



# BONUS ITEMS

100 DAYS OF GREEN SMOOTHIES

*Printable Shopping Lists*

*Almond Milk Recipe*

*Coconut Milk Recipe*

100DAYSOFGREENSMOOTHIES.COM



## STAPLES SHOPPING LIST

These are the staples you should have on hand for making green smoothies. Many of these ingredients will last thru several weeks or months of making green smoothies. In the weekly shopping list, we make note of which staples you will be using that week so it's always a good idea to check how much you have left before heading to the grocery store.

- ☐ [Chia seeds](#)
- ☐ [Ground flaxseed](#)
- ☐ [Coconut oil](#)
- ☐ [Cocoa powder](#)
- ☐ [Honey](#)
- ☐ [Protein powder](#)
- ☐ Peanut butter
- ☐ Almond butter
- ☐ Vanilla extract
- ☐ [Old-fashioned rolled oats](#)
- ☐ Cinnamon
- ☐ Nutmeg
- ☐ Sliced almonds



## WEEK 1 SHOPPING LIST

Here's everything you need to make your first week of green smoothies. Take this list with you to the grocery store.

At the bottom of the list are items from the "staples list." Check your cupboards to make sure you have these on hand.

All of our recipes are for a single, one-person serving. If you have 2 (or 3 or 4) people in your family doing green smoothies with you then double (or triple or quadruple) the quantities of ingredients you're shopping for.

- ☐ 4 bananas
- ☐ 1 bag or carton baby spinach
- ☐ 1 bag or carton baby kale
- ☐ 1 orange
- ☐ 1 beet
- ☐ 1 green apple
- ☐ 1 piece fresh ginger
- ☐ 1 carton strawberries or 1 bag frozen strawberries
- ☐ 1 carton raspberries or 1 bag frozen raspberries
- ☐ 1 8 oz carton or can of coconut water
- ☐ 1 fresh pineapple or 1 bag frozen pineapple
- ☐ 1 fresh mango or 1 bag frozen mango
- ☐ 1 fresh peach or 1 bag frozen peaches
- ☐ 1 bag frozen cherries
- ☐ 1 half-gallon carton almond milk
- ☐ 1 half-gallon carton coconut milk
- ☐ 1 small container plain or vanilla yogurt

### Staples List Items

- ☐ Chia seeds
- ☐ Ground flax seed
- ☐ Cocoa powder
- ☐ Vanilla extract
- ☐ Peanut butter
- ☐ Honey
- ☐ Protein powder



## WEEK 2 SHOPPING LIST

Here's everything you need to make the Week 2 green smoothies.

At the bottom of the list are items from the "staples list." Check your cupboards to make sure you have these on hand.

All of our recipes are for a single, one-person serving. If you have 2 (or 3 or 4) people in your family doing green smoothies with you, double (or triple or quadruple) the quantities of ingredients you're shopping for.

- ☐ 7 bananas
- ☐ 1 bag or carton baby spinach
- ☐ 1 bag or carton baby kale
- ☐ 1 orange
- ☐ 4 clementines
- ☐ 1 apple
- ☐ 1 kiwi
- ☐ 1 bag baby carrots
- ☐ 1 small package mint leaves
- ☐ 1 carton strawberries or 1 bag frozen strawberries
- ☐ 1 carton raspberries or 1 bag frozen raspberries
- ☐ 1 carton blackberries or 1 bag frozen blackberries
- ☐ 1 bag frozen cranberries
- ☐ 1 fresh pineapple or 1 bag frozen pineapple
- ☐ 1 bag frozen cherries
- ☐ 1 half-gallon carton almond milk
- ☐ 1 half-gallon carton coconut milk

### Staples List Items

- ☐ Chia seeds
- ☐ Ground flax seed
- ☐ Peanut butter
- ☐ Protein powder
- ☐ Cinnamon
- ☐ Nutmeg



## WEEK 3 SHOPPING LIST

Here's everything you need to make the Week 3 green smoothies.

At the bottom of the list are items from the "staples list." Check your cupboards to make sure you have these on hand.

All of our recipes are for a single, one-person serving. If you have 2 (or 3 or 4) people in your family doing green smoothies with you, double (or triple or quadruple) the quantities of ingredients you're shopping for.

