



5 Day Blending Plan

Give a rainbow of fresh food a spin with this 5 day blending plan, packed full of colorful 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 Fiber,
Vitamin B6



Vitamin C,
Vitamin A,
Dietary Fiber



Vitamin C,
Vitamin B6,
Dietary Fiber



Vitamin C,
Vitamin B6,
Potassium



Vitamin C,
Vitamin A,
Magnesium



Vitamin C,
Vitamin B6,
Iron



Vitamin C,
Dietary Fiber,
Potassium



Vitamin C,
Vitamin B6,
Calcium



Day 1 - Tropical Tiger Tonic

 Makes 2 cups / Serves 2

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- 1 cup coconut water, chilled
 - $\frac{2}{3}$ cup roughly torn kale leaves, stems removed
 - $\frac{1}{2}$ cup peeled pineapple, chopped
 - $\frac{1}{3}$ cup frozen diced mango
 - 1 tablespoon raw almonds
 - $\frac{1}{4}$ teaspoon ground turmeric
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1. Place ingredients into blender jug and secure lid
2. Blend well until smooth

Day 2 - Pomegranate Berry Green

 Makes 2 cups / Serves 2

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- $\frac{2}{3}$ cup frozen mixed berries
 - 1 cup baby spinach leaves
 - 1 banana, halved
 - $\frac{1}{3}$ cup natural yogurt
 - $\frac{3}{4}$ cup chilled pomegranate juice
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1. Place ingredients into blender jug and secure lid
2. Blend well until smooth





Day 3 - Beetroot & Ginger Green

 Makes 2 cups / Serves 2

- ½ cup beets, peeled, cut into ¾ inch pieces
- ½ cup seedless red or green grapes
- ½ cup baby spinach leaves
- ¼ inch piece ginger, peeled, roughly chopped
- ¼ lemon, peeled, seeds removed
- ½ orange, peeled, seeds removed
- 5 fresh mint leaves
- 4 ice cubes
- ½ cup 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 2 cups / Serves 2

- ¾ cup dairy milk
- 1 peeled banana, chopped
- ⅔ cup frozen raspberries
- ¼ cup vanilla yogurt
- ¼ pear, cored, chopped

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



Day 5 - Mango, Vanilla & Chia

 Makes 2 cups / Serves 2

- 1½ cups frozen chopped mango
- ¼ cup reduced fat vanilla yogurt
- 3 teaspoons white chia seeds
- 1 cup chilled milk

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