# 7-Day Smoothie Grocery List

*Print this out and take it to the store! (For 5-Minute Mom Smoothies)*

## Fresh & Frozen Produce

- [ ] Bananas (Buy fresh, peel and freeze)
- [ ] Fresh Spinach
- [ ] Fresh Kale
- [ ] Frozen Mixed Berries (Strawberry/Blueberry)
- [ ] Frozen Mango Chunks
- [ ] Frozen Pineapple Chunks
- [ ] Frozen Peach Slices

## Liquids & Dairy

- [ ] Unsweetened Almond Milk
- [ ] Oat Milk
- [ ] Coconut Water
- [ ] Orange Juice
- [ ] Plain Greek Yogurt

## Nuts, Seeds & Pantry

- [ ] Chia Seeds
- [ ] Hemp Hearts
- [ ] Natural Peanut Butter
- [ ] Almond Butter
- [ ] Rolled Oats (Old Fashioned)

## Baking & Spices

- [ ] Pure Vanilla Extract
- [ ] Ground Cinnamon
- [ ] Ground Nutmeg
- [ ] Raw Almonds (Optional for crunch)

**Extra Notes / My Additions:**