



# Shamrock Super Smoothie Shopping List

Dairy Free Milk



Avocado



Vegan Vanilla Protein



Frozen Blueberries



Chia Seeds



Coconut Cream



Flax Seeds



Moringa Powder



Medjool Dates



## Green Colored Smoothie Option

Organic Spinach



Banana



Pure Peppermint Extract



ChristiHealthCoach.com

Optional: Collagen Powder