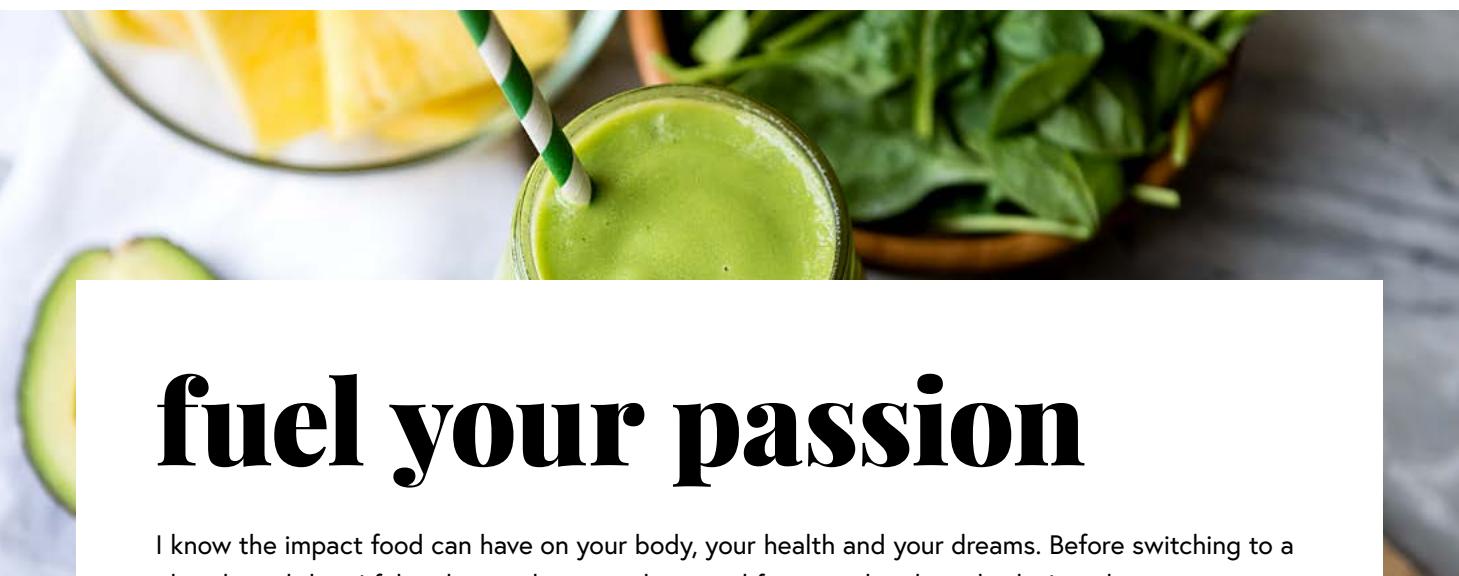




smoothie

CHALLENGE

10 DAYS • 10 SMOOTHIES



fuel your passion

I know the impact food can have on your body, your health and your dreams. Before switching to a plant-based diet, I felt exhausted, stressed-out and frustrated with my body. I made a commitment to put food in my body that would allow me to go after the things that mattered to me. I wanted to be an active mom, passionate wife and adventurous friend, so I committed to making my health a priority without sacrificing my sanity.

Embracing nutrient-dense whole foods with quick, tasty recipes gave me the vitality to do more than just survive each day. I was able to live out dreams that had been long buried.

- Starting a [backyard family farm](#) with raised beds, compost bins, chickens + rabbits
- Running across the [Grand Canyon](#) twice in a single day (49 miles!)
- Hiking to the top of the tallest waterfall in North America with my kids
- Flying an airplane from takeoff all the way to the landing
- Volunteering as a disaster relief worker during hurricane crisis

Through my journey came my mission to help others "fuel their passion."

By embracing delicious [plant-powered recipes](#), we can unlock the energy and strength inside ourselves to go after the things that matter most to us. I've celebrated with hundreds of thousands of people (just like you!) who've completed our challenges. They've fueled their bodies and ignited their passions.

The results don't happen overnight, but they also won't be painfully difficult to achieve either. Think of it as a journey that requires you to listen to your body, push yourself to reach new milestones and strive to be the best version of yourself.

As you commit to this ten-day challenge, I hope you fall more in love with plant-based recipes and what they allow you to do. Together, let's fuel your passion!

*xoxo
Jen Hansard*

THE 10-DAY

Smoothie Challenge

For the next ten days, I want you to drink a daily smoothie, along with whatever meals you typically eat. Yes, I'm giving you permission to have a smoothie and eat pizza if you want to. The truth is, that's exactly how I got started on this plant-powered journey.

Here are a few things to keep in mind:

THE SHOPPING LIST IS SPLIT INTO TWO

To prevent your produce from going bad, purchase only what you need for the first five days. There's nothing enjoyable about opening a bag of rancid spinach—bleh! Investing in our health has been one of the most empowering things I've ever done, and I want to make sure you can use everything you buy. If you decide to prep ahead, you could buy everything for all ten days and freeze it into smoothie packs.

RECIPES ARE MEANT TO INSPIRE YOU

If you have food sensitivities or trouble finding certain ingredients, feel free to get creative and tweak the recipes to work best for you. There's no right or wrong way to do this challenge; you have to modify and make it work for you.

BEST TIME TO DRINK A SMOOTHIE

It's completely up to you to decide what time of day to enjoy your smoothie. I prefer to have it in the morning as my breakfast, to start the day with a healthy foundation. You might prefer to have it as an afternoon "pick-me-up" or even as a nourishing dinner.

If using these smoothies as a meal replacement, I suggest adding a clean, plant-based protein powder, like my Homemade Protein Powder, to give you the additional protein and healthy fats needed to curb your appetite and turn a smoothie into a complete meal.

Let's Rawk!



DAY 1
Beginner's Luck
Smoothie



DAY 2
Strawberry Banana
Smoothie



DAY 3
Meal Replacement
Smoothie



DAY 4
Perfect Lemon
Smoothie



DAY 5
Epic Almond Smoothie

SMOOTHIES MAKE ONE SERVING

Each smoothie recipe makes one serving, and the shopping list is calculated based on this. Feel free to double (or triple) the shopping list and smoothie recipes if doing this with your loved ones.

