

Fraîche 5 Day Smoothie Challenge

GROCERY LIST

- Orange Juice (3/4 cup)
- Apple juice (1/2 cup)
- Milk of choice (1 1/4 cups)
- 1 cantaloupe
- 1 avocado
- Strawberries (1/2 cup)
- 1 bunch fresh spinach (1 cup)
- 1 bunch of fresh kale (1/2 cup)
- 3 bananas (frozen or fresh work)
- 1 pineapple or frozen chunks (1 1/4 cups)
- Mixed frozen berries (3/4 cup)
- Greek yogurt (I used vanilla) 750 gram container
- Cinnamon (1/2 teaspoon)
- Applesauce (1 cup) *See homemade recipe [here](#)*
- Coconut water (1 cup) or coconut milk (1 cup)

Other Smoothie add-ins to consider:

- hemp hearts
- wheat germ
- avocado
- protein powder
- dates
- flaxseed
- kale

Note the amounts are based on a single serving (increase if you're serving more than one person!).