- ☐ 5 bananas
- ☐ 1 bag or carton baby spinach
- ☐ 1 bag or carton baby kale
- ☐ 1 fresh mango or 1 bag frozen mango chunks
- ☐ 1 orange
- ☐ 1 apple
- ☐ 1 avocado
- ☐ 1 cucumber
- ☐ 1 kiwi
- ☐ 1 small package mint leaves
- ☐ 1 carton blueberries or 1 bag frozen blueberries
- ☐ 1 bag frozen cherries
- ☐ 1 half-gallon carton almond milk
- ☐ 1 half-gallon carton coconut milk

### Staples List Items

- ☐ Chia seeds
- ☐ Ground flax seed
- ☐ Old-fashioned rolled oats
- ☐ Protein powder
- ☐ Cinnamon
- ☐ Vanilla extract
- ☐ Sliced almonds
- ☐ Cocoa powder
- ☐ Coconut oil



## WEEK 4 SHOPPING LIST

Here's everything you need to make the Week 4 green smoothies.

At the bottom of the list are items from the "staples list." Check your cupboards to make sure you have these on hand.

All of our recipes are for a single, one-person serving. If you have 2 (or 3 or 4) people in your family doing green smoothies with you, double (or triple or quadruple) the quantities of ingredients you're shopping for.

- ☐ 6 bananas
- ☐ 1 bag or carton baby spinach
- ☐ 1 bag or carton baby kale
- ☐ 1 pomegranate
- ☐ 1 orange
- ☐ 1 apple
- ☐ 1 avocado
- ☐ 1 grapefruit
- ☐ 3 pears
- ☐ 1 small bunch grapes (seedless)
- ☐ 1 small package mint leaves
- ☐ 1 carton strawberries or 1 bag frozen strawberries
- ☐ 1 carton full-fat yogurt (vanilla or plain)
- ☐ 1 half-gallon carton almond milk
- ☐ 1 8-oz carton or can coconut water

### Staples List Items

- ☐ Chia seeds
- ☐ Protein powder
- ☐ Cinnamon
- ☐ Cocoa powder
- ☐ Honey
- ☐ Peanut butter



## WEEK 5 SHOPPING LIST

Here's everything you need to make the Week 5 green smoothies.

At the bottom of the list are items from the "staples list." Check your cupboards to make sure you have these on hand.

All of our recipes are for a single, one-person serving. If you have 2 (or 3 or 4) people in your family doing green smoothies with you, double (or triple or quadruple) the quantities of ingredients you're shopping for.

- ☐ 3 bananas
- ☐ 1 bag or carton baby spinach
- ☐ 1 bag or carton baby kale
- ☐ 1 pineapple or 1 bag frozen pineapple
- ☐ 1 kiwi
- ☐ 2 avocados
- ☐ 1 lime
- ☐ 1 small bunch grapes (seedless)
- ☐ 1 cantaloupe
- ☐ 1 small package basil leaves
- ☐ 1 carton strawberries or 1 bag frozen strawberries
- ☐ 1 bag frozen mixed berries
- ☐ 1 can pureed pumpkin
- ☐ 1 half-gallon carton almond milk
- ☐ 1 half-gallon carton coconut milk
- ☐ 1 8-oz carton or can coconut water

### Staples List Items

- ☐ Protein powder
- ☐ Cinnamon
- ☐ Nutmeg
- ☐ Honey
- ☐ Almond butter



## WEEK 6 SHOPPING LIST

Here's everything you need to make the Week 6 green smoothies.

At the bottom of the list are items from the "staples list." Check your cupboards to make sure you have these on hand.

All of our recipes are for a single, one-person serving. If you have 2 (or 3 or 4) people in your family doing green smoothies with you, double (or triple or quadruple) the quantities of ingredients you're shopping for.

- ☐ 7 bananas
- ☐ 1 bag or carton baby spinach
- ☐ 1 bag or carton baby kale
- ☐ 1 mango or 1 bag frozen mango
- ☐ 2 dates
- ☐ 1 small package mint leaves
- ☐ 1 orange
- ☐ 1 grapefruit
- ☐ 1 peach
- ☐ 1 carton raspberries or 1 bag frozen raspberries
- ☐ 1 carton blueberries or 1 bag frozen blueberries
- ☐ 1 bag frozen mixed berries
- ☐ 1 carton full-fat yogurt
- ☐ 1 half-gallon carton almond milk
- ☐ 1 half-gallon carton coconut milk

### Staples List Items

- ☐ Protein powder
- ☐ Almond butter
- ☐ Vanilla extract
- ☐ Chia seeds
- ☐ Flaxseed
- ☐ Old-fashioned rolled oats
- ☐ Honey



## WEEK 7 SHOPPING LIST

Here's everything you need to make the Week 7 green smoothies.

