

The Daily Vitamin

Green Smoothie Pilates Challenge

Shopping Lists Week 1 and 2

GSPC

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SHOPPING LIST INGREDIENTS

WEEK 1



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GSPC WEEK 1 SHOPPING LIST

LIQUIDS

- PICK ONE - HEMP MILK/CASHEW MILK/ALMOND MILK
- POMEGRANATE JUICE - 2 CUPS OR SMALL BOTTLE
- GREEN TEA - 2 CUPS OR SMALL BOTTLE
- COCONUT WATER - 2 SMALL BOTTLES OR 1 BIG BOTTLE

DAIRY

- 1 BLUEBERRY YOGURT

FRUITS

- APPLE - 2 LARGE APPLES
- BANANA - 7 BANANAS
- BLUEBERRIES - 1 SMALL CONTAINER
- BLACKBERRIES - SMALL CONTAINER
- RASPBERRIES - SMALL CONTAINER
- STRAWBERRIES - 10 ORGANIC
- MANGO - 2 MANGOS
- PINEAPPLE - 2 CUPS WORTH OR 1 PINEAPPLEKIWI FRUITS - 3

VEGETABLES

- SPINACH - 1 MEDIUM SIZED BAG
- KALE - 1 MEDIUM SIZED BAG
- ROMAINE - SMALL AMOUNT
- CHARD - SMALL AMOUNT
- CELERY - 3 ORGANIC STALKS
- CUCUMBER - 2 ORGANIC
- RED CABBAGE - 1 SMALL RED CABBAGE
- LIME - 1
- LEMON - 1

SWEETENERS

- CINNAMON - SMALL CONTAINER
- DATES - 1 SMALL CONTAINER
- VANILLA EXTRACT - JUST NEED A DASH

EXTRAS

- BAG OF ICE
- FLAX SEEDS
- CHIA SEEDS

SHOPPING LIST INGREDIENTS

WEEK 2



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GSPC WEEK 2 SHOPPING LIST

LIQUIDS

- PICK ONE - HEMP MILK/CASHEW MILK/ALMOND MILK
- FILTERED WATER - 1 BOTTLE
- COCONUT WATER - 3 SMALL BOTTLES OR 1 BIG BOTTLE

FRUITS

- APPLE - 3 LARGE APPLES
- AVOCADO - 1 AVOCADO
- BANANA - 1 BANANA
- BLUEBERRIES - 1 SMALL BAG
- CANTALOUPE - 1 CANTALOUPE
- GREEN GRAPES - 1 SMALL BAG
- LIME - 2 LIMES
- LEMON - 1 LEMON
- MANGO - 1 FRESH MANGO
- ORANGES - 2 ORANGES
- PINEAPPLE - 1 SMALL PINEAPPLE
- RED CABBAGE - 1 SMALL RED CABBAGE
- RED GRAPES - 1 SMALL BAG
- STRAWBERRIES - 1 SMALL BAG

VEGETABLES

- SPINACH - 1 BAG OF SPINACH
- KALE - 1 BAG OF KALE
- CELERY - 1 SMALL BAG
- PARSLEY - 1 BUNCH OF PARSLEY
- MINT - 1 SMALL CONTAINER OR BUNCH
- CUCUMBER - 2 ORGANIC CUCUMBERS
- GINGER - 1 SMALL PIECE OF GINGER
- CARROTS - 1 SMALL BAG

SWEETENERS

- CINNAMON - SMALL CONTAINER
- DATES - 1 SMALL CONTAINER
- VANILLA EXTRACT - JUST NEED A DASH
- STEVIA - LIQUID OR PACKET
- RAW CACAO - 1 SMALL BAG

NUTS / SEEDS

- CASHEWS - 1 SMALL BAG
- FLAX SEEDS - 1 SMALL BAG
- ALMONDS - 1 SMALL BAG

OTHER

- ALMOND BUTTER - 1 SMALL JAR
- COCONUT OIL - 1 SMALL CONTAINER
- PLANT BASED PROTEIN - 1 SMALL BAG
- ICE - 1 BAG OF ICE

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