Shopping List: Days 1-5

FRUITS & VEGGIES

- Bananas: 4
- Blueberries, frozen: 1 cup
- Cauliflower, frozen: 1/4 cup
- Ginger root, fresh: 1/2 tsp
- Lemon: 1
- Mango, frozen: 1/2 cup
- Peaches, frozen: 1 cup
- Pineapple, frozen: 1/2 cup
- Spinach, fresh: 2 cups
- Strawberries, frozen: 1 1/2 cups

DRY GOODS

- Raw almonds: 3 tbsp
- Chia seeds (optional)
- Protein Smoothie Boost (optional)
- Rolled oats: 2 tbsp

OILS & LIQUIDS

- Almond milk: 3 cups
- Honey

SEASONINGS

- Ground cinnamon
- Ground turmeric



DAY 6

Chocolate Peanut Butter Smoothie

DAY 7

Pre-Workout Smoothie

DAY 8

Creamy Banana Smoothie

DAY 9

Honey Turmeric Smoothie

DAY 10

Creamy Blueberry Smoothie

Shopping List: Days 6-10

FRUITS & VEGGIES

- Bananas: 5
- Blueberries, frozen: 1 cup
- Carrots, frozen: ½ cup
- Ginger root, fresh: 1 tbsp
- Mango, frozen: ½ cup
- Orange: 1
- Peaches, frozen: ½ cup
- Pineapple, frozen: ½ cup
- Spinach, fresh: 1 cup

DRY GOODS

- Cacao powder
- Peanut butter
- Collagen powder (optional)
- Homemade Protein Powder (optional)

SEASONINGS

- Ground cinnamon
- Ground turmeric
- Vanilla extract

OILS & LIQUIDS

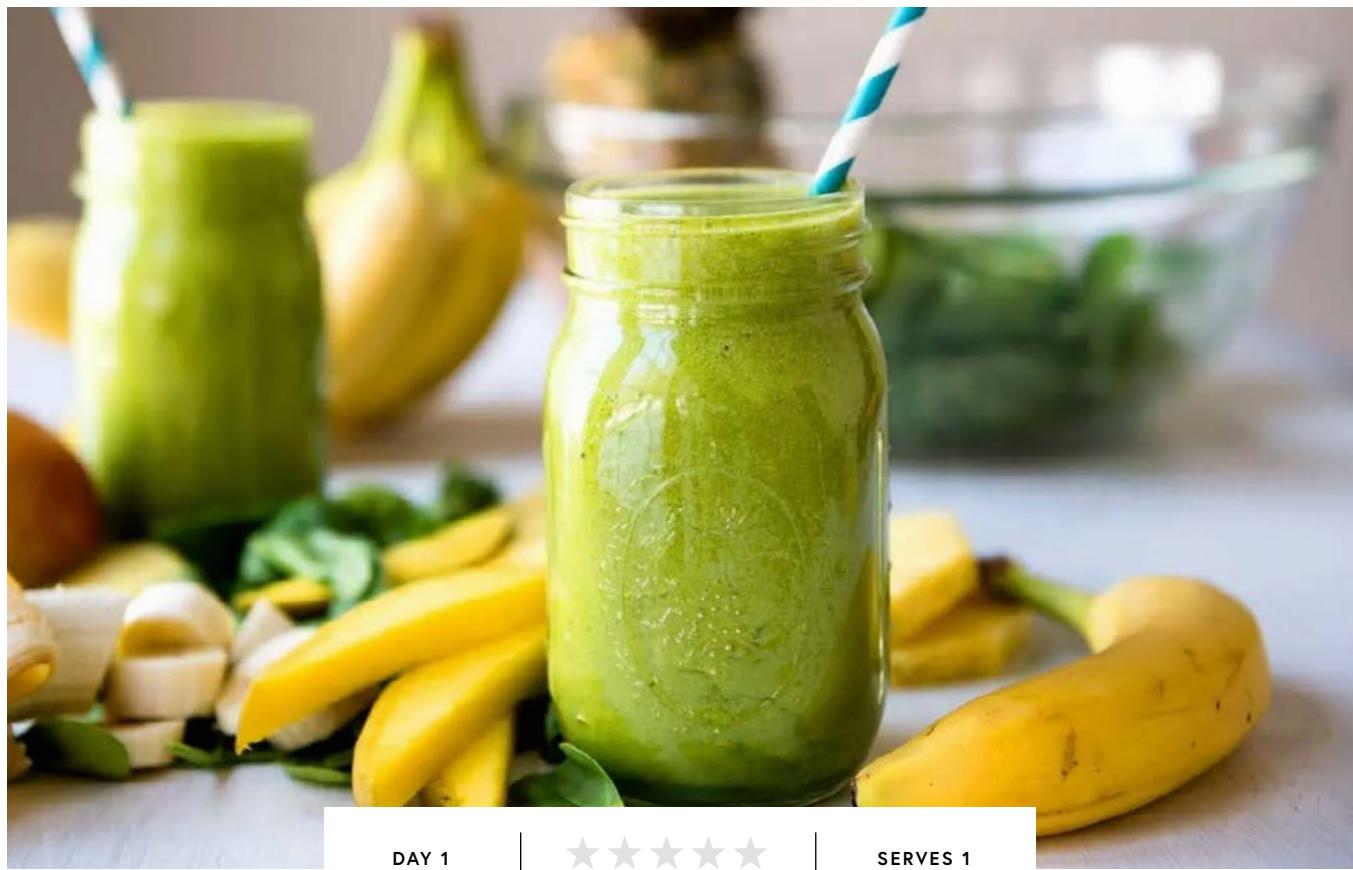
- Cashew milk: 2 ¾ cups
- Non-dairy yogurt: 1 cup
ex: cashew, coconut or soy
- Coconut water: ½ cup
- Honey
- Oat milk: 1 cup

jen's tips

Non-Dairy Liquids: Use unsweetened milks, coconut water and plain yogurt to avoid processed sugars and extra calories.

Frozen Fruit: Buying frozen fruit saves time and money and will chill your smoothie. You can also use fresh fruit if you prefer.

Protein Boost: Use any of these smoothies as meal replacements by adding one serving of Homemade Protein Powder. It'll help you stay full, energized and nourished for hours.



DAY 1



SERVES 1

[LEAVE REVIEW](#)

Beginner's Luck Smoothie

Ready for your first delicious plant-powered green smoothie? May today be the beginning of a new phase in your life, where health and happiness take center stage.

INGREDIENTS

- 1 cup spinach
- 1 cup water
- ½ cup mango, frozen
- ½ cup pineapple, frozen
- 1 banana

DIRECTIONS

1. Blend all ingredients until smooth.
2. Pour into your favorite glass and enjoy!

Strawberry Banana Smoothie

Looking to brighten up your day? Then blend this strawberry banana smoothie ASAP. Deliciously sweet and cheerfully colored, this will put a pep in your step.

