

## Greens



- Kale
- Spinach
- Celery
- Beet Greens
- Swiss Chard
- Carrot Tops
- Parsley
- Cilantro
- Microgreens – wheatgrass is popular but has a VERY strong taste.

## Fruit (fresh or frozen)



- Blueberries
- Blackberries
- Cherries
- Strawberries
- Raspberries
- Pineapple
- Tropical Mix (mango, pineapple, strawberry, grapes)
- Apples or Pears
- Peaches
- Banana

## Liquid



- Water
- Kombucha
- Milk (your favorite - dairy, soy, nut, other)
- Juice
- Yogurt – greek or regular
- Kefir
- Tea (any variety/flavor you like)

## Healthy Add-Ins

- Apple Cider Vinegar
- Honey
- Nuts
- Protein Powder
- Powdered Gelatin (from grass-fed beef)
- Chia or Flax
- Fresh Ginger



## Favorite Combinations

Apple, Kale, 1 tsp. Apple Cider Vinegar, 1 tsp. Honey, Water  
Kale, Any kind of Berry, Water  
Raspberry, Banana, Spinach, Greek Yogurt  
Tropical Fruit Mix, Kale, Cilantro, Ginger, Kombucha  
Blueberry, Spinach, Kombucha