



Smoothie Event Shopping List  
Up to 20 attendees

- BioChem Vanilla Protein Powder - 1 small container
- Amazing Grass Green Superfood - 1 small container
- Amazing Grass Green Superfood Chocolate - 1 small container
- Bananas x 2
- Bags of baby spinach x 2
- Flax seeds - 1 small bag (ground/fine versus whole seeds)
- Peanut butter - 1 small jar (organic, no sugar added, crunchy)
- 6 oz Greek Yogurt 1% or 2% (I like Fage)
- 2 cups strawberries (fresh or frozen)
- Small plastic or paper cups (~ 60)
- Ice

*There will be leftover ingredients. Clients can keep these in the kitchen for folks to use in the future or JJ can “raffle” them off at the end to attendees to take home.*