

[PALEO & AIP FREEZER STASH SESSION]

# 3 SMOOTHIE PACKS

GREENS

MANGO STRAWBERRY BANANA

GINGER TURMERIC



# WHAT'S IN THIS GUIDE?

This guide is a step-by-step process of making three different Paleo and AIP-friendly smoothie flavors that can be stored for an easy breakfast or snack.

## HOW MANY SERVINGS DO THESE MAKE?

Each pack makes approximately 1 serving. Feel free to double or triple the recipe if you're preparing for multiple servings.

## HOW LONG CAN THESE BE STORED?

These smoothie packets can be stored in the freezer for up to 3 months.

## HOW LONG DOES THIS SESSION TAKE?

This session will take less than five minutes of hands-on time for each smoothie packet.

If you're making all 3 together it should take about 10 minutes total, including ingredients gathering and cleanup.

This makes it a great session to pair with another long session, like the 3 Granolas Session (while the granolas are baking). You could even do this PLUS a few seasoning mixes from the 4 Seasoning Mixes session as well.



# SHOPPING LIST

## FOR ALL 3 RECIPES

- 2.5 bananas
- 3 scoops (about 3/4 cups) collagen protein powder (optional)

## ADDITIONAL INGREDIENTS FOR EACH GREENS SMOOTHIE

- 1 large handful of spinach
- 1/4 avocado or pre-frozen avocado chunks
- 1/2 apple, cut into chunks

## ADDITIONAL INGREDIENTS FOR EACH MANGO STRAWBERRY SMOOTHIE

- 1/2 cup frozen mango chunks
- 1/2 cup chopped strawberries
- 1/4 cup chopped cucumber

## ADDITIONAL INGREDIENTS FOR EACH GINGER TURMERIC SMOOTHIE

- 1/2 cup frozen cauliflower florets
- 1/4 cup chopped zucchini
- 1/2 cup frozen pineapple
- 1 small piece ginger
- 1 teaspoon turmeric

# ORDER OF OPERATIONS

## 1: SET THE STAGE: GATHER INGREDIENTS AND EQUIPMENT

Gather all your pantry ingredients for easy access. Gather the following equipment:

- 3 quart-sized freezer safe bags or containers
- a bag stand (optional)

## 2: PREP THE GREENS SMOOTHIE

To a freezer bag add:

- A Large handful of spinach
- 1/4 Avocado or pre-frozen avocado chunks
- 1/2 banana, broken into chunks
- 1/2 apple, cut into chunks
- And Optional: 1 scoop of collagen protein

Seal the bag and get all of the air out and freeze.

## 3: PREP MANGO STRAWBERRY BANANA SMOOTHIE

To a freezer bag add:

- 1/2 cup frozen mango chunks
- 1 banana broken into chunks
- 1/2 cup of chopped strawberries,
- 1/4 cup of chopped cucumber
- And Optional: 1 scoop of collagen protein

Seal the bag and get all of the air out and freeze.

## 3: PREP MANGOGINGER TURMERIC SMOOTHIE

To a freezer bag add:

- 1 banana, broken into chunks
- 1/2 cup frozen cauliflower florets
- 1/4 cup chopped Zucchini
- 1/2 cup chopped frozen pineapple
- 1 small piece of ginger
- 1 teaspoon turmeric
- And Optional: 1 scoop of collagen protein

Seal the bag and get all of the air out and freeze.

# ORDER OF OPERATIONS CONT.

## 4: BLENDING SMOOTHIE

These packs stay good in the freezer up to 3 months. When you want it, simply dump the contents of a bag into a blender, and then add 1/2 cup of water and a 1/2 cup of coconut milk or milk of choice. Blend and enjoy!

# ALTERNATE RECIPES

WANT SOME MORE SMOOTHIE VARIATIONS? TRY THESE!

*\*Note: These are not included in the shopping list*

## CHOCOLATELY

To a freezer bag add:

- 1/2 ripe avocado or pre-frozen avocado chunks
- 2 tablespoons carob powder (or cocoa powder for a Stage 1 reintro or Paleo)
- 1 medium banana, cut into chunks
- 1 handful fresh baby spinach
- optional: 1 scoop collagen powder

## DREAMSICLE

To a freezer bag add:

- 1/2 orange (peeled and in sections)
- 1 banana
- 1 handful spinach
- optional: 1 scoop collagen powder

## RASPBERRY KIWI

To a freezer bag add:

- 1/2 cup raspberries
- 1/4 cup blueberries
- 1 kiwi (peeled)
- 1/2 banana
- 1/2 Tbsp ginger, fresh, peeled
- optional: 1 scoop collagen powder

## PUMPKIN SPICE

To a freezer bag add:

- 1/4 cup canned pumpkin
- 1/2 banana
- 1/2 tsp vanilla bean powder
- 1/4 tsp cinnamon
- pinch dried ginger
- pinch mace spice
- optional: 1 scoop collagen powder

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