

Blast #1

1 cup spinach
1 Tbsp Chia Seed
1 banana
4 Frozen Strawberries
2 inches of cucumber (¼ cup)
Coconut water to max line (1.5 cups)

1.5 vegetable servings
1.5 fruit servings
0.3 serving of seeds

Kcal: 286 Fat: 4.1g Sat. Fat: .7g CHO: 55.8g Protein:
10.4g CA: 192mg K: 1645mg Fiber: 15g

Blast #2

1 cup mixed greens
½ cup Pineapple
¼ cup of chopped carrot
1 Tbsp hemp seeds

1 banana
Unsweetened Almond milk to max line (~1.5 cups)
1 tsp cinnamon

2 fruit servings
1.5 vegetable servings
0.3 seed servings

Kcal: 300 Fat: 8.5g Sat. Fat: .6g CHO: 60g Protein:
7.6g CA: 740.7mg K: 714.5mg Fiber: 7g

Blast #3

1 cup spinach
½ pear
½ banana
Unsweetened Almond milk to max line (~1.5 cups)
2-3 chunks zucchini (½ cup)
½ tsp cinnamon
1 Tbsp hemp seeds

Blast #3

1 fruit serving
2 vegetable servings
.3 seed serving

Kcal: 243.5 Fat: 8.4g Sat. Fat: .5g CHO:
35.6g Protein: 9g CA: 698.7mg K: 597mg Fiber:
7.4g

Blast #4

1 cup kale
2 Tbsp oats
½ banana
1 Tbsp walnuts
½ apple
2-3 chunks of cucumber
Coconut water to max line (~1.5 cups)
4 mint leaves

Blast #4 Continued

1.5 veggie servings
0.25 whole grains (oats) servings
1 fruit servings
0.25 nut servings

Kcal: 298.5 Fat: 6.6g Sat. Fat: 1.1g CHO: 57.4g Protein:
8.7g CA: 197.2mg K: 1611.1mg Fiber: 10.9g

Blast #5

1 cup spinach
½ cup broccoli
½ cup of blueberries
1 Tbsp pumpkin seeds
1 dash of turmeric
Coconut water to max line (~1.5 cups)

Blast #5

2 vegetable servings
1.5 fruit servings
0.3 seed servings

Kcal: 249.5 Fat: 5.1g Sat. Fat: 1.4g CHO: 45.4g Protein:
9.6g CA: 90.8mg K: 1428.5mg Fiber: 10.6g

Blast #6

1 cup mixed greens and kale
½ cup broccoli
½ banana
1 chunks of beets (⅛ cup)
4 frozen strawberries
1 Tbsp hemp seeds
1 Tbsp walnuts
Unsweetened Almond milk to max line (~1.5 cups)

Blast #6

2.5 veg servings
1 fruit servings
0.3 seeds servings
0.25 nut servings

Kcal: 245 Fat: 12.5g Sat. Fat: .9g CHO: 27g Protein:
10.5g CA: 750.2mg K: 740.4mg Fiber: 6.7g

www.choosemyplate.gov - serving sizes

1 cup of leafy greens = 1 serving
½ cup chopped fruits and veggies = 1 serving
⅓ cup of nuts = 1 serving
1oz of seeds = 1 serving
½ cup raw oats = 1 serving