



# 15 DELICIOUS *Smoothies* THAT DETOX YOUR BODY NATURALLY



# PALEOPLAN DETOX SMOOTHIES

Smoothies are the perfect detox-friendly food because they're easy to digest. While some may gravitate toward juicing, when you're drinking a smoothie, you're getting the whole fruit-fiber, vitamins, minerals, and the juice.

Detoxing is a tricky buzzword that can have different meanings depending on who you're talking to. The fact is, the body is always detoxing whether we are helping or not. The liver, kidneys, intestines, and skin are all primed to remove toxins from the body so that we don't drown in chemicals and garbage that has no place in the body.

We can help or hinder the body's natural detox process, but we aren't really in charge of deciding if we will or won't detox. Nutrients that support natural detox function are found abundantly in fruits and vegetables. Smoothies are a perfect way to consume plenty of these detox-friendly foods while also integrating other beneficial nutrients like collagen, nut butters, ginger, turmeric, and coconut milk.

Smoothies don't have to be boring or tasteless just because they're helping your body take out the trash. This collection of smoothies will delight your taste buds while nourishing your body and keeping you healthy.

As a nutritionist who specializes in detox, I can tell you that a lot of people get this concept wrong. They think you have to eat piles of bland, steamed vegetables or drink nasty concoctions. Detoxing isn't about calorie restriction or suffering. It's about priming your body with plenty of good foods and healthy nutrients so that it can work as efficiently as possible.

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# INDEX

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- 1** BEETS & BERRIES SMOOTHIE
- 2** BLACKBERRY THYME SMOOTHIE
- 3** BREAKFAST SMOOTHIE
- 4** BERRY COCONUT CHIA SMOOTHIE
- 5** FALL FLAVORS SMOOTHIE
- 6** GINGER TURMERIC SMOOTHIE
- 7** GREEN SMOOTHIE BOWL
- 8** PUMPKIN MANGO SMOOTHIE
- 9** GREEN SMOOTHIE
- 10** STRAWBERRY KIWI SMOOTHIE
- 11** APPLE & ALMOND BUTTER GREEN SMOOTHIE
- 12** CRANBERRY COCONUT SMOOTHIE
- 13** STRAWBERRY & COLLAGEN SMOOTHIE
- 14** RAINBOW SMOOTHIE
- 15** TROPICAL COCONUT SMOOTHIE

## RECIPE MEASUREMENTS KEY


Tbsp(s) = Tablespoon  
tsp(s) = teaspoon

# BEETS & BERRIES

## Smoothie

 **Prep Time:** 0 minutes

 **Cook Time:** 5 minutes

 **Yield:** 2 servings

### Ingredients:

- 1 large banana(s), frozen
- 2 cup(s) strawberries, frozen
- ½ medium avocado(s)
- 1 large beet(s), peeled and grated on a box grater
- 1 cup(s) almond milk, unsweetened

### Instructions:

1. Put all of the ingredients in a blender and blend until smooth and creamy, adjusting consistency with cold water if necessary.
2. Serve immediately.



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# BLACKBERRY THYME

## Smoothie

**L** Prep Time: 0 minutes

**L** Cook Time: 10 minutes

**L** Yield: 2 servings

### Ingredients:

- 1 medium banana(s)
- ½ cup(s) spinach, baby
- ½ tsp(s) thyme, fresh
- 1 medium lime(s), juiced
- 2 cup(s) blackberries, frozen
- ½ cup(s) coconut milk, full fat

### Instructions:

1. Put all of the ingredients in a blender and blend until smooth, adding a little bit of water to thin out if necessary. Serve immediately.



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# BREAKFAST Smoothie

**L Prep Time:** 0 minutes   **L Cook Time:** 10 minutes   **Yield:** 2 servings

## Ingredients:

- 2 cup(s) berries, frozen
- $\frac{3}{4}$  cup(s) coconut, unsweetened shredded
- 1 cup(s) almond milk, unsweetened, (canned coconut milk if you want more calories/fat)
- 2 large egg(s), (preferably organic and pastured)

## Instructions:

1. Fill a blender (or magic bullet or whatever) with the frozen berries and quickly pulse with a little hot water to break them up.
2. Add shredded coconut, eggs, and almond milk.
3. Continue to blend until smooth, and divide into two glasses.



