

HAPPY GUT<sup>®</sup>

7-Day Detox  
**SMOOTHIES**



## Breakfast Smoothie

# Pomegranite and Pecan Smoothie

### Ingredients:

- 1 cup spinach
- ½ cup frozen pomegranite seeds
- 1 tbs pecan butter
- ½ cup almond milk
- 1 scoop Cleanse Shake



### Instructions:

*Combine ingredients in a blender and blend well until smooth or desired consistency.*



## Dinner Smoothie

# Sweet Potato Pie Smoothie

### Ingredients:

- ½ sweet potato
- ½ medium green banana, sliced & frozen
- ½ cup almond milk
- A few ice cubes
- 1 scoop Cleanse Shake

### Instructions:

*Roast sweet potato in the oven for 45 minutes at 400 degrees. Once it cools, pull the skin off and use half in the smoothie. Add remaining ingredients and blend until smooth and creamy.*

**Breakfast Smoothie**

**Berry Berry  
Delicious Smoothie**

**Ingredients:**

- ½ cup blueberries
- ½ cup almond milk
- 1 cup spinach
- 1 inch cube ginger, peeled
- 1 scoop Cleanse Shake



**Instructions:**

*Combine ingredients in a blender and blend well until smooth or desired consistency.*

**Dinner Smoothie**

**Chia Power  
Smoothie**

**Ingredients:**

- ½ cup strawberries
- 1 cup kale
- 1 tbs chia seeds
- ½ cup cashew milk
- 1 scoop Cleanse Shake



**Instructions:**

*Combine ingredients in a blender and blend well until smooth or desired consistency.*

## Breakfast Smoothie

# Blackberry Breakfast Smoothie

### Ingredients:

- ½ cup blackberries
- 1 cup spinach
- 2 stalks celery
- ½ cup cashew milk
- A few cubes ice
- 1 scoop Cleanse Shake

### Instructions:

*Combine ingredients in a blender and blend well until smooth or desired consistency.*



## Dinner Smoothie

# Cauli Power Smoothie

### Ingredients:

- ½ cup cauliflower florets
- 2 tbs walnuts
- ½ cup cashew milk
- A few ice cubes
- 1 tbs flaxseeds
- 1 scoop Cleanse Shake

### Instructions:

*Combine ingredients in a blender and blend well until smooth or desired consistency.*



## Breakfast Smoothie

# Red Velvet Cake Smoothie

### Ingredients:

- ½ cup frozen beets
- 1 tbs cacao powder
- ½ cup almond milk
- ½ medium greener banana, sliced & frozen
- 1 scoop Cleanse Shake

### Instructions:

*Combine ingredients in a blender and blend well until smooth or desired consistency.*



## Dinner Smoothie

# Creamy Avocado Smoothie

### Ingredients:

- ½ ripe avocado
- ½ cup blueberries
- 1 tbs chia seeds
- 1 cup kale
- ½ cup almond milk
- 1 tsp cinnamon powder
- 1 scoop Cleanse Shake

### Instructions:

*Combine ingredients in a blender and blend well until smooth or desired consistency.*



## Breakfast Smoothie

## Herb Fresh Smoothie

## Ingredients:

- ½ small cucumber
- A few sprigs parsley
- ½ cup strawberries
- ½ cup almond milk
- ¼ cup pumpkin seeds
- 1 scoop Cleanse Shake

## Instructions:

*Combine ingredients in a blender and blend well until smooth or desired consistency.*



## Dinner Smoothie

## Zucchini Bread Smoothie

## Ingredients:

- ½ zucchini
- 1 cup spinach
- 1 tbs cacao powder
- ½ cup cashew milk
- 1 tsp cinnamon powder
- 1 tbs pecan butter
- ½ medium greener banana, sliced & frozen
- 1 scoop Cleanse Shake

## Instructions:

*Combine ingredients in a blender and blend well until smooth or desired consistency.*

## Breakfast Smoothie

# Rainbow Smoothie

### Ingredients:

- ½ cup red cabbage, sliced
- ¼ cup pomegranate seeds
- ¼ cup blueberries
- 1 tbs flaxseeds
- ½ cup almond milk
- 1 scoop Cleanse Shake

### Instructions:

*Combine ingredients in a blender and blend well until smooth or desired consistency.*



## Dinner Smoothie

# Carrot Cake Smoothie

### Ingredients:

- 1 medium carrot
- 1 tbs pecan butter
- 1 cup spinach
- ½ medium greener banana, sliced & frozen
- 1 tsp cinnamon powder
- A few ice cubes
- ½ cup cashew milk
- 1 scoop Cleanse Shake

### Instructions:

*Combine ingredients in a blender and blend well until smooth or desired consistency.*

## Breakfast Smoothie

# Wake Me Up Matcha Smoothie

### Ingredients:

- A few ice cubes
- ½ cup cashew milk
- 1 cup romaine lettuce
- 2 tsp matcha powder
- ½ medium greener banana, sliced & frozen
- 1 tbs flaxseeds
- 1 scoop Cleanse Shake

### Instructions:

*Combine ingredients in a blender and blend well until smooth or desired consistency.*



## Dinner Smoothie

# Lemon Berry Blast Smoothie

### Ingredients:

- ½ lemon, freshly squeezed
- 1 inch fresh ginger
- ¼ cup blackberries
- ¼ cup blueberries
- ½ cup almond milk
- 1 cup remaining greens (spinach, kale, romaine)
- 1 scoop Cleanse Shake

### Instructions:

*Combine ingredients in a blender and blend well until smooth or desired consistency.*



HAPPY GUT®

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## 7-Day Detox SHOPPING LIST

**Purchase organic when possible.**

### **Fresh Fruit:**

- 3 - medium **bananas** unripe
- 1 - medium **avocado**

### **Frozen Fruit:**

- 1 - 16oz. bag of **pomegranate seeds**
- 1 - 16 oz. bag of **blackberries**
- 2 - 16 oz. bags of **blueberries**
- 2 - 16 oz. bags of **strawberries**

### **Vegetables:**

- 2 - 10 oz. bags of **spinach**
- 1 - bunch of **kale**
- 1 - medium **sweet potato**
- 1 - head of **cauliflower**
- 1 - bag of **cooked, frozen beets**
- 1 - small **cucumber**
- 1 - medium loose **carrot**
- 1 - small head **purple cabbage**
- 1 - small **zucchini**
- 2 - stalks loose **celery**
- 1 - head **romaine lettuce**

### **Nut Butter:**

- 1 - 10 oz. **pecan butter**

### **Nuts & Seeds:**

- 1 - 16oz. **chia seeds**
- 1 - 8 oz. **walnuts**
- 1 - ½ cup fresh **flaxseeds** or 8 oz. bag
- 1 - cup **pumpkin seeds** or 8 oz. bag

### **Milks:**

- 1 - ½ gallon **unsweetened almond milk**
- 1 - ½ gallon **unsweetened cashew milk**

### **Spices & Other:**

- 1 - 3 in. root fresh **ginger**
- 1 - 8 oz. **cacao powder**
- Cinnamon powder**
- 1 - bunch of **parsley**
- 1 oz. **matcha powder** (or small packet)
- 1 - fresh **lemon**