



**7 day
smoothie
challenge**

Easy Recipes

from Trinity

Wellness Living

Nourish, Reset, and Energize—Naturally

Instructions:

Enjoy one smoothie per day (as breakfast, snack, or light lunch).

Focus on hydration, gentle movement, and mindful breathing.

Use the daily checkboxes to track your progress and feelings.





Day 1: Berry Green Glow

Ingredients:

- **1 cup unsweetened almond milk**
- **1 scoop plant-based vanilla protein**
- **½ avocado**
- **1 cup spinach**
- **¾ cup frozen mixed berries**
- **1 Tbsp chia seeds**

Optional: 1-2 drops liquid stevia or monk fruit

Benefits: Berries provide antioxidants; chia seeds support blood sugar balance.



Tried this smoothie



Day 2: Tropical Detox Delight

Ingredients:

- **1 cup coconut water**
- **1 scoop collagen or hemp protein**
- **1 cup kale**
- **½ frozen banana**
- **½ cup pineapple**
- **1 Tbsp ground flaxseed**
- **Juice of ½ lemon**

Benefits: Pineapple and lemon aid digestion and liver health.



Tried this smoothie



Day 3: Chocolate Almond Calm

Ingredients:

- **1 cup unsweetened almond milk**
- **1 scoop chocolate plant protein**
- **1 Tbsp almond butter**
- **1 cup Swiss chard or spinach**
- **½ frozen zucchini (pre-steamed and chilled)**
- **1 tsp raw cacao**
- **½ tsp cinnamon**

Benefits: Magnesium-rich cacao and healthy fats help relieve stress.



Tried this smoothie



Day 4: Blueberry Avocado Bliss

Ingredients:

- **1 cup water or almond milk**
- **1 scoop vanilla protein**
- **1 cup baby spinach**
- **½ avocado**
- **¾ cup frozen blueberries**
- **1 Tbsp hemp hearts**
- **1 tsp vanilla extract**

Benefits: Blueberries boost brain health and support blood sugar levels.



Tried this smoothie



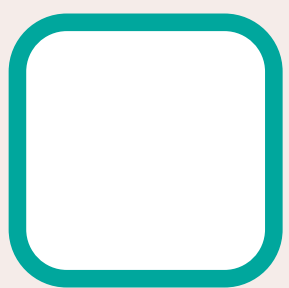
Day 5: Apple Ginger Greens

Ingredients:

- **1 cup water or cooled green tea**
- **1 small green apple (with peel)**
- **1 scoop collagen or pea protein**
- **1 cup romaine or kale**
- **1 tsp fresh grated ginger**
- **1 Tbsp flaxseed**
- **Juice of ½ lemon**

Benefits: Ginger reduces

inflammation; green apple adds fiber.



Tried this smoothie



Day 6: Creamy Cucumber Mint

Ingredients:

- **1 cup coconut water**
- **½ cup chopped cucumber**
- **1 scoop unflavored collagen or protein**
- **½ avocado**
- **1 cup baby spinach**
- **4 fresh mint leaves**
- **1 Tbsp chia seeds**
- **Squeeze of lime**

**Benefits: Refreshing and hydrating;
soothing for digestion.**



Tried this smoothie



Day 7: Strawberry Zen Smoothie

Ingredients:

- **1 cup unsweetened almond milk**
- **1 scoop vanilla plant protein**
- **1 cup frozen strawberries**
- **1 Tbsp cashew butter**
- **1 cup spinach**
- **1 Tbsp hemp hearts**

**Optional: Dash of nutmeg or
cardamom**

**Benefits: Strawberries support skin,
heart, and blood sugar health.**



Tried this smoothie