INGREDIENTS

1 cup strawberries, frozen
1 ½ bananas
1 cup almond milk
¼ cup cauliflower, frozen
1 tbs chia seeds (optional)

DIRECTIONS

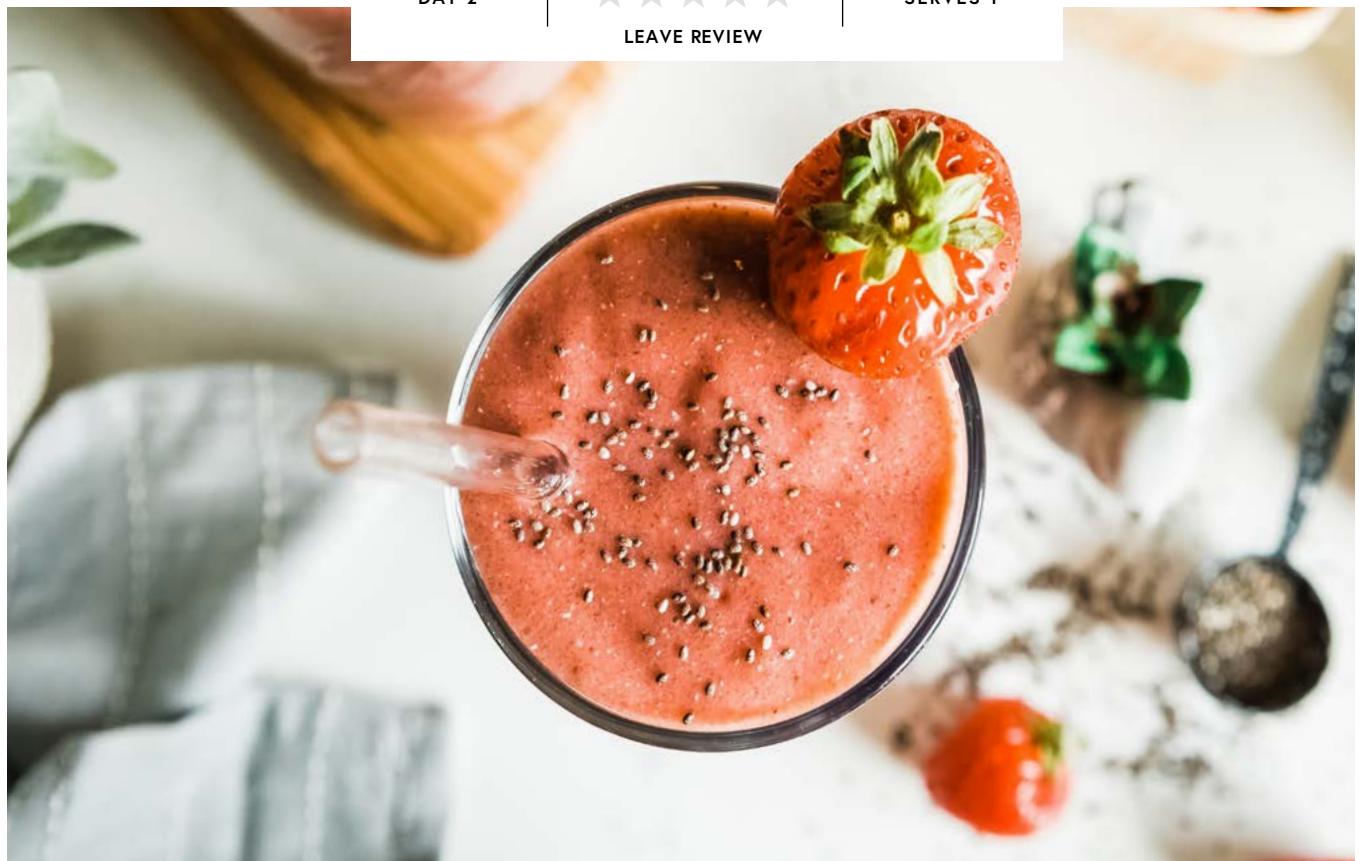
1. Blend all ingredients until smooth.
2. Pour into a glass and enjoy!

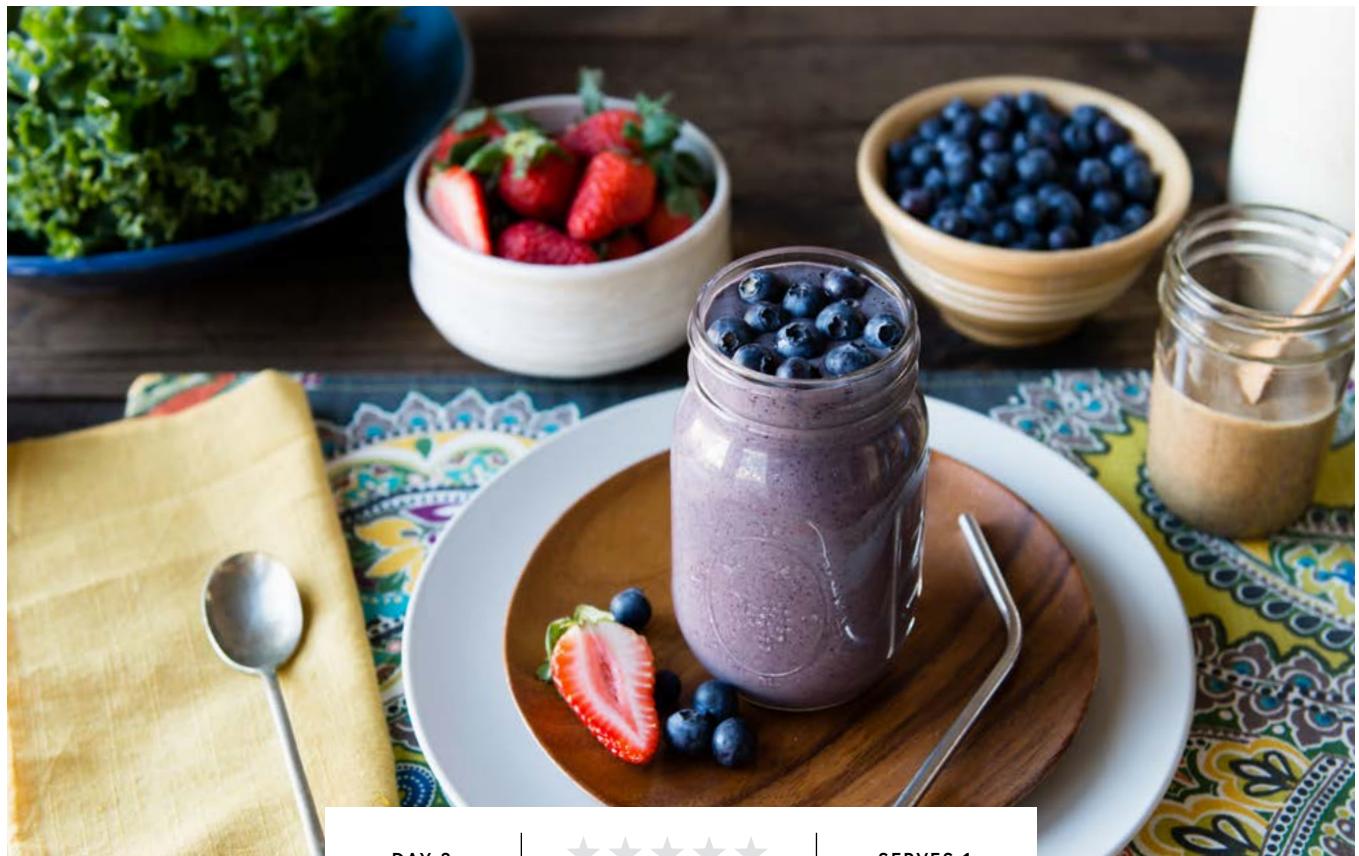
DAY 2



LEAVE REVIEW

SERVES 1





DAY 3



SERVES 1

[LEAVE REVIEW](#)