At the bottom of the list are items from the "staples list." Check your cupboards to make sure you have these on hand.

All of our recipes are for a single, one-person serving. If you have 2 (or 3 or 4) people in your family doing green smoothies with you, double (or triple or quadruple) the quantities of ingredients you're shopping for.

- ☐ 5 bananas
- ☐ 2 bags or cartons baby spinach
- ☐ 2 dates
- ☐ 2 apples
- ☐ 1 avocado
- ☐ 1 small piece ginger
- ☐ 1 peach
- ☐ 2 limes
- ☐ 2 oranges
- ☐ 1 pineapple or 1 bag frozen pineapple
- ☐ 1 bag fresh or frozen cranberries
- ☐ 1 carton strawberries or 1 bag frozen strawberries
- ☐ 1 bag frozen mixed berries
- ☐ 1 bag frozen cherries
- ☐ 1 carton full-fat yogurt
- ☐ 1 half-gallon carton almond milk
- ☐ 1 half-gallon carton coconut milk
- ☐ 1 8-oz container plain kefir milk
- ☐ 1 8-oz carton or can of coconut water
- ☐ Dried goji berries

### Staples List Items

- ☐ Protein powder
- ☐ Peanut butter
- ☐ Chia seeds
- ☐ Flaxseed
- ☐ Cocoa powder
- ☐ Honey
- ☐ Sliced almonds
- ☐ Cinnamon



## WEEK 8 SHOPPING LIST

Here's everything you need to make the Week 8 green smoothies.

At the bottom of the list are items from the "staples list." Check your cupboards to make sure you have these on hand.

All of our recipes are for a single, one-person serving. If you have 2 (or 3 or 4) people in your family doing green smoothies with you, double (or triple or quadruple) the quantities of ingredients you're shopping for.

- ☐ 5 bananas
- ☐ 1 bag or carton baby spinach
- ☐ 1 bag or carton baby kale
- ☐ 2 apples
- ☐ 1 avocado
- ☐ 1 mango or 1 bag frozen mango
- ☐ 1 carton strawberries or 1 bag frozen strawberries
- ☐ 1 carton strawberries or 1 bag frozen raspberries
- ☐ 1 carton strawberries or 1 bag frozen blueberries
- ☐ 1 small carton full-fat yogurt
- ☐ 1 small carton regular cottage cheese
- ☐ 1 small bag pistachios
- ☐ 1 half-gallon carton almond milk
- ☐ 1 half-gallon carton coconut milk
- ☐ 1 8-oz container apple cider
- ☐ 1 16-oz container plain kefir milk

### Staples List Items

- ☐ Protein powder
- ☐ Chia seeds
- ☐ Flaxseed
- ☐ Honey
- ☐ Sliced almonds
- ☐ Cinnamon
- ☐ Nutmeg
- ☐ Vanilla extract



## WEEK 9 SHOPPING LIST

Here's everything you need to make the Week 9 green smoothies.

At the bottom of the list are items from the "staples list." Check your cupboards to make sure you have these on hand.

All of our recipes are for a single, one-person serving. If you have 2 (or 3 or 4) people in your family doing green smoothies with you, double (or triple or quadruple) the quantities of ingredients you're shopping for.

- ☐ 4 bananas
- ☐ 1 bag or carton baby spinach
- ☐ 1 bag or carton baby kale
- ☐ 2 apples
- ☐ 1 avocado
- ☐ 1 coconut
- ☐ 1 lemon
- ☐ 2 kiwis
- ☐ 1 orange
- ☐ 1 cucumber
- ☐ 1 persimmon
- ☐ 1 small bunch grapes (seedless)
- ☐ 1 half-gallon carton almond milk
- ☐ 1 half-gallon carton coconut milk
- ☐ 1 8-oz container carrot juice
- ☐ Green tea

### Staples List Items

- ☐ Protein powder
- ☐ Chia seeds
- ☐ Honey
- ☐ Cinnamon
- ☐ Nutmeg
- ☐ Vanilla extract



## WEEK 10 SHOPPING LIST

Here's everything you need to make the Week 10 green smoothies.

At the bottom of the list are items from the "staples list." Check your cupboards to make sure you have these on hand.

All of our recipes are for a single, one-person serving. If you have 2 (or 3 or 4) people in your family doing green smoothies with you, double (or triple or quadruple) the quantities of ingredients you're shopping for.

