

SMOOTHIES

Vibrant Green Smoothie

Makes 2 servings · about 1½ cups each

SATIETY SCORE	NUTRITION
3 / 5	HIGH
Per serving (approx.): Protein 3 g · Fiber 5 g · Calories 170	

Ingredients

- 2 dates (or honey to taste)
- 2 cups spinach
- 1 cup pineapple
- 1 banana
- 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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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)
- ☐ 1 banana

PANTRY & DRY GOODS

- ☐ 2 dates