

#1 Easiest **The Green Smoothie** (need a Blendtek or Vitamix blender preferred but all will work)

Add fresh/frozen fruits and fresh washed greens.

Pick 2-5 from fruit: (can be bagged frozen to make it easy except apple)

- Apple
- Pineapple
- Mango
- Strawberries
- Blueberries
- Peaches
- Banana

Pick 2 to 5 from Greens: Rotate each week to get them all each month.

- Romaine lettuce
- Spinach
- Kale
- Chard
- Parsley
- Watercress -
- Bok choy
- Arugula lettuce

Add some water and blend till smooth.

Advanced users might also add:

- Fresh peeled ginger root (about the size of ½ your thumb to full thumb) natural anti-inflammatory
- Ground flax seed, walnuts, hemp seed (for omega 3 oils)
- Super Green powders like BarleyMax or Vitamineral Green
- Seaweed like Dulse or other dark green.
- Lemon or Lime juice
- beets or beet juice (Red Smoothie)