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KID APPROVED Fruit + Veggie Smoothies

5 Weeks of Recipes +
Shopping Lists

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Hello There!

Welcome to our favorite collection of smoothies! As a mom of three I know that summer parenting can consist of saying, "you just had a snack" over and over until you give up and throw them more snacks! So... I'm sneaking in as many healthy options as possible and disguising them as thee BEST SNACKS EVA! Stuffed with fruits + veggies they won't even know its good for them!

Keep them involved and put them in charge of the shopping list that's included each week + they're so easy to make, they can help in the kitchen too!

Happy summer snacking
from our home to yours!

XOXO,
Sammy



WEEK ONE

SHOPPING LIST

FRUIT

- o strawberries (48 ounces)
- o 1 mango (or 8 ounces frozen)
- o 1 whole pineapple, fresh (or 16 ounces frozen)
- o 5-6 bananas
- o 1 lime
- o 2 kiwi
- o 1 pear

VEGGIES

- o 1 bag fresh spinach (10-16 ounces)
- o 1 bag fresh kale (10-16 ounces)

OTHER/MISC

- o 1 carton coconut milk, unsweetened (32 ounces)
- o 1-2 cartons almond milk, unsweetened (48 ounces)
- o Cacao powder
- o Almond butter

WEEK ONE

DAY ONE: Choco-Berry

INGREDIENTS:

- 2 cups fresh kale
- 2 cups almond milk, unsweetened
- 2 cups strawberries
- 1 banana
- 2 tablespoons cacao powder

HOW TO:

1. Blend kale and almond milk together until smooth.
2. Add remaining ingredients and blend again.

DAY TWO: Pretty Popeye

INGREDIENTS:

- 2 cups fresh spinach
- 2 cups coconut milk, unsweetened
- 2 cups pineapple
- 1 banana
- 1 lime, juiced or peeled

HOW TO;

1. Blend spinach and almond milk together until smooth.
2. Add remaining ingredients and blend again.

DAY THREE: Pink Floyd

INGREDIENTS:

- 2 cups fresh spinach
- 2 cups almond milk, unsweetened
- 2 cups strawberries
- 1 cup mango

HOW TO:

1. Blend spinach and almond milk together until smooth.
2. Add remaining ingredients and blend again.

DAY FOUR: Kinky Kiwi

INGREDIENTS:

- 2 cups fresh kale
- 2 cups coconut milk, unsweetened
- 2 kiwi, peeled or whole
- 2 cups strawberries

HOW TO:

1. Blend kale and coconut milk together until smooth.
2. Add remaining ingredients and blend again

DAY FIVE: Pear Passion

INGREDIENTS:

- 2 cups fresh spinach
- 2 cups almond milk, unsweetened
- 2 bananas
- 1 pear, core removed*
- 2 tablespoons almond butter
- 2 tablespoon cacao powder

HOW TO:

1. Blend spinach and almond milk together until smooth.
2. Add remaining ingredients and blend again



WEEK TWO

SHOPPING LIST

FRUIT

- o 1 grapefruit
- o 1 pineapple, fresh (or 16 ounces frozen)
- o 3 kiwis
- o 5 apples, any variety
- o Strawberries (24 ounces)
- o Bunch grapes (green or purple)
- o 5 oranges
- o 3 bananas

VEGGIES

- o 1 bag fresh spinach (16 ounces)
- o 1 bag fresh kale (16 ounces)

OTHER/MISC

- o 1 carton almond milk, unsweetened
- o 1-inch piece fresh ginger



WEEK TWO

DAY ONE: Gingy Juice

INGREDIENTS:

2 cups spinach

2 cups almond milk

1 banana

2 apples, core removed

½-inch fresh ginger, peeled

HOW TO:

1. Blend spinach and almond milk together until smooth.
2. Add remaining ingredients and blend again.

DAY TWO: Sammy Sosa

INGREDIENTS:

2 cups spinach

1 ½ cups water

1 apple core removed

1 cup strawberries

½ cup grapes

1 orange, peeled

HOW TO:

1. Blend spinach, water, and grapefruit together until smooth.
2. Add remaining ingredients and blend again.

DAY THREE: Hang Loose

INGREDIENTS:

2 cups spinach

2 cups water

1 grapefruit, peeled

1 cup pineapple

2 kiwi, peeled

HOW TO:

1. Blend spinach, water, and grapefruit together until smooth.
2. Add remaining ingredients and blend again.

DAY FOUR: C-BOMB

INGREDIENTS:

2 cups kale

1 ½ cups water

1 banana

2 oranges, peeled

1 cup strawberries

HOW TO:

1. Blend kale, water, and oranges together until smooth.
2. Add remaining ingredients and blend again.

DAY FIVE: Sweet Sauce

INGREDIENTS:

2 cups kale

1 cup almond milk

2 cups grapes

1 apple core removed

1 orange, peeled

HOW TO:

1. Blend kale, almond milk, and orange together until smooth.
2. Add remaining ingredients and blend again.



WEEK THREE

SHOPPING LIST

FRUIT

- o 1 whole pineapples, fresh (or 24 ounces frozen)
- o 2 mangos
- o 3 bananas
- o 2 grapefruits
- o Strawberries (12 ounces)
- o Medjool dates, pitted
- o 1 orange

VEGGIES

- o 1 bag fresh spinach (10-16 ounces each)