Meal Replacement Smoothie

Meal replacement smoothies are a great way to load up on nutrients to fuel your busy day. Smoothies are the healthiest fast food out there!

INGREDIENTS

- 1 cup spinach
- 1 cup almond milk
- 1 cup blueberries, frozen
- ½ banana
- 1 tbsp almonds
- 2 tbsp rolled oats

DIRECTIONS

1. Blend all ingredients until smooth.
2. Pour into your favorite glass and enjoy!

Perfect Lemon Smoothie

A bright start to your day, blend this lemon smoothie and give your body some essential vitamin C, fiber and natural enzymes to feel amazing.

INGREDIENTS

1 lemon, peeled
½ cup water
1 tbsp honey
½ tsp ginger root, fresh
1 cup peaches, frozen
½ tsp ground turmeric

DIRECTIONS

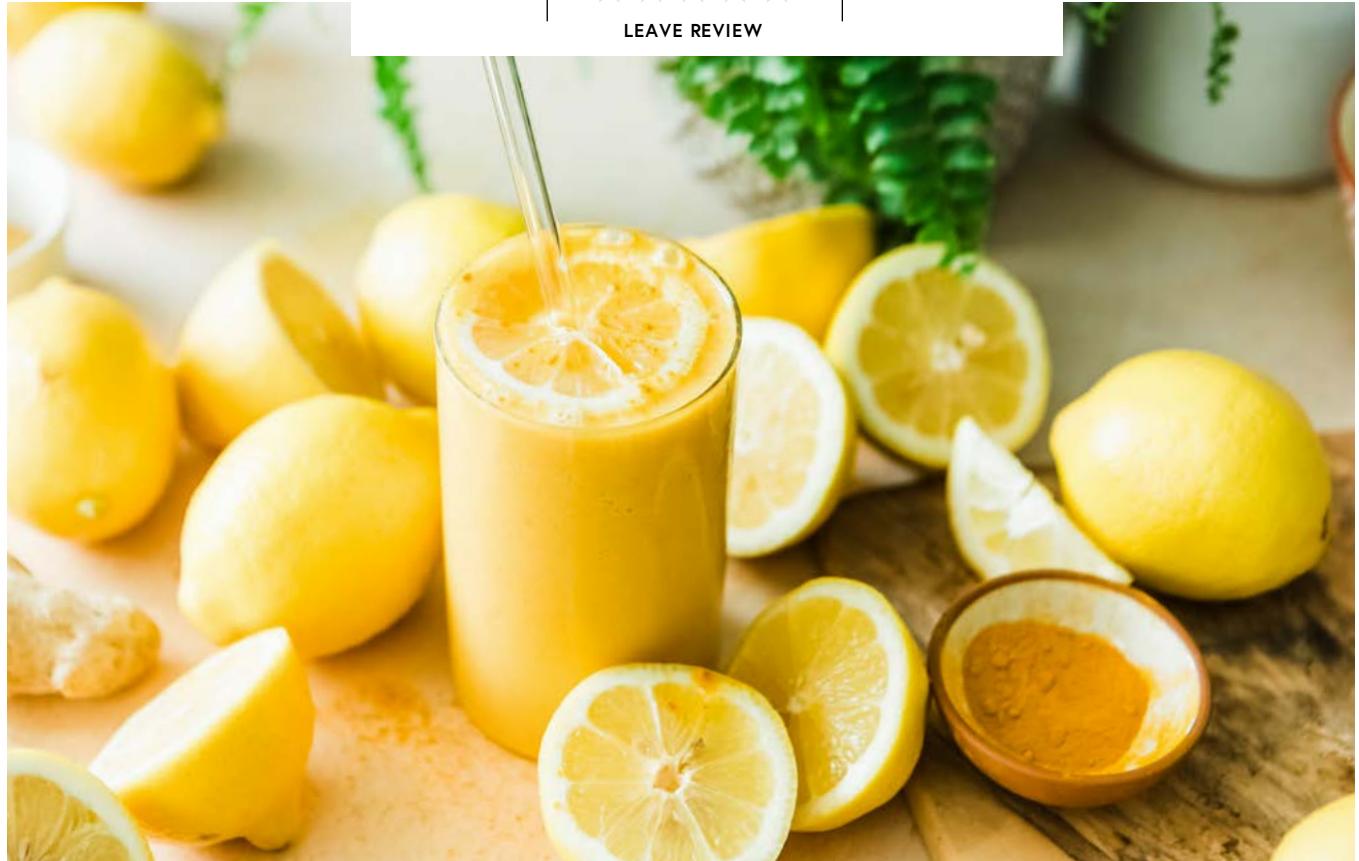
1. Blend all ingredients until smooth.
2. Pour into your favorite glass and enjoy!

