

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).

10-Day Green Smoothie Cleanse Smoothie Recipes

DAY 1: Berry Green

3 handfuls spinach
2 cups water
1 apple, cored, quartered
1 cup fresh or frozen mangoes
1 cup frozen strawberries
1 handful fresh or frozen seedless grapes
2 tablespoons ground flaxseed
OPTIONAL: 1 stevia packet (add more to sweeten, if desired)
OPTIONAL: 1 scoop of protein powder

Place leafy greens and liquid only into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients to blender. Blend again until the whole smoothie is a creamy consistency.

DAY 2: Apple Strawberry

3 handfuls spring mix
2 cups water
1 banana, peeled
2 apples, cored, quartered
2 cups of fresh or frozen strawberries
2 cups of salad spring mix greens
2 Tablespoons ground flax seeds
OPTIONAL: 2 stevia packets (add more to sweeten, if desired)
OPTIONAL: 1 scoop of protein powder

Place leafy greens and liquid only into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients to blender. Blend again until the whole smoothie is a creamy consistency.

DAY 3: Banana Berry

1 handful of spring mix greens
2 handfuls spinach leaves
2 cups of water
1 1/2 cups fresh or frozen mixed berries
1 banana, peeled
1 apple, cored and quartered
Tablespoons ground flax seeds
OPTIONAL: 1 stevia packet (add more to sweeten, if desired)
OPTIONAL: 1 scoop of protein powder

Place leafy greens and liquid only into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients to blender. Blend again until the whole smoothie is a creamy consistency.

DAY 4: Berry Peachy

2 handfuls kale
1 handful spinach
2 cups water

2 apples, cored and quartered
1 1/2 cups of fresh or frozen peaches
1 1/2 cups frozen mixed berries
2 Tablespoons ground flax seeds
OPTIONAL: 2 stevia packets (add more to sweeten, if desired)
OPTIONAL: 1 scoop of protein powder

Place leafy greens and liquid only into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients to blender. Blend again until the whole smoothie is a creamy consistency.

DAY 5: Peachy Berry Spinach

3 handfuls of spinach
2 cups of water
1 cup fresh or frozen peaches
1 1/2 cups fresh or frozen blueberries
1 handful fresh or frozen grapes
2 Tablespoons ground flax seeds
OPTIONAL: 3 stevia packets (add more to sweeten, if desired)
OPTIONAL: 1 scoop of protein powder

Place leafy greens and liquid only into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients to blender. Blend again until the whole smoothie is a creamy consistency.

DAY 6: Pineapple Spinach

2 cups spinach
1 cup fresh or frozen pineapple
2 cups of fresh or frozen peaches
2 bananas, peeled
2 cups of water
2 Tablespoons ground flax seeds
OPTIONAL: 1 1/2 stevia packets (add more to sweeten, if desired)
OPTIONAL: 1 scoop of protein powder

Place leafy greens and liquid only into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients to blender. Blend again until the whole smoothie is a creamy consistency.

Day 7: Pineapple Berry

1 banana, peeled
1 1/2 cups fresh or frozen pineapple chunks
1 1/2 cups fresh or frozen mango chunks
1 cup fresh or frozen mixed berries
2 handfuls spring mix salad greens
2 handfuls spinach leaves
2 cups water
2 Tablespoons ground flax seeds
OPTIONAL: 3 stevia packet (add more to sweeten, if desired)
OPTIONAL: 1 scoop of protein powder

Place leafy greens and liquid only into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients to blender. Blend again until the whole smoothie is a creamy consistency.

DAY 8: Spinach Kale Berry

1 apple, cored, quartered
1 banana, peeled
1 1/2 cups fresh or frozen blueberries
2 handfuls kale
2 handfuls spinach
2 cups of water
2 Tablespoons ground flax seeds
OPTIONAL: 2 stevia packets (add more to sweeten, if desired)
OPTIONAL: 1 scoop of protein powder

Place leafy greens and liquid only into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients to blender. Blend again until the whole smoothie is a creamy consistency.

DAY 9: Apple Mango

1 apple, cored, quartered
1 1/2 cups of fresh or frozen mangoes
1 1/2 cups fresh or frozen strawberries
3 handfuls of spinach
2 cups of water
2 Tablespoons ground flax seeds
OPTIONAL: 1 stevia packet (add more to sweeten, if desired)
OPTIONAL: 1 scoop of protein powder

Place leafy greens and liquid only into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients to blender. Blend again until the whole smoothie is a creamy consistency.

DAY 10: Pineapple Kale

1 1/2 cups of fresh or frozen peaches
2 handfuls of fresh or frozen pineapple chunks
2 handfuls kale
1 handful spring mix greens
2 cups of water
2 Tablespoons ground flax seeds
OPTIONAL: 2 stevia packets (add more to sweeten, if desired)
OPTIONAL: 1 scoop of protein powder

Place leafy greens and liquid only into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients to blender. Blend again until the whole smoothie is a creamy consistency.