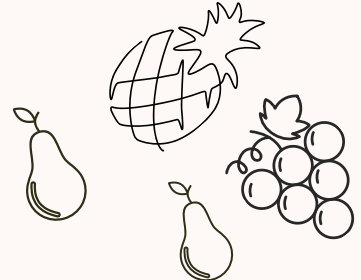


7-DAY SMOOTHIE DIET PLAN



DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

BREAKFAST

Green
Detox
Smoothie

Peanut
Butter
Banana
Smoothie

Chocolate
Banana
Protein
Smoothie

Peachy
Oatmeal
Smoothie

Mixed
Berry
Protein
Smoothie

Spinach
and
Banana
Smoothie

Mocha
Almond
Smoothie

LUNCH

Berry
Blast
Smoothie

Tropical
Paradise
Smoothie

Green
Goddess
Smoothie

Creamy
Mango
Coconut
Smoothie

Cucumber
Melon
Smoothie

Piña
Colada
Smoothie

Raspberry
Beet
Smoothie

DINNER

Mango
Tango
Smoothie

Creamy
Avocado
Smoothie

Blueberry
Almond
Smoothie

Kale and
Pineapple
Smoothie

Cherry
Almond
Smoothie

Carrot
Ginger
Smoothie

Pumpkin
Spice
Smoothie