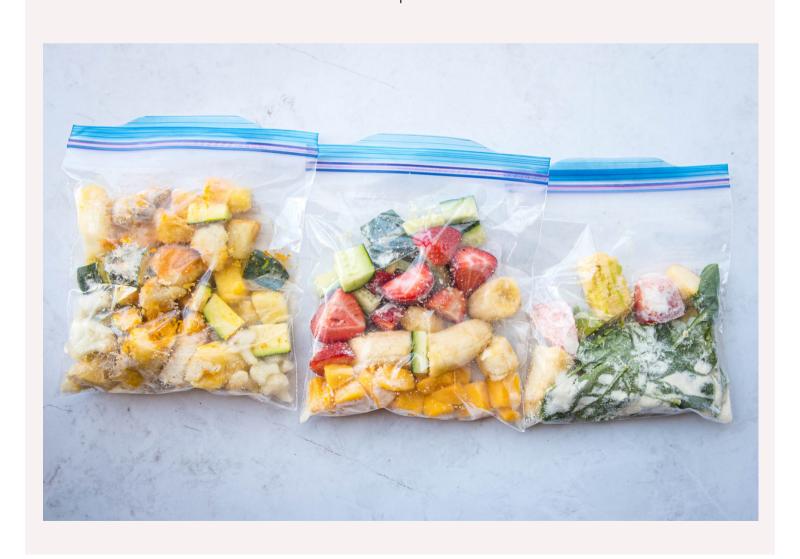
[PALEO & AIP FREEZER STASH SESSION]

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: I 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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