OTHER/MISC

- o 1 Carton Unsweetened Almond Milk
- o Rolled Oats
- o Cinnamon
- o Flax Seed
- o Almond Butter

WEEK THREE

DAY ONE: Lucky You

INGREDIENTS:

2 cups fresh spinach
2 cups water
1 cup pineapple
1 cup mango
2 bananas

HOW TO:

1. Blend spinach and water together until smooth.
2. Add remaining ingredients and blend again.

DAY TWO: Let's Do This

INGREDIENTS:

2 cups fresh spinach
1 ½ cups water
1 grapefruit, peeled*
2 cups pineapple

HOW TO:

1. Blend spinach, water, and grapefruit together until smooth.
2. Add remaining ingredients and blend again.

DAY THREE: Strawberry Slam

INGREDIENTS:

2 cups fresh spinach
1 ½ cups water
1 grapefruit, peeled*
1 ½ cup strawberries
4 medjool dates, pitted

HOW TO:

1. Blend spinach, water, and grapefruit together until smooth.
2. Add remaining ingredients and blend again.

DAY FOUR: Banana Nut Oatmeal

INGREDIENTS:

1 cup unsweetened vanilla almond milk
1 banana
1/4 cup old fashioned rolled oats
2 tablespoons almond butter
1 tablespoon flax seed
1/2 teaspoon cinnamon
Ice

HOW TO:

1. Add all ingredients and blend.


DAY FIVE: Green Julius

INGREDIENTS:

2 cups water
1 orange
1 cup frozen mango
2 cups spinach

HOW TO:

1. Add all ingredients and blend



WEEK FOUR

SHOPPING LIST

FRUIT

- o 6 apples
- o 1 bunch grapes
- o 20 ounces frozen peaches
- o 20 ounces frozen blueberries
- o 15 ounces frozen strawberries
- o 10 ounces frozen mixed berries
- o 6 ounces of mango chunks
- o 3 bananas

VEGGIES

- o 1 bunch kale
- o 20 ounces spinach
- o 20 ounces spring mix greens

OTHER/MISC

- o Stevia sweetener (packets)
- o Bag of ground flaxseeds

WEEK FOUR

DAY ONE: Berry Green

INGREDIENTS:

3 handfuls spinach

2 cups water

1 apple, cored, quartered

1 cup frozen mangos

1 cup frozen strawberries

1 handful frozen or fresh seedless grapes

1 stevia packet (add more to sweeten, if necessary)

2 tablespoons ground flaxseeds

OPTIONAL: 1 scoop of protein powder

HOW TO:

Place leafy greens and water into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.

DAY TWO: Apple Strawberry

INGREDIENTS:

3 handfuls spring mix greens

2 cups water

1 banana peeled

2 apples, cored, quartered

1 ½ cups frozen strawberries

2 stevia packets (add more to sweeten, if necessary)

2 tablespoons ground flaxseeds

OPTIONAL: 1 scoop of protein powder

HOW TO:

Place leafy greens and water into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.

DAY THREE: Apple Berry

INGREDIENTS:

1 handful spring mix greens

2 handfuls spinach

2 cups water

1½ cups frozen blueberries

1 banana, peeled

1 apple, cored and quartered

1 packet stevia

2 tablespoons ground flaxseeds

OPTIONAL: 1 scoop of protein powder

HOW TO:

Place leafy greens and water into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.

DAY FOUR: Berry Peachy

INGREDIENTS:

2 handfuls kale

1 handful spinach

2 cups water

2 apples, cored, quartered

1½ cups frozen peaches

1½ cups frozen mixed berries

2 packets stevia

2 tablespoons ground flaxseeds

OPTIONAL: 1 scoop of protein powder

HOW TO:

Place leafy greens and water into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.

DAY FIVE: Peach Berry Spinach

INGREDIENTS:

3 handfuls spinach

2 cups water

1 cup frozen peaches

1 handful fresh or frozen seedless grapes

1½ cups blueberries

3 packets stevia to sweeten

2 tablespoons ground flaxseeds

OPTIONAL: 1 scoop of protein powder

HOW TO:

Place spinach and water into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.



WEEK FIVE

SHOPPING LIST

FRUIT

- o Green Apple
- o Frozen Berries
- o 3-4 Bananas

VEGGIES

- o 20 ounces spinach

OTHER/MISC

- o Almond milk
- o Almond butter
- o Cacao powder
- o Vanilla Protein Powder



WEEK FIVE

DAY ONE: Green Machine

INGREDIENTS:

handful spinach

1/2 green apple

1 cup almond milk

1/2 banana

1 scoop vanilla protein

HOW TO:

Blend and enjoy

DAY TWO: Chocolate Dream

INGREDIENTS:

1/2 banana

1 cup almond milk

2 tablespoon cocoa powder

1 tablespoon almond butter

1 vanilla protein

HOW TO:

Blend and enjoy

DAY THREE: Berry Blaster

INGREDIENTS:

handful frozen berries

1 cup almond milk

1/2 banana

1 cup spinach

1 scoop vanilla protein

HOW TO:

Blend and enjoy

DAY FOUR: Pump it Up

INGREDIENTS:

1 cup almond milk

1 cup spinach

1 tablespoon almond butter

1/2 banana

1 scoop vanilla protein

HOW TO:

Blend and enjoy

DAY FIVE: Fruity Tootie

INGREDIENTS:

1/2 green apple

handful frozen berries

1/2 banana

1 scoop vanilla protein

HOW TO:

Blend and enjoy