

# SMOOTHIE LIFESTYLE PLANNING PACKET

*CREATE A HABIT THAT SUPPORTS YOU FOR LIFE*



PLANSIMPLE  
*Meals*

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**Smoothies are easy, so you will turn to them.**

Smoothies are a great way to get in your daily greens.

**START EACH DAY WITH  
A LARGE GREEN SMOOTHIE.**

Smoothies are a great way to kick a sugar addiction that is not serving you.

**Smoothies are a great way enjoy dairy-free treats that are creamy.**

A fruit or chocolate smoothie loaded with super foods is a great way to get through the afternoon slump.

**Smoothies make amazing snacks for kids.**

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# SMOOTHIE LIFESTYLE CHECKLIST

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Here is a list of doable changes that you can use to incorporate smoothies into your life. Please do not take on the whole list at once. Choose one, play with it, and then move onto the next one.

We love thinking through changes as “Weekly Wellness Experiments.” Each Sunday, choose what you will work on for the week, make a plan for how to weave it into your schedule, then play.

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- Designate a day of the week where smoothies will be the family snack.**
- Designate a day of the week where you will send a smoothie to school.**
- Create your own morning green smoothie practice.**
- Build your pantry with smoothie ingredients.**
- Build your freezer with smoothie ingredients.**
- Buy straws, to-go cups, ball jars or thermoses to make drinking smoothies more portable or fun.**
- Don't have a high-speed blender?** Create a Vitamix plan. Can you set money aside each month? Is there someone (or a group of people) who always get you gifts you don't use... can they help? Here is a link for a refurbished 5200 with free shipping... What I recommend.)

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# SMOOTHIE SHOPPING LIST

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## Green Smoothies

Choose one or two from each category, each week.

### DARK LEAFY GREENS

Bunch of Kale (any kind)  
Big Box of Spinach  
Yellow Chard  
Collards (very strong)  
Beet Greens  
Dandelion Greens (strong)

### OTHER GREENS

Cucumbers  
Avocado  
Broccoli

### CITRUS

Lemons  
Lime  
Oranges  
Grapefruit

### FRUITS THAT KEEP IT GREEN AND ADD SWEETNESS

Apples  
Pineapple  
Pears  
Mangos (frozen great)  
Bananas (buy and freeze your own)  
Blueberries  
Peaches  
Plums  
Green Grapes  
Kiwi

### HERBS

Parsley  
Basil  
Cilantro

## Super Food Pantry Shopping List

Raw Cocoa  
Hemp Seeds  
Dandy Blend (coffee taste)  
Maca (caramel taste)  
Chia  
Cashews  
Almonds  
Vanilla  
Cinnamon  
Nutmeg  
Sea Salt  
Coconut Water  
Almond Milk

## Build your Smoothie Freezer and Sweetener Stash

Dates

Bananas (Buy in bulk, let ripen, peel, and freeze)

Organic frozen berries from a place like CostCo

Freeze your own berries when you get them directly from a farm. (If it is winter when you read this, put berries picking in your summer calendar.)

Find a good source for maple syrup and/or honey

## 5-INGREDIENT FORMULA TO MAKE YOUR OWN GREEN SMOOTHIES

FILL YOU BLENDER IN THIS ORDER FROM THE BOTTOM TO THE TOP.



.....  
**Water or Coconut Water**

To desired thickness

.....  
**A Handful of an Herb**

A Handful of an Herb:  
Parsley, Cilantro, Basil

.....  
**1 Part Light Green**

Cucumber, Celery, Bok Choy,  
Avocado

.....  
**1-2 Parts Sweet Fruit:**

Banana, Mango, Pineapple, Apple,  
Pear, Peach, Papaya, Melon,  
Berries (*Note: berries shift the  
color from green*)

.....  
**2 Parts Dark Leafy Greens**

Kale, Chard, Spinach, Collards

.....  
**1 Part Citrus**

Lemon, Lime, Grapefruit, Orange

# 6 SMOOTHIES

## THAT WILL GIVE YOU ENERGY

### AND CHANGE THE WAY YOU SHOW UP IN YOUR LIFE



Plan Simple Meals



## TROPICAL KALE

### Ingredients

2 cups Spinach  
1 cup Pineapple  
1 Lime  
1/2 Avocado  
1 Banana  
2-3 cups Water

### Directions

Blend in a high-speed blender.

