

A CONSCIOUS CLEANSE GUIDE TO Building a Perfect Green Smoothie



1 Choose Your Base

2 CUPS
of your choice

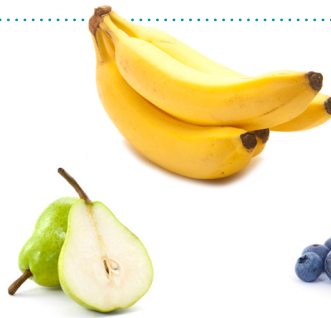
- water
- nut milk — almond milk, hemp milk or coconut milk
- raw coconut water



2 Choose Your Fruit

1-2 PIECES
fresh or frozen

- bananas
- mango
- blueberries
- peaches
- pears



3 Choose Your Leafy Greens

2 CUPS
of one or two

- spinach
- swiss chard
- kale
- romaine lettuce
- collards



4 Optional Boosters

- 1 Tbsp. chia seeds
- 1 tsp. maca
- 1-2 tsp. spirulina
- ¼ avocado
- 1 Tbsp. coconut oil
- 1-2 Tbsp. ground flaxseeds
- 1-2 tsp. cinnamon
- 1 in. chunk of ginger
- 5 drops stevia



5 Blend & Enjoy!

