



## THE FBC 7 DAY SMOOTHIE BOWL CHALLENGE #FBCSMOOTHIECHALLENGE

### Your Shopping List For 7 Days of Smoothie Bowls

#### Frozen Fruit & Vegetables

A portion of 1 bag/package of each will be used:

- Frozen peaches
- Frozen mangoes
- Frozen blueberries
- Frozen raspberries
- Frozen apricots
- Frozen spinach

#### Fresh Fruit & Vegetables

- Spinach (optional)
- 6 Bananas (freeze 3)
- 1 Mango
- 1 Apple (optional)
- Ginger, small knob (or ground)
- 1 Lime
- 1 Beet (can purchase pre-cooked & peeled)
- 2 Persimmons (or cantaloupe)
- 1 Kiwi
- Pomegranate arils

#### Non-Dairy Milks

Need about 2 cups plus more optional:

- Coconut milk
- Almond milk

#### Nuts, Seeds & Butters

Small quantities of each:

- All-natural peanut butter
- Peanuts
- Chia seeds
- Almonds
- Almond butter
- Sunflower seeds

#### Other

Small quantities of each:

- Spirulina
- Gluten-free granola
- Plant-based vanilla protein powder
- Coconut flakes/shavings
- Bee pollen (optional)
- Cocoa powder
- Espresso
- Cinnamon
- Dark chocolate (85%)
- Agave
- Ground ginger (or fresh)
- Ground turmeric
- Salt
- Buckwheat
- Hemp hearts
- Goji berries