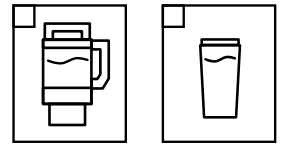


Hamilton Beach[®]

DAILY SMOOTHIE JOURNAL



Date: _____ *Batch:* _____ *Serving time:* _____ ^{am}
^{pm} *Serving size:* _____

Smoothie recipe name: _____ *Rating:* ☆☆☆☆☆

Ingredients: _____

Notes: _____

Goals/action plan: _____

Shopping list:

Liquid base:

- ☐ Almond milk
- ☐ Coconut milk
- ☐ Coconut water
- ☐ Dairy milk
- ☐ Fruit juice
- ☐ Green tea (cold)
- ☐ Kefir
- ☐ Rice milk

Proteins:

- ☐ Almond butter
- ☐ Avocado
- ☐ Chia seeds
- ☐ Cottage cheese
- ☐ Flax seeds
- ☐ Greek yogurt (nonfat)
- ☐ Hemp seeds
- ☐ Peanut butter
- ☐ Tofu
- ☐ Yogurt (whole)

Fruits:

- ☐ Apples
- ☐ Bananas
- ☐ Blackberries
- ☐ Blueberries
- ☐ Cherries
- ☐ Clementines
- ☐ Cranberries
- ☐ Grapes
- ☐ Kiwis
- ☐ Mangos
- ☐ Melons
- ☐ Oranges
- ☐ Peaches
- ☐ Pears
- ☐ Pineapples
- ☐ Plums
- ☐ Raspberries
- ☐ Strawberries

Veggies:

- ☐ Arugula
- ☐ Beets
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Cucumber
- ☐ Kale
- ☐ Spinach
- ☐ Swiss chard
- ☐ Watercress
- ☐ Zucchini

Herbs/Spices:

- ☐ Basil leaves
- ☐ Cilantro
- ☐ Cinnamon
- ☐ Fresh mint
- ☐ Ginger
- ☐ Nutmeg
- ☐ Parsley
- ☐ Pumpkin spice
- ☐ Turmeric

Flavor Boost:

- ☐ Agave
- ☐ Allulose
- ☐ Cocoa powder
- ☐ Goji berries
- ☐ Honey
- ☐ Lime/lemon juice
- ☐ Maple syrup
- ☐ Monk fruit
- ☐ Stevia
- ☐ Vanilla extract

Health Boost:

- ☐ Collagen powder
- ☐ Granola
- ☐ Instant coffee
- ☐ Kombucha
- ☐ Matcha powder
- ☐ Protein powder
- ☐ Rolled oats
- ☐ Shredded coconut