- ☐ 4 bananas
- ☐ 2 bags or cartons baby spinach
- ☐ 3 peaches
- ☐ 4 clementines
- ☐ 1 orange
- ☐ 1 pear
- ☐ 1 pineapple or 1 bag frozen pineapple
- ☐ 1 mango or 1 bag frozen mango
- ☐ 1 carton strawberries or 1 bag frozen strawberries
- ☐ 1 bag frozen cherries
- ☐ 1 bag frozen mixed berries
- ☐ 1 half-gallon carton almond milk
- ☐ 1 half-gallon carton coconut milk
- ☐ 1 carton full-fat yogurt (vanilla or plain)

### Staples List Items

- ☐ Protein powder
- ☐ Chia seeds
- ☐ Cocoa powder
- ☐ Cinnamon
- ☐ Vanilla extract
- ☐ Peanut butter
- ☐ Old fashioned rolled oats



## WEEK 11 SHOPPING LIST

Here's everything you need to make the Week 11 green smoothies.

At the bottom of the list are items from the "staples list." Check your cupboards to make sure you have these on hand.

All of our recipes are for a single, one-person serving. If you have 2 (or 3 or 4) people in your family doing green smoothies with you, double (or triple or quadruple) the quantities of ingredients you're shopping for.

- ☐ 5 bananas
- ☐ 1 bags or carton baby spinach
- ☐ 1 bags or carton baby kale
- ☐ 1 lime
- ☐ 1 cucumber
- ☐ 2 oranges
- ☐ 2 apricots
- ☐ 2 pears
- ☐ 1 apple
- ☐ 2 dates
- ☐ 1 small piece fresh ginger
- ☐ 1 pineapple or 1 bag frozen pineapple
- ☐ 1 carton blueberries or 1 bag frozen blueberries
- ☐ 1 can pumpkin puree
- ☐ 1 half-gallon carton almond milk
- ☐ 1 half-gallon carton coconut milk
- ☐ 1 8-oz carton or can of coconut water
- ☐ Cardamom

### Staples List Items

- ☐ Protein powder
- ☐ Chia seeds
- ☐ Cocoa powder
- ☐ Cinnamon
- ☐ Vanilla extract
- ☐ Nutmeg
- ☐ Coconut oil



## WEEK 12 SHOPPING LIST

Here's everything you need to make the Week 12 green smoothies.

At the bottom of the list are items from the "staples list." Check your cupboards to make sure you have these on hand.

All of our recipes are for a single, one-person serving. If you have 2 (or 3 or 4) people in your family doing green smoothies with you, double (or triple or quadruple) the quantities of ingredients you're shopping for.

- ☐ 3 bananas
- ☐ 1 bags or carton baby spinach
- ☐ 1 bags or carton baby kale
- ☐ 1 lime
- ☐ 1 avocado
- ☐ 3 oranges
- ☐ 1 apple
- ☐ 1 honeydew melon
- ☐ 1 watermelon
- ☐ 2 kiwis
- ☐ 1 small piece fresh ginger
- ☐ 1 mango or 1 bag frozen mango
- ☐ 1 carton blueberries or 1 bag frozen blueberries
- ☐ 1 small box raisins
- ☐ 1 half-gallon carton almond milk
- ☐ 1 half-gallon carton coconut milk
- ☐ Cardamom

### Staples List Items

- ☐ Chia seeds
- ☐ Honey
- ☐ Old-fashioned rolled oats
- ☐ Flaxseed



## WEEK 13 SHOPPING LIST

Here's everything you need to make the Week 13 green smoothies.

At the bottom of the list are items from the "staples list." Check your cupboards to make sure you have these on hand.

All of our recipes are for a single, one-person serving. If you have 2 (or 3 or 4) people in your family doing green smoothies with you, double (or triple or quadruple) the quantities of ingredients you're shopping for.

- ☐ 4 bananas
- ☐ 1 bags or carton baby spinach
- ☐ 1 bags or carton baby kale
- ☐ 1 avocado
- ☐ 2 oranges
- ☐ 1 apple
- ☐ 1 pear
- ☐ 2 peaches
- ☐ 1 papaya
- ☐ 1 mango or 1 bag frozen mango
- ☐ 1 pineapple or 1 bag frozen pineapple
- ☐ 1 carton blackberries or 1 bag frozen blackberries
- ☐ 2 cartons raspberries or 1 bag frozen raspberries
- ☐ 1 bag frozen mixed berries
- ☐ 1 bag frozen acai berry puree
- ☐ 1 half-gallon carton almond milk
- ☐ 1 half-gallon carton coconut milk
- ☐ Cardamom

### Staples List Items

- ☐ Chia seeds
- ☐ Vanilla extract
- ☐ Cinnamon
- ☐ Flaxseed
- ☐ Cocoa powder



## WEEK 14 SHOPPING LIST

Here's everything you need to make the Week 14 green smoothies.