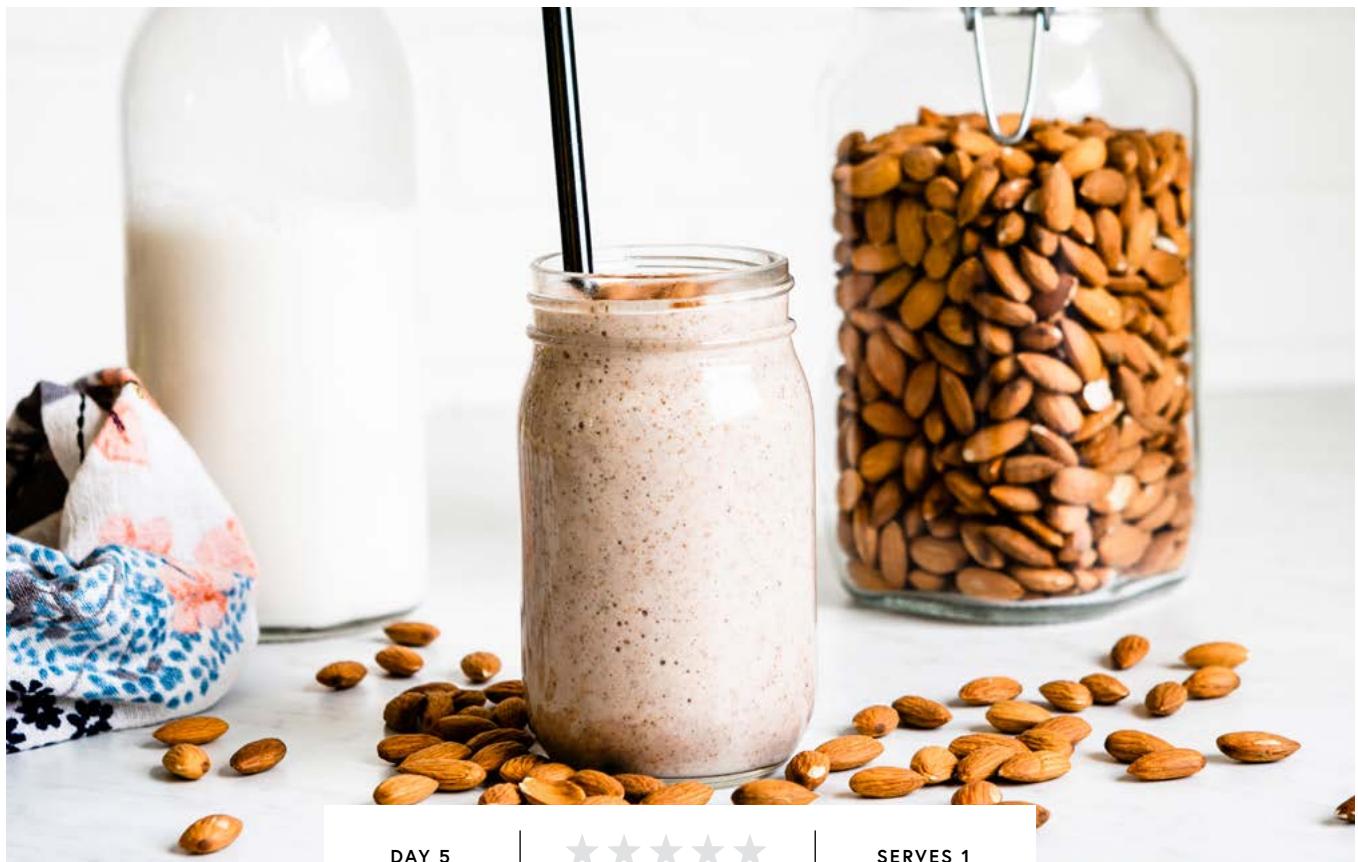
DAY 4



LEAVE REVIEW

SERVES 1





DAY 5



SERVES 1

[LEAVE REVIEW](#)

Epic Almond Smoothie

A protein-packed smoothie fuels your body for a busy day. Drink this before or after a workout to replenish muscles, or as a meal replacement to curb your appetite until your next meal.

INGREDIENTS

1 cup almond milk
2 tbsp almonds
1 banana
½ cup strawberries, frozen
½ tsp ground cinnamon
Honey (optional)

DIRECTIONS

1. Blend all ingredients until smooth.
2. Pour into your favorite glass and enjoy!

Peanut Butter Chocolate Smoothie

Sip on a creamy, decadent chocolate peanut butter smoothie for a satisfying treat. This simple dessert is the afternoon pick-me-up you need. You can freeze bananas to chill the smoothie.

INGREDIENTS

2 bananas, frozen
1 tbsp peanut butter
2 tbsp cacao powder
1 cup oat milk

DIRECTIONS

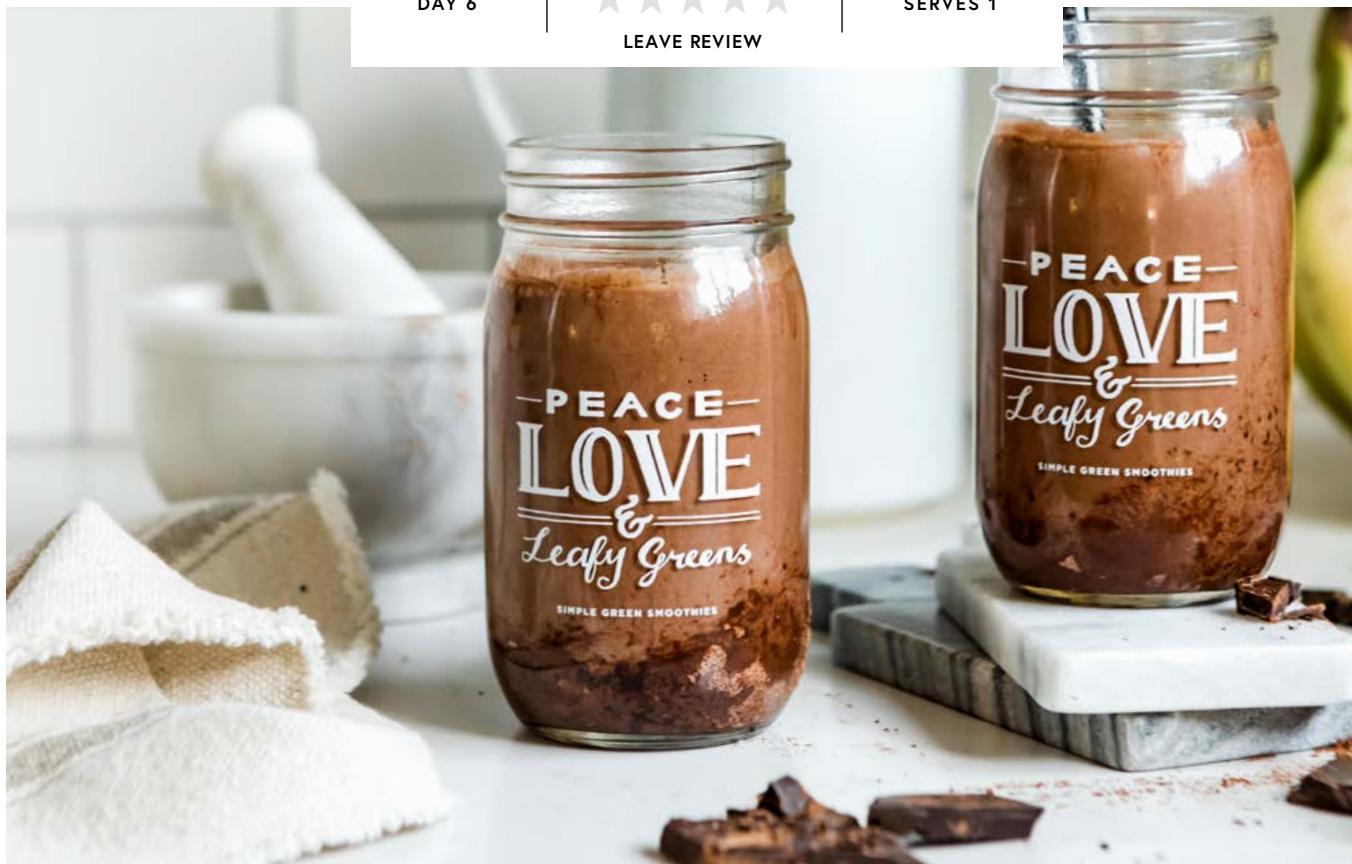
1. Blend all ingredients until smooth.
2. Pour into your favorite glass and enjoy!