### Notes

Coconut Water tastes really good in the place of the water. Mango can also be added.



## VANILLA MANGO

### Ingredients:

1/3 cup Vanilla Complete\*  
1 cup frozen Mango  
Almond Milk

### Directions:

Blend in a high-speed blender.

### Notes

Without Complete, add a handful of cashews and a dash of vanilla.



### FRUIT TIP

Frozen berries are actually better than the fresh ones at the supermarket that are out of season, because they have not been sprayed with something to keep them from molding. In the summer or when fruit is getting old, freeze it yourself so you enjoy them throughout the year.



## MANGO LASSI

### Ingredients

1 cup Mango  
1 ½ cups Almond Milk  
1 ½ teaspoons Raw Honey

### Directions

Blend in high-speed blender (such as Vitamix).



## MINT CHIP

### Ingredients

2 cups Almond Milk  
1 Banana  
3 Medjool Dates  
3 tablespoons Raw Cacao Powder  
¼ cup Peppermint Leaves  
2 cups Spinach  
Cacao Nibs to sprinkle

### Directions

Blend well in high-speed blender (such as Vitamix) — everything but nibs.

Garnish with nibs.



### Vitamix

This is the first thing I would recommend to any busy person who wants to get healthier. I use mine about five times a day for smoothies, nut milk, salad dressing, dips, sauces, and soups. I have had it for over six years and it is still going strong. It makes eating healthy at home easy and convenient. If you are overwhelmed by the cost, start saving a little each day. Think of it as an investment in your health that lasts long after your kids are out of a stroller! Remember the cost of that? I recommend a refurbished 5200. They are good as new (only used in demonstrations), have a warranty, and save you a bunch of bucks.

**GET YOURS WITH FREE SHIPPING »**



## RASPBERRY CREAM

### Ingredients

3 cups Raspberries  
½ cup Cashews (soaked)  
½ cup pitted Dates  
1 teaspoon Vanilla  
1 tablespoon Coconut Oil  
2 cups Water

### Directions

Blend everything until creamy.



## PEANUT BUTTER CHOCOLATE SHAKE

### Ingredients

2 frozen Bananas  
1 ½ cups Coconut Water  
½ cup + 2 tablespoons Peanut Butter  
1 tablespoons raw Cocoa  
1 Date  
1/3 cup Chocolate Complete\*  
(or more Cocoa to taste)

### Directions

Blend in high-speed blender

### Notes

When using any nut butter, read the label and make sure that organic nuts are the only ingredient — no added oil or sugar.

I buy extra bananas every week, so they are always in the freezer. Frozen bananas give this the “milkshake” consistency.



**LEARN MORE ABOUT THE AMAZING JUICE PLUS COMPLETE POWDER »**



# ABOUT MIA

Mia envisions a world where kids crave salads, moms feel healthy and energetic, and the whole family feels fabulous after every meal — and she hopes you will join her on the journey.

Once 85 pounds overweight and exhausted, Mia lived the principles of ***Plan Simple Meals*** and lost the weight. She was surprised to find she also had boundless energy, and eliminated life-long allergies and ailments. Soon afterward, she dedicated herself to developing simple recipes and solutions for moms everywhere to eat clean and create a more peaceful family rhythm at home.

Mia is committed to bringing the amazing benefits of eating clean to other moms, teaching the principles that are easy, actionable and work. For her full bio, the most up-to-date programs, products and offerings, and lots of FREE goodies, visit [www.plansimplemeals.com](http://www.plansimplemeals.com).