

# 10-DAY *Green* SMOOTHIE DETOX

*Grocery Shopping Lists*



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# 10-Day Green Smoothie Detox: Shopping list

## ❖ Greens & Veggies

18 handfuls Spinach (about 18 cups)  
9 handfuls of mixed greens (about 9 cups)  
3 handfuls of greens (your choice)  
1 cucumber  
3 sticks celery  
1oz parsley

## ❖ Fruit

5 apples (green preferably)  
3 cups frozen mango  
2 cups frozen strawberries  
2 cups frozen grapes (green)  
5 frozen bananas  
2 cups frozen berries  
3 cups frozen pineapple  
2 cups frozen cherries  
1 frozen orange  
1 frozen pear  
Juice from 1 and ½ limes or lemons  
½ lemon  
2 tbsp. fresh ginger

## ❖ Seeds

6tbsp. flax seeds  
4 tbsp. chia seeds

## ❖ OPTIONAL:

Protein powder  
Stevia packets

## Resources

- ✓ In the case you do not have access to fresh greens, you can use Spring of Life Greens Powder: Packed with 70 superfoods (Only ships in the US) > [Click Here Learn More](#)
  
- ✓ 1-scoop of protein powder can be added. I would highly suggest using either BioTrust or Athletic Greens.
  - Athletic Greens Whey Protein > [Click Here Learn More](#)
  - Athletic Greens Pea Protein > [Click Here Learn More](#)
  - BioTrust Whey Protein **(GET A FREE CONTAINER!!!)**  
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