



## 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



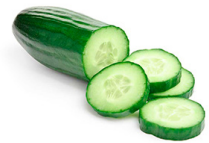
Vitamin C,  
Vitamin A,  
Magnesium



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, stems removed  
5g roughly torn baby cos leaves  
60g small Granny Smith apple, cored, chopped  
50g small 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 cantaloupe  
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 dragon fruit (pitaya)  
 50g coconut or vanilla yogurt  
 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 yogurt  
 2 teaspoons honey  
 ½ teaspoon vanilla extract  
 ¼ teaspoon ground cinnamon  
 4 ice cubes  
 Dairy-free:  
 Substitute with almond milk and coconut yogurt

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, stems removed  
 60g medium Pink Lady apple, cored, chopped  
 50g 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


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

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

## Day 7 - Antioxidant Blast

 Makes 500ml / Serves 2

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

Optional:

1 tablespoon honey, rice malt syrup or maple syrup

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