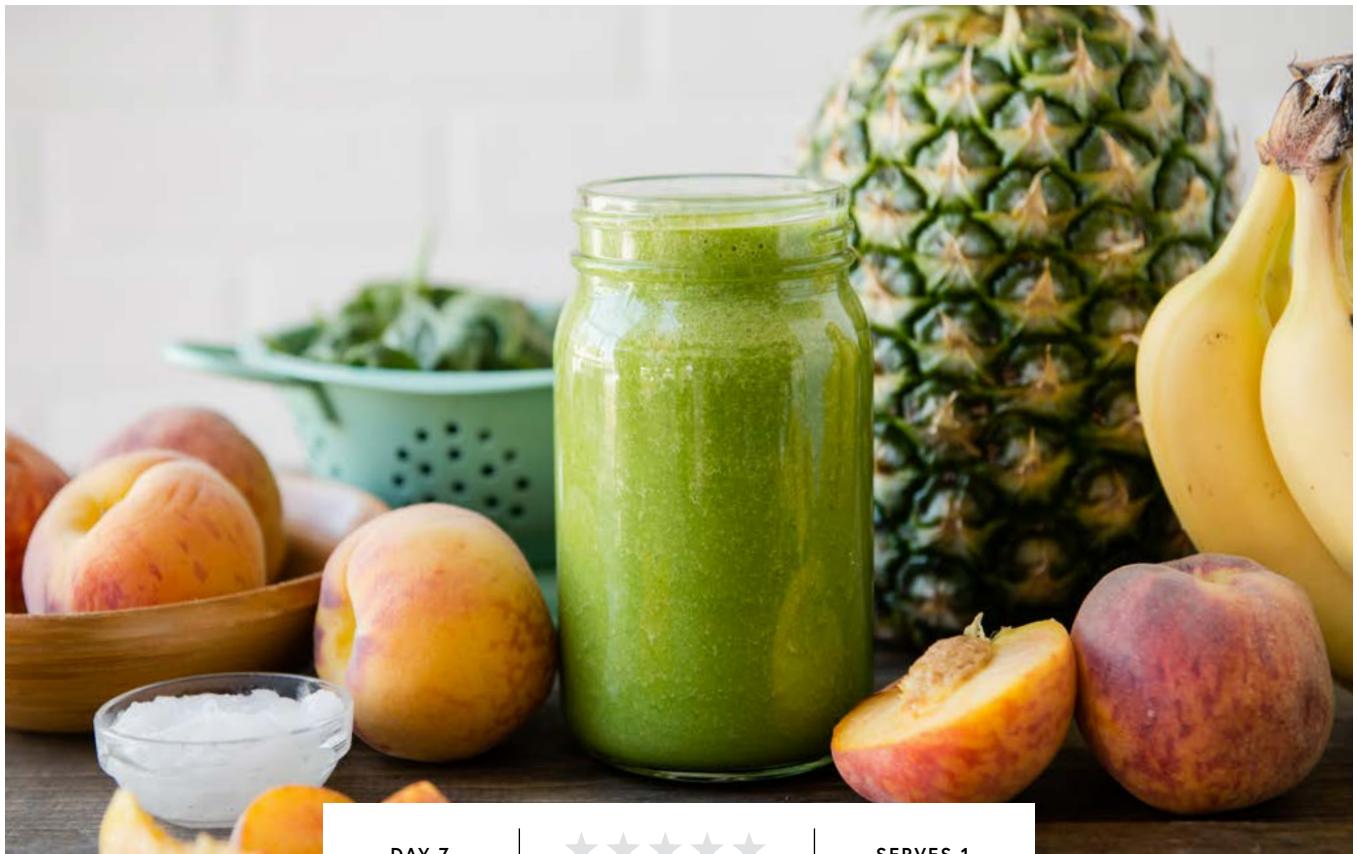
DAY 6



LEAVE REVIEW

SERVES 1





DAY 7



SERVES 1

[LEAVE REVIEW](#)

Pre Workout Smoothie

These hydrating ingredients help you stock up on natural energy before you sweat. Coconut water is often called "nature's Gatorade" because it contains all four of the main electrolytes that our body needs to function properly: sodium, potassium, calcium and magnesium.

INGREDIENTS

- 1 cup spinach
- ½ cup coconut water
- ½ cup water
- ½ cup pineapple, frozen
- ½ cup peaches, frozen
- ½ banana

DIRECTIONS

1. Blend all ingredients until smooth.
2. Pour into your favorite glass and enjoy!

Creamy Banana Smoothie

Blend your way into a great day with this sweet n' creamy banana smoothie. It's got protein that will keep you full and simple ingredients for natural energy.

INGREDIENTS

2 bananas, frozen
½ cup cashew yogurt
1 cup cashew milk
1 tsp vanilla extract
1 serving of collagen powder (optional)

