

SMOOTHIES

Berry Smoothie

Makes 2 servings · about 1¼ cups each

SATIETY SCORE	NUTRITION
3 / 5	HIGH
Per serving (approx.): Protein 2 g · Fiber 3 g · Calories 65	

Ingredients

- ½ cup strawberries
- ½ cup blueberries
- ½ banana
- 2 cups spinach
- 1 cup water

Directions

1. Combine all ingredients in a blender and blend until smooth.
2. Add more or less water to reach your preferred consistency.

Note: In place of the water you can use unsweetened almond, coconut, oat, or whole milk. Approximate calories added per serving — almond +15, coconut +25, oat +60, whole milk +75.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Makes 2 servings · about 1¼ cups each

Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 lb (16 oz) strawberries (about 3½ cups)
- ☐ 1 container (6 oz) blueberries (about 1 cup)
- ☐ ½ banana
- ☐ 1 bag (5 oz) spinach (about 2 cups)