

To join the FREE challenge go to: GreenThickies.com/Challenge

## **SHOPPING LIST**

This list is for all 7 recipes to replace breakfasts for a week with Green Thickies on The Lean Green Smoothie Challenge. If you intend to replace breakfast and lunch, double the shopping list. If you intend to replace breakfast, lunch and dinner, triple the shopping list.

- \* 2 large bags Spinach
- \* 7 bananas
- \* 5 lemons
- \* 1 punnet/bag cherries
- \* 3 clementines
- \* 1 punnet/bag raspberries
- \* 1 mango
- \* 1 pineapple
- \* 1 bag fresh mint leaves
- \* 1 carton pure orange juice
- \* 1 can/tin coconut milk
- \* 1 carton almond milk
- \* 1 bag flaxseeds
- \*1 bag almonds
- \* 1 bag pecans
- \* 1 bag hemp seeds
- \* 1 jar peanut butter
- \* 1 bag dates
- \* 1 bag raisins
- \* 1 large bag rolled oats

- SPICES
- \* Cinnamon
- \* Nutmeg
- \* Ginger powder
- \* Vanilla extract
- \* Cocoa Powder
- \* Molasses
- \* Rose Water

