

SMOOTHIES

Tropical Smoothie

Makes 2 servings · about 1¼ cups each

SATIETY SCORE 3 / 5	NUTRITION HIGH
Per serving (approx.): Protein 4 g · Fiber 4 g · Calories 160	

Ingredients

- 2 cups spinach
- ½ cup frozen mango
- ½ cup frozen strawberries
- ½ cup pineapple
- ¼ cup walnuts
- 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.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

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

GROCERY LIST

Tropical Smoothie

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

PRODUCE

- ☐ 1 bag (5 oz) spinach (about 2 cups)
- ☐ 1 medium pineapple (about 4½ cups chunks)

FROZEN

- ☐ ½ cup frozen mango
- ☐ ½ cup frozen strawberries

PANTRY & DRY GOODS

- ☐ ¼ cup walnuts