DIRECTIONS

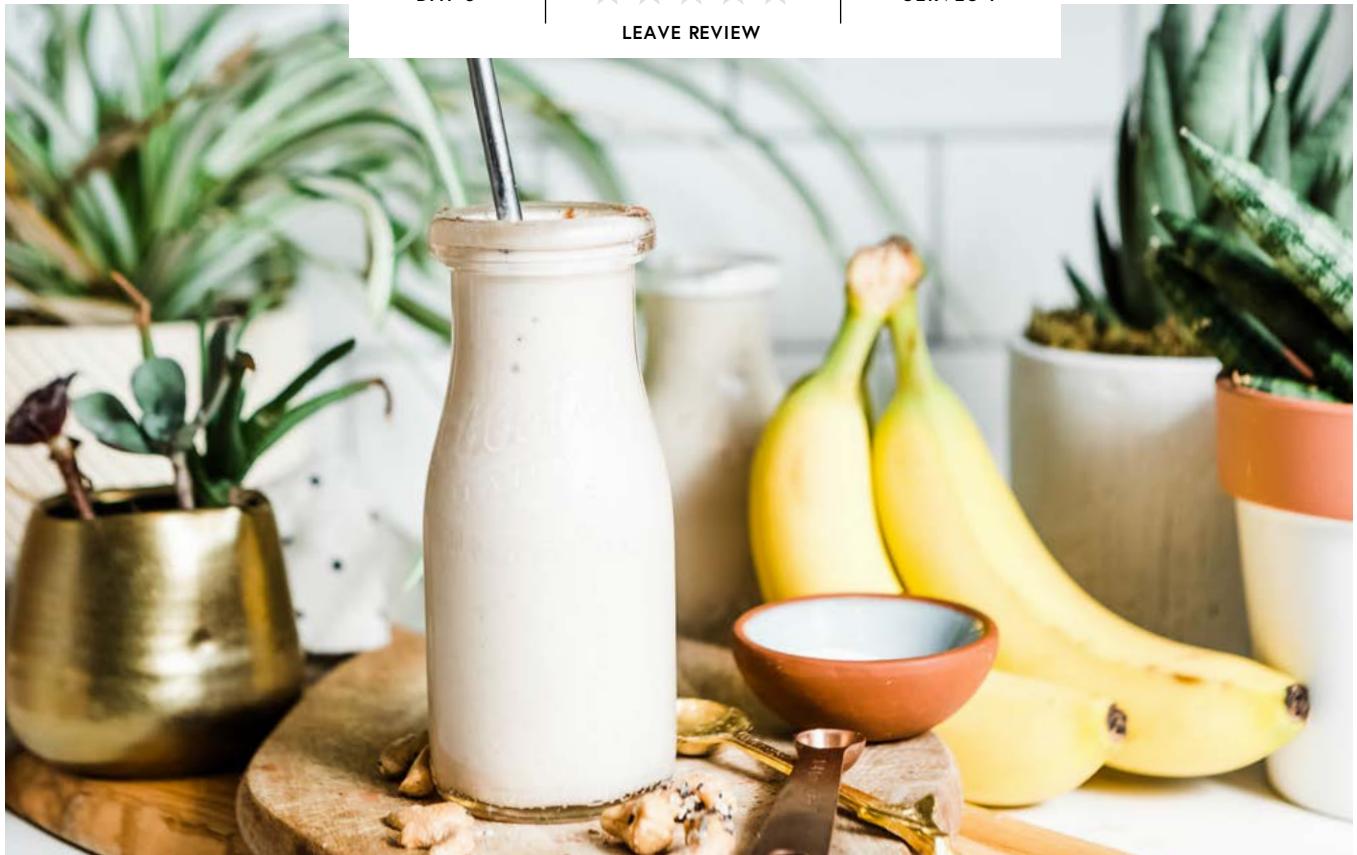
1. Blend all ingredients until smooth.
2. Pour into your favorite glass and enjoy!

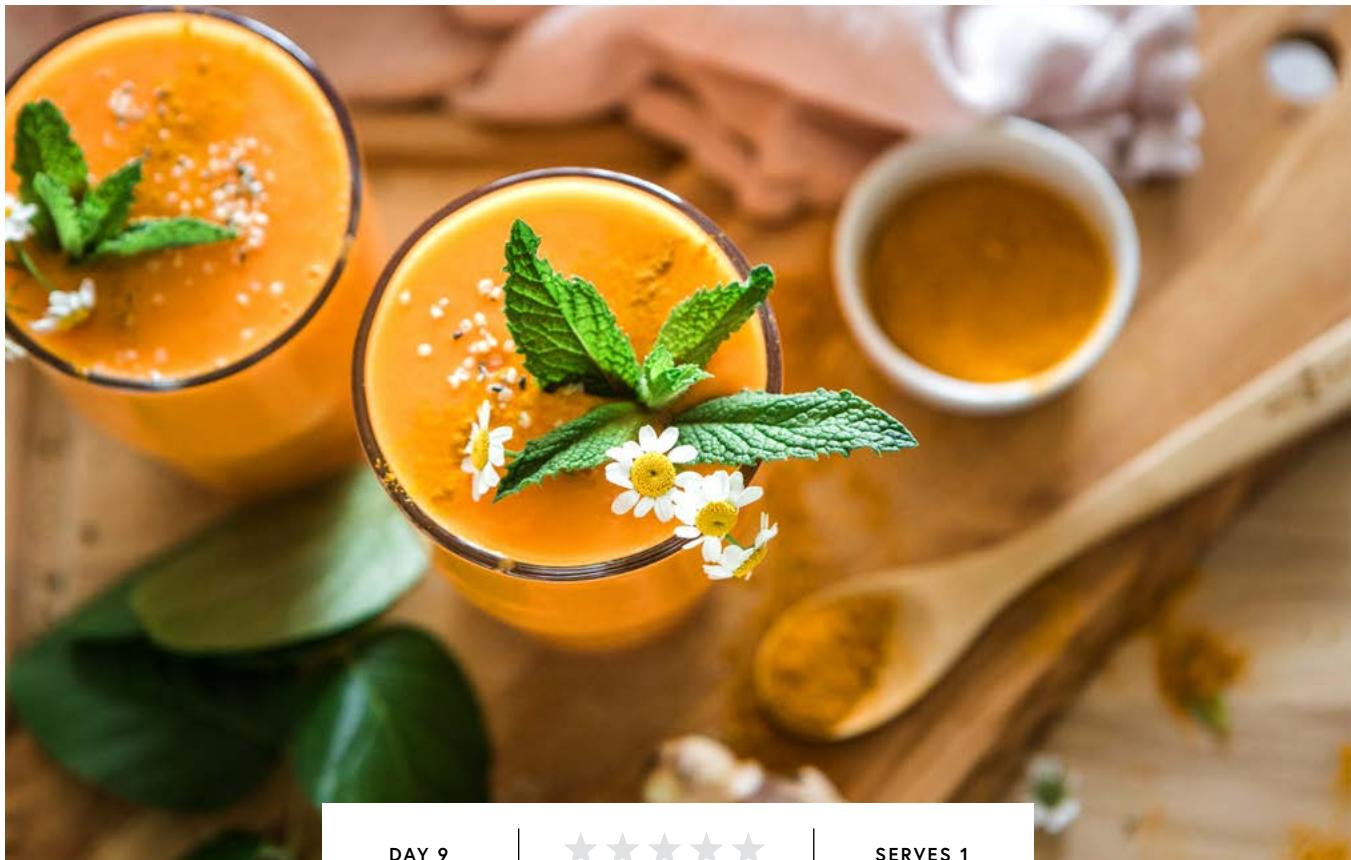
DAY 8



LEAVE REVIEW

SERVES 1





DAY 9



SERVES 1

[LEAVE REVIEW](#)

Honey Turmeric Smoothie

Your immune system will enjoy the nourishment in this bright, delicious turmeric smoothie recipe. It's a refreshing, anti-inflammatory blend!

