vanilla yoghurt
 40g peeled pineapple, chopped
 ¼ lime, peeled
 1 tablespoon chia seeds
 3 ice cubes
 To serve:
 1 teaspoon bee pollen

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

Day 4 - Summer Peach Shake

 Makes 500ml / Serves 2

200ml dairy milk
 130g peach, remove stone, chopped
 60ml Greek yoghurt
 2 teaspoons honey
 ½ teaspoon vanilla extract
 ¼ teaspoon ground cinnamon
 4 ice cubes
 Dairy-free:

Substitute with almond milk and coconut yoghurt

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



Day 5 - Lady Green

 Makes 500ml / Serves 2

250ml coconut water, chilled
 10g baby spinach leaves
 10g roughly torn kale leaves, stem removed
 60g medium Pink Lady apple, cored, chopped
 50g Lebanese cucumber, chopped
 2 teaspoons white chia seeds
 2 teaspoons pepita seeds
 2 teaspoons linseeds
 2 ice cubes

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





Day 6 - Strawberry Crush Refresher

 Makes 500ml / Serves 2

250ml brewed Rooibos tea, chilled
70g frozen strawberries
65g red apple, cored, chopped
30g small beetroot, peeled
1cm piece ginger, peeled

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

Day 7 - Antioxidant Blast

 Makes 500ml / Serves 2

125ml pomegranate juice, chilled
130g vanilla probiotic yoghurt
125g frozen raspberries
4 large fresh strawberries
1 tablespoon LSA meal

Optional:

1 tablespoon honey, rice malt syrup or maple syrup

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

