

10-Day Green Smoothie Cleanse Grocery List & Smoothie Recipes

Shopping for the 10-Day Green Smoothie Cleanse

You'll use the shopping list for your trip to the grocery store. There is a shopping list for the entire 10 days but you only want to buy fruits and veggies for 5 days at a time so expect to shop twice during the 10-day cleanse. Therefore, the list is broken down into the first 5 days and the last 5 days. This is the list to use JJ Smith's official ten smoothies.

The First 5 Days (Days 1-5)

- 6 large apples
- 1 bunch grapes
 - 20 ounces fresh or frozen blueberries
- 20 ounces fresh or frozen peaches
- 15 ounces fresh or frozen strawberries
- 10 ounces fresh or frozen mixed berries
- 6 ounces of mango chunk
- 3 bananas
- 1 bunch kale
- 20 ounces spinach
- 20 ounces spring mix greens
- Stevia sweetener (packets - Optional)
- Bag of ground flax seeds (often in vitamin section)
- Fruit and veggies of your choice to munch on (such as apples, carrots, celery, etc.)
- Pink Hymlyian sea salt (or any uniodized sea salt)
- Raw or unsalted nuts and seeds to snack on
- Detox Tea (by Triple Leaf or Yogi brands)
- Unsalted, no sugar added peanut (or other nut butter, etc. almond butter).
- OPTIONAL:** Non-dairy/plant-based protein powder, such as RAW Protein, by Garden of Life or SunWarrior protein

The Last 5 Days (Days 6-10)

- 20 ounces fresh or frozen mango chunks
- 20 ounces of fresh or frozen peaches
- 20 ounces fresh or frozen pineapple chunks
- 10 ounces fresh or frozen mixed berries
- 6 ounces fresh or frozen strawberries
- 6 ounces fresh or frozen blueberries
- 2 apples
- 5 bananas
- 20 ounces spinach
- 20 ounces spring mix greens
- 1 bunch kale
- Fruit and veggies of your choice to munch on (such as apples, carrots, celery, etc.)
- Raw or unsalted nuts and seeds to snack on
- Unsalted, no sugar added peanut (or other nut butter, etc. almond butter).

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Yan Bai



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