

5-DAY SMOOTHIE

Serves 5

INGREDIENTS

- 2 bananas
- 5 cups spinach or kale
- 5 servings protein powder
- 5 cups blueberries (or favorite berry)
- ½ cup + 2Tbbs. ground flax or chia seeds
- 5 tsp. cinnamon
- 10 cups almond milk or water



INSTRUCTIONS

Option #1: Blend all ingredients together in a large blender, pour into 5 individual containers and store in the refrigerator for the week, shaking up before consuming. Or you can freeze them and put them in the fridge the night before for a thawed smoothie in the morning. This option works best with flax seed to avoid excess thickening from chia seeds.

Option #2: Divide all ingredients except for liquid between 5 separate containers or Ziplocs and freeze. Take out one serving each night to put in the refrigerator and pour into blender in the morning with 2 cups liquid to puree and enjoy!