



WHOLE LOVELY LIFE

# NUTRIENT DENSE SMOOTHIE ROADMAP

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Add an ingredient from each section to a blender, mix until smooth and creamy and enjoy. It's that simple!

## **LIQUID**

Filtered or Spring Water, Nut Milk,  
Seed Milk, Coconut Milk, Herbal  
Tea, Green Tea

## **VEGGIES**

Spinach, Kale, Romaine, Parsley,  
Cilantro, Celery, Cauliflower,  
Sweet Potato, Zucchini, Beets

NOTE: YOU CAN STEAM VEGGIES AND FREEZE OR USE RAW. IT'S UP TO YOU!

## **LOW SUGAR FRUIT**

Blackberries, Strawberries,  
Raspberries, Blueberries, Lemon, Lime,  
Açaí, Coconut

## **PROTEIN**

Pasture Raised Collagen Peptides, Pasture  
Raised Whey Protein, Pea Protein, Hemp  
Protein, Hemp seeds, Pumpkin Seed Protein,  
Sunflower Seed Protein

NOTE: QUALITY MATTERS WITH PROTEIN POWDER SO DO YOUR RESEARCH AND SELECT  
ORGANIC IF POSSIBLE.

## **FAT**

Avocado, Hemp Seeds, Chia Seeds,  
Unrefined Coconut oil, Coconut Butter,  
MCT Oil, Olive Oil, Nuts, Seeds, Nut Butter,  
Seed Butter, Cacao Butter