At the bottom of the list are items from the "staples list." Check your cupboards to make sure you have these on hand.

All of our recipes are for a single, one-person serving. If you have 2 (or 3 or 4) people in your family doing green smoothies with you, double (or triple or quadruple) the quantities of ingredients you're shopping for.

- ☐ 4 bananas
- ☐ 1 bags or carton baby spinach
- ☐ 1 bags or carton baby kale
- ☐ 1 sweet potato
- ☐ 1 carrot
- ☐ 1 lime
- ☐ 2 peaches
- ☐ 1 mango or 1 bag frozen mango
- ☐ 1 pineapple or 1 bag frozen pineapple
- ☐ 1 bag fresh cranberries or 1 bag frozen cranberries
- ☐ 1 bag frozen mixed berries
- ☐ 1 half-gallon carton almond milk
- ☐ 1 half-gallon carton coconut milk
- ☐ 1 8-oz container soda water
- ☐ 1 8-oz container plain kefir milk

### Staples List Items

- ☐ Chia seeds
- ☐ Protein powder
- ☐ Almond butter
- ☐ Honey
- ☐ Old-fashioned rolled oats



## WEEK 15 SHOPPING LIST

You've made it to the final week! This week only has 2 recipes.

At the bottom of the list are items from the "staples list." Check your cupboards to make sure you have these on hand.

All of our recipes are for a single, one-person serving. If you have 2 (or 3 or 4) people in your family doing green smoothies with you, double (or triple or quadruple) the quantities of ingredients you're shopping for.

- ☐ 1 banana (Note: Make sure it is ripe. Brown spots are good.)
- ☐ 1 bags or carton baby spinach
- ☐ 1 orange
- ☐ 1 peach
- ☐ 1 carton strawberries or 1 bag frozen strawberries
- ☐ 1 bag frozen mixed berries
- ☐ 1 half-gallon carton almond milk

### Staples List Items

- ☐ Flaxseed
- ☐ Protein powder



## HOMEMADE ALMOND MILK

Homemade almond milk is both yummier and healthier than the store-bought version. In order to make it, you will need either cheesecloth or a [Nut Milk Bag](#). The nut milk bag will make things a little simpler than using cheesecloth.

This recipe yields 7 cups of almond milk—enough for 1 week of green smoothies. If your blender is not big enough, you can half the recipe. Depending on how much you make, you will need 1 or 2 pint jars to store the milk in.

### Supplies:

- [Nut milk bag](#) or cheesecloth
- 2 [one-pint glass pint jars](#)
- Blender

### Ingredients:

- 2 cups raw almonds
- 7 cups water
- 4 Medjool dates (pitted)
- 2 vanilla beans or 2 tsp vanilla extract
- 1/2 tsp cinnamon
- Pinch of sea salt

### Directions:

1. Place the almonds in a bowl and cover with water. Let them soak overnight.
2. Drain the almonds.
3. Put all ingredients (almonds, water, dates, vanilla, cinnamon, and sea salt) in the blender. Blend well.
4. Place a nut milk bag or cheesecloth over a pint jar and slowly pour milk thru the bag. Gently squeeze the bag to push milk thru. Fill the first jar and put the remainder in a second.
5. Store in the fridge for up to a week. Shake well before using.



## HOMEMADE COCONUT MILK

Homemade coconut milk is far cheaper to make than it is to buy. The process is similar to making almond milk except you don't have to wait overnight for anything to soak.

This recipe yields 7 cups of almond milk—enough for 1 week of green smoothies. If your blender is not big enough, you can half the recipe. Depending on how much you make, you will need 1 or 2 pint jars to store the milk in.

### Supplies:

- [Nut milk bag](#) or cheesecloth
- 2 [one-pint glass pint jars](#)
- Blender

### Ingredients:

- 2 cups [shredded coconut](#) (unsweetened)
- 7 cups water (hot)

### Directions:

1. Put all ingredients (coconut and water) in the blender. Make sure water is hot, but not boiling.
2. Let the mixture sit for a few minutes
3. Blend well.
4. Place a nut milk bag or cheesecloth over a pint jar and slowly pour milk thru the bag. Gently squeeze the bag to push milk thru. Fill the first jar and put the remainder in a second.
5. Store in the fridge for up to a week. Shake well before using.