

Check out [wellnessbyfood.com/smoothies](https://wellnessbyfood.com/smoothies) for the detailed version

## 1/2 CUP\* LIQUID BASE

- Water
- Organic milk or organic lactose-free milk
- Unsweetened milk substitute (e.g. almond, rice, coconut milk)
- Coconut water
- Vegetable juice
- Plain dairy yogurt
- Plain non-dairy yogurt (e.g. coconut yogurt)
- Organic silken tofu (contains soy)
- Plain dairy/non-dairy kefir

\* add more liquid base as needed

## < 2 CUPS OF FRUIT

- Apple
- Avocado
- Banana
- Berries
- Grapes
- Mango
- Nectarine/Peach
- Orange/clementine/tangerine
- Papaya
- Pear
- Pineapple
- Cherries
- Kiwi
- Melon

## > 2 CUPS OF VEGGIES

- Dark leafy greens (e.g. spinach, Swiss chard, kale, beet greens)
- Beets, cooked without the skin (pairs well with chocolate)
- Carrots
- Celery
- Cucumber
- Frozen broccoli
- Pumpkin, cooked or canned (pairs well with cinnamon and vanilla)
- Sweet potato, cooked

## CHOOSE A FAT OR PROTEIN

- Avocado • Chia seeds • Coconut oil or shredded coconut • Flax seeds or flax seed oil • Nuts and nut butters (e.g. almond butter) • Peanuts and peanut butter • Protein powders • Sunflower seeds and sunflower seed butter

## CHOOSE AN EXTRA AS A FLAVOR AND / OR NUTRITION BOOST

- Cacao nibs • Dates (without pits) • Extracts (e.g. vanilla, mint, almond) • Figs • Ginger • Goji berries • Other spices (e.g. nutmeg, cinnamon) • Herbs (e.g. mint, basil) • Lemon • Oats • Pomegranate seed • Unsweetened cocoa powder

## OPTIONAL: CHOOSE A GUT HEALING SUPPLEMENT \*

(\*Discuss with your healthcare provider before using)

- Collagen • MCT oil • Probiotics • Prebiotics • L-glutamine • Psyllium seed husk powder or other soluble fiber