

# Free 7-Day smoothie Plan PDF



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	Breakfast	Lunch	Dinner
Day 1	1 tablespoon of almond butter 1 cup of kales ½ cup of water ¼ cup of frozen berries ¼ cup pineapple slices ¼ cup non-fat yogurt	1 apple 1 orange ½ cup pineapple 3 kale leaves Handful of mint 1 tablespoon cinnamon	1 cucumber 2 kale leaves 2 medium sized celery 1 peeled lemon 1 apple
Day 2	½ cup almond milk 2 celery stalks 1 cucumber 3 leaves kale ½ an apple ½ cup pineapple	½ cup of coconut water ½ cup berries ¼ avocado 4 tablespoon pure lemon juice 1 tablespoon flaxseeds	1 cucumber Handful of parsley ½ cup of water 2 tablespoons aloe vera juice 5 tablespoons of lemon juice
Day 3	3 green tea bags 1 cup of blueberries ½ cup fat-free yogurt 3 tablespoon flaxseeds ¼ cup of water A handful of unsalted almonds.	3 carrots 2 tomatoes 2 cucumbers 1 piece of ginger 1 tablespoon cinnamon	1 cucumber Handful spinach 1 banana 1 avocado
Day 4	½ piece of medium-sized mango 1 cup of oats ½ cup non-fat yogurt ½ cup of water	1 cup of blueberries 5 stalks spinach 2 apples 1 piece ginger ½ cup of unsweetened yogurt	1 apple 1 cup pineapple Handful of mint 2 stalks celery ½ cup of water
Day 5	2 oranges 1 cup of pineapples	1 sweet potato 1 cucumber 1 apple	1 banana 5 leaves spinach 1 cup almond milk

	3 tablespoons of lemon juice Handful of mint ½ cup of water	½ cup natural yogurt ¼ cup of water 1 tablespoon cinnamon	½ medium -sized avocado
Day 6	2 tablespoons lemon juice 2 celery stalk 2 cups of coconut water ¼ cup pineapple 1 piece of small-sized ginger root.	1 cucumber 2 celery stalk ½ green apple ¼ cup almond milk 1 cup pineapple ¼ cup of water	1 cup blueberries ¼ cup mango 1 avocado 2 tablespoon lemon juice ½ cup of coconut water
Day 7	2 tablespoon lemon 1 cup blueberries 4 leaves spinach 1 tablespoon flax seeds 1 tablespoon cinnamon 1 cup of coconut water	2 carrots 1 orange 1 cucumber 5 kale leaves 2 apples ½ cup of water	½ cup almond milk 3 celery stalks 1/2 cup pineapple 1 apple 1 cucumber 5 kale leaves 1 tablespoon cinnamon

Credit: 7-Day Smoothie Weight Loss Diet Plan (2023) | ThriveNaija.com