INGREDIENTS

- 1 tbsp ginger root, peeled
- 1 orange, peeled
- $\frac{3}{4}$ cup cashew milk
- $\frac{1}{2}$ cup mango, frozen
- $\frac{1}{2}$ cup sliced carrots, frozen
- 1 tbsp honey
- 1 tsp ground turmeric

DIRECTIONS

1. Blend all ingredients until smooth.
2. Pour into your favorite glass and enjoy!

Creamy Blueberry Smoothie

This deliciously-thick blueberry smoothie is infused with nutritious superfood blueberries, nutty cashew milk and probiotic-boosting non-dairy yogurt. It's simple and delicious!

INGREDIENTS

1 cup blueberries, frozen
1 cup cashew milk
½ cup non-dairy yogurt
½ banana
1 serving of collagen powder (optional)

DIRECTIONS

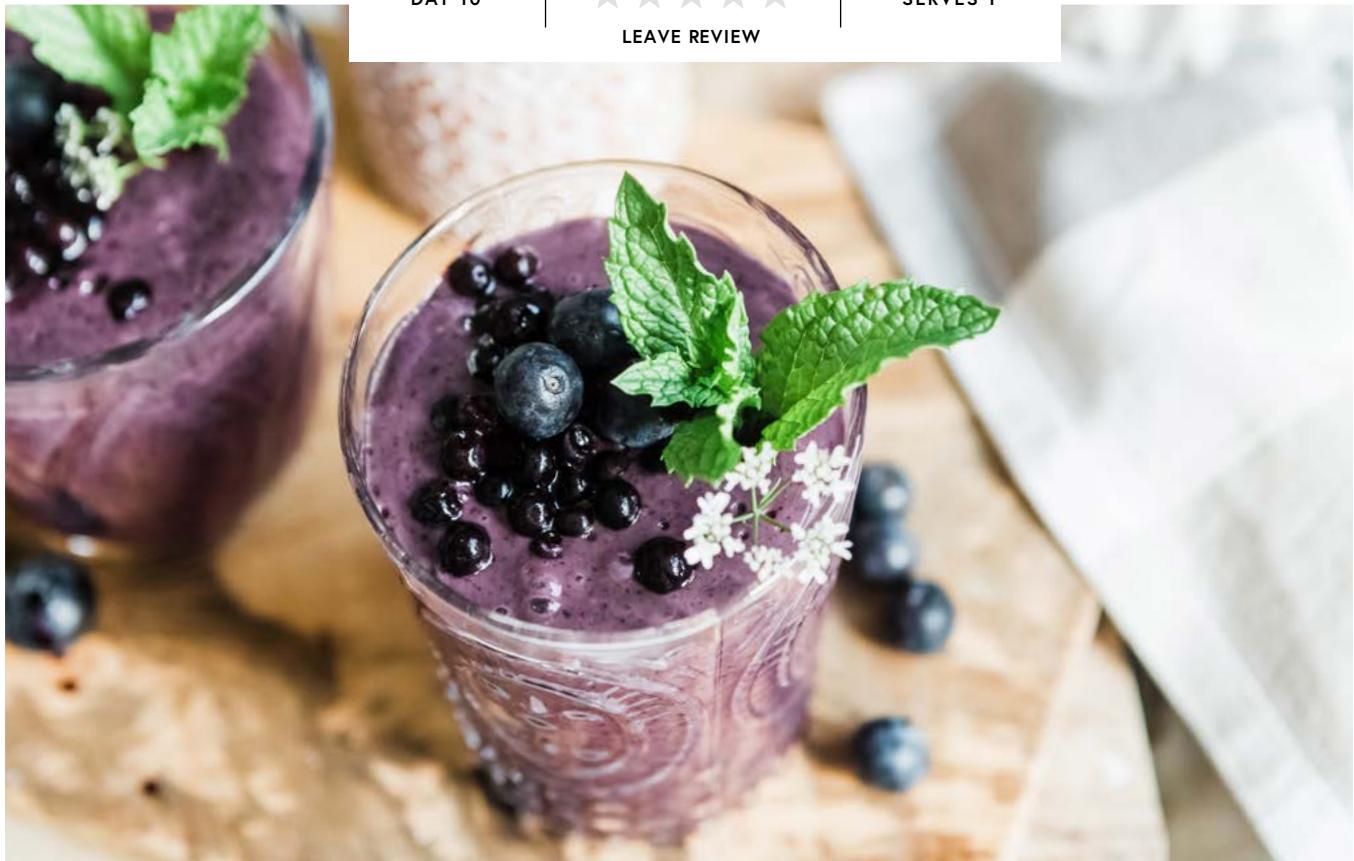
1. Blend all ingredients until smooth.
2. Pour into your favorite glass and enjoy!

DAY 10



[LEAVE REVIEW](#)

SERVES 1





Protein Powder for Smoothie Lovers

I set out to create the cleanest plant-based protein powder to add to my daily smoothies because I wasn't happy with any of the powders on the market. They were sickly sweet, bitter, chalky, gritty, flavored weird and generally loaded with all kinds of unnecessary additives.

After three years of research and testing, I've made a high-quality plant-based protein powder. Add one scoop to your fav smoothie recipe to turn it into a meal replacement, post-workout recovery shake for additional nutrients.

- Jen Hansard

Plant-Based Protein Powder	MINE	OTHERS
Number of ingredients	3	7+
Only uses high-quality plant protein	✓	✗
Avoids natural flavors	✓	✗
Avoids artificial ingredients	✓	✗
Avoids stevia, monk fruit, sugar, etc.	✓	✗
Avoids gums and fillers	✓	✗
Contains ALL 9 essential amino acids	✓	✗



HEMP SEED PROTEIN

Finely milled hemp contains omega-3 fatty acids, omega-6 and 20 amino acids.



CHIA SEEDS

Chia seeds pack a nutritional punch when it comes to omega-3 fatty acids.



FLAXSEEDS

This ancient superfood is loaded with protein, fiber and omega-3 fatty acids.

[GET THE RECIPE](#)



Blender Upgrade?

There's one appliance you need to make a smoothie: a blender. There are hundreds on the market, and new ones all the time. No matter what, I always say: Start blending with whatever you have (or borrow from a friend), and you'll be on your way to rawkstar status in no time!





Wanna go fast? Go alone. Wanna go far? Go together.

We take community seriously at Simple Green Smoothies.
Sign up for Rawk the Year to get weekly meal plans, incredible
support and additional plant-based resources.

