

Green THICKIES 7 Day Green Smoothie Challenge: Shopping List

This shopping list contains enough for 2 people to complete the challenge or 1 person to have 1 smoothie for breakfast and another for lunch as each smoothie serves 2.

You can use frozen fruit instead of fresh for all recipes if your blender can handle frozen fruit.

Shopping List

Fresh

- **11 Cups of Milk** (2.6 litres) I recommend you use either a non dairy milk such as almond milk, hemp seed milk or a homemade nut, seed or coconut milk. If you can tolerate dairy you could use raw milk but I don't recommend pasteurized milk.
- **7 Bananas:** Make sure they are ripe with brown spots. You can also freeze banana chunks and use those. If you can't use bananas, you can use 1 small mango per banana or 1 cup of mango chunks.
- **2 Apples**
- **3 Cups of Strawberries**
- **4 Limes**
- **4 Cups of Mango Chunks** (4 small mangos or 2 large mangos)
- **2 Cups of Raspberries**

Store Cupboard Ingredients

- **1/4 Cup Pecans** (to make nuts easier to blend you could grind them first with your coffee grinder, or soak them overnight)
- **¼ Cup Cashew Nuts**
- **¼ Cup Almonds or Almond Flour**
- **Sunflower Seeds:** 2 tablespoons
- **Peanut Butter:** 2 tablespoons
- **1 and a half cups of Dates** or other dried fruits such as raisins. (To make dried fruit easier to blend, soak it overnight in the smoothie liquid and add everything to your smoothie the next day)
- **¼ Cup Raisins** or other dried fruit such as dates
- **Can of Coconut Milk**
- **Cinnamon**
- **All Spice/ Mixed Spice**
- **Vanilla Extract**
- **Nutmeg**
- **Peanut Butter**
- **Almond Butter (Optional)**
- **Almond Extract**
- **Cocoa/ Carob/ Cacao Powder** – 6 Tablespoons

Optional

- **Optional: Thickeners/ Fillers.** If you are going to replace your meal with a green thickie you must include a filler or it won't fill you up enough. Decide which filler you are going to include and add this to your shopping list. Add enough for 7 days. [Click here to choose a filler](#)
- **Optional: Leafy Greens.** I highly recommend you include leafy greens in your smoothie. Buy enough so you can include a cup per smoothie, probably about 2 large bunches or 2 bags. [Click here to see the 10 Best Greens For Green Smoothies](#)