



7 Day Blending Plan

Give a rainbow of fresh food a spin with this 7 day blending plan. Packed full of colorful 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 Fiber,
Protein



Vitamin C,
Calcium,
Iron



Vitamin C,
Vitamin B6,
Dietary Fiber



Vitamin B6,
Potassium
Magnesium



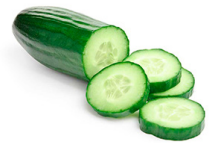
Vitamin C,
Vitamin A,
Magnesium



Potassium,
Magnesium,
Iron



Vitamin C,
Vitamin A,
Vitamin B6



Vitamin C,
Potassium,
Magnesium

Day 1 - Triple Greenie

 Makes 2 cups / Serves 2

1 cup coconut water, chilled
¼ cup baby spinach leaves
¼ cup roughly torn kale leaves, stems removed
¼ cup roughly torn baby cos leaves
½ small Granny Smith apple, cored, chopped
½ small cucumber, chopped
⅓ banana, peeled, chopped
¼ medium celery stick, chopped
⅛ 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 2 cups / Serves 2

1½ cups coconut water, chilled
⅓ cup peeled, chopped cantaloupe
⅓ cup peeled, chopped honeydew melon
⅓ cup frozen diced mango
¼ avocado, peeled, stone removed
¼ 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 2 cups / Serves 2

1 cup coconut water
 ½ cup peeled, chopped pink flesh dragon fruit (pitaya)
 ¼ cup coconut or vanilla yogurt
 ¼ cup 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 2 cups / Serves 2

¾ cup dairy milk
 1 peach, remove stone, chopped
 ¼ cup 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 2 cups / Serves 2

1 cup coconut water, chilled
 ½ cup baby spinach leaves
 ½ cup roughly torn kale leaves, stems removed
 ½ cup medium Pink Lady apple, cored, chopped
 2 inch piece 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 2 cups / Serves 2

1 cup brewed Rooibos tea, chilled
½ cup frozen strawberries
½ cup red apple, cored, chopped
¼ small beet, peeled
0.5 inch piece ginger, peeled

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

Day 7 - Antioxidant Blast

 Makes 2 cups / Serves 2

½ cup pomegranate juice, chilled
½ cup vanilla probiotic yogurt
1 cup 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

