



FUNKY 5

THE FIVE INGREDIENT SMOOTHIE



SHOPPING LIST

- Coconut Water
- Almond Milk
- Spinach
- 3 Celery Stalks
- Kale
- 3 Apples
- 3 Cucumbers
- 3 Dates
- 1 Jar peanut Butter
- Coconut Oil
- 3 Green teabags
- Frozen Berries
- Frozen Pineapple/ Mango
- 1 Avocado
- 3 Bananas
- Milled Flax Seeds
- Chia Seeds
- 3 Lemons
- 3 Lime

BREAKFAST SMOOTHIE

- 100ml water
- 100ml almond milk
- 1 tbsp. milled flax seeds
- 1 ripe banana
- 1 tbsp. Peanut butter
- 1 large handful of spinach
- 1/2 cup frozen berries
- 1 tbsp. chia seeds


LUNCH SMOOTHIE


- 100ml of coconut water
- 100ml almond milk
- 1 apple & avocado
- 1 cucumber
- 1 stalk of celery
- 1 handful of kale
- 1/2 squeezed lemon
- 1/2 cup frozen pineapple
- 1 tbsp. coconut oil

DINNER SMOOTHIE

- 200ml coconut water
- 1 handful spinach
- 1 cup frozen mango/papaya
- 1/2 squeezed lime
- 1 tbsp. peanut butter
- 1 date
- 1 tbsp. chia seeds

DAY ONE DAY TWO DAY THREE

 **UPON RISING**
1 GLASS OF WATER TO KICK START YOUR DAY

 **1 CUP OF GREEN TEA**


BREAKFAST SMOOTHIE


 **LUNCH SMOOTHIE**

SNACK DRINK
REPEAT ONE OF THE SMOOTHIES

DINNER SMOOTHIE

 **NIGHT TIME RELAX**
EPSOM SALT BATH
OR
EPSOM SALT FOOT BATH

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 **1 CUP OF GREEN TEA**


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