Only 1 in 10 adults get enough fruits and vegetables.¹

Dietary guidelines recommend adults eat the following every day²:
- 2 cups of fruits
- 3 cups of vegetables

**WHY?**
Fruits and vegetables give your body very important nutrients, such as³,⁴:
- Natural energy
- Fiber
- Vitamins
- Minerals, Electrolytes
- Antioxidants

Not eating enough fruits and vegetables can lead to³,⁴:
- Obesity
- Heart disease
- High blood pressure
- High cholesterol
- Osteoporosis (weak bones)

Eating the recommended daily amounts of fruits and vegetables can help you⁴:
- Avoid disease
- Improve health
- Improve digestion
- Reduce hunger
- Improve energy levels

Above is the recommended serving sizes of each category of food for healthy adults.

This smoothie plan answers the fruits and vegetables portion of your meals.

To begin eating a complete healthy diet and improving your health start your smoothie medley today!

References:
1. CDC, 2017
2. Fruits & veggies more matters. 2018
4. Pem D, Jeewon R. 2015

Smoothie Medley for Beginners
A fun, easy, and tasty way to enjoy fruit and vegetables!

- No cooking
- No added fats
- No added sugars
- All natural
It's as easy as 1, 2, 3 to make a Smoothie!!

To fulfill your daily requirement of fruits and vegetables, all you need are 2 simple smoothies
- 1 smoothie in the morning
- 1 smoothie at night.

In each smoothie you will add:
- 1 cup of fruit
- 1 ½ cups of vegetables
- at least 4oz of milk, almond milk, or water

There are a variety of options to choose from
Fruits:
- Grapes
- Bananas
- Strawberries
- Apples
- Blueberries
- Mango
- Pineapple

Vegetables:
- Carrots
- Spinach
- Kale
- Broccoli
- Cucumber
- Cherry Tomatoes

Here is the smoothie schedule with recipe examples

Example 1: (Morning)
Fruit- 1 cup = 1 large banana
Vegetables - ½ cup spinach
- ½ cup = 6 baby carrots
- ½ cup = 10 cherry tomatoes
Add: at least 4oz of milk (whole, skim, or almond) or water - for your liquid

Example 2: (Night)
Fruit - ½ cup = 16 grapes
- ½ cup = 4 large strawberries
Vegetables - ½ cup spinach
- ½ cup kale
- ½ cup = 6 baby carrots
Add: at least 4oz of milk (whole, skim, or almond) or water - for your liquid

Example 3: (Morning)
Fruit - ½ cup blueberries
- ½ cup raspberries
Vegetables - 1 cup spinach
- ½ cup = 6 baby carrots
Add: at least 4oz of milk (whole, skim, or almond) or water - for your liquid

Example 4: (Night)
Fruit - 1 cup = 1 large banana
Vegetables - ½ cup spinach
- ½ cup = 6 baby carrots
- ½ cup Cucumber
Add: at least 4oz of milk (whole, skim, or almond) or water - for your liquid

Easy ways to prepare and be organized.

Having pre-made recipes can be helpful

To get started
- Choose your recipe’s
- Measure fruits and vegetables using guidelines
- Then place into sandwich bags
- Label bags for quick and easy convenience (morning and night)
- Place pre-made bags in the freezer
- All you need to do is grab your bag from the freezer and add it straight to the blender with your choice of liquid

How to Blend

Place all of your pre-packaged fruits and vegetables into blender, then add which ever type of liquid you prefer. Blend until smooth.

TIP: You can add more liquid if you wish