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# BERRY COCONUT CHIA

## Smoothie

**L** Prep Time: 0 minutes

**L** Cook Time: 10 minutes

**L** Yield: 2 servings

### Ingredients:

- 1 medium banana(s)
- 2 Tbsp(s) chia seeds
- 2 cup(s) spinach, baby
- 1 tsp(s) coconut oil
- ¼ cup(s) coconut milk, full fat
- 1 cup(s) berries, frozen
- 1 Tbsp(s) coconut flakes, for garnish, optional
- 1 Tbsp(s) chia seeds, for garnish, optional

### Instructions:

1. Put all of the ingredients in a blender and blend until smooth, adding water to thin out if necessary.
2. Serve immediately.



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# FALL FLAVORS

## Smoothie

**L Prep Time:** 0 minutes **L Cook Time:** 10 minutes **Yield:** 2 servings

### Ingredients:

- 1 cup(s) pumpkin puree, organic, fresh or canned
- 1 cup(s) almond milk, unsweetened
- 1 cup(s) ice
- 1 large apple(s), sweet, unpeeled and cut into chunks
- 2 Tbsp(s) collagen powder, grass-fed
- 2 tsp(s) ginger, fresh, peeled, about 1/2 inch for 2 servings
- ½ tsp(s) vanilla
- ½ tsp(s) cinnamon
- ¼ tsp(s) nutmeg, fresh
- ⅓ tsp(s) cloves, ground
- 2 tsp(s) honey, raw, (optional)

### Instructions:

1. Add everything to a blender and puree. Enjoy!



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# GINGER TURMERIC

## Smoothie

**L Prep Time:** 0 minutes

**L Cook Time:** 5 minutes

**🍴 Yield:** 2 servings

### Ingredients:

- 1 medium banana(s)
- 1 cup(s) pineapple, diced
- 1 tsp(s) ginger, fresh, grated
- ½ tsp(s) turmeric
- 1 medium lemon(s), juiced
- 1 tsp(s) honey, raw
- 1 cup(s) coconut milk, full fat
- 1 cup(s) ice, omit if using frozen fruit

### Instructions:

1. Put all of the ingredients in a blender and blend until smooth. Drink immediately.



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# GREEN Smoothie BOWLS

 **Prep Time:** 0 minutes

 **Cook Time:** 10 minutes

 **Yield:** 4 servings

## Ingredients:

### Smoothie:

- 1 medium avocado(s)
- 3 medium banana(s), frozen
- 1 cup(s) pineapple, diced
- 2 cup(s) spinach, or kale, chopped
- 2 Tbsp(s) almond butter
- ½ cup(s) almond milk, unsweetened

### Toppings:

- ½ cup(s) strawberries, fresh, sliced
- ½ cup(s) pecans, chopped
- ¼ cup(s) coconut, unsweetened shredded
- 1 Tbsp(s) sesame seeds, toasted
- ¼ tsp(s) turmeric
- ¼ tsp(s) cinnamon

## Instructions:

1. Put the smoothie ingredients in a blender and blend until thick and creamy, adding a little water if necessary. Be careful not to add too much liquid - you want it to be thicker than a smoothie. Divide the mixture between bowls.
2. Top with the toppings and serve with a spoon.



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# PUMPKIN MANGO

## Smoothie

 **Prep Time:** 0 minutes

 **Cook Time:** 5 minutes

 **Yield:** 2 servings

### Ingredients:

- 1 medium banana(s), frozen, cut into pieces
- 1 medium mango(s), diced
- 2 Tbsp(s) coconut oil
- ½ cup(s) pumpkin puree, organic
- ½ tsp(s) cinnamon
- 1 cup(s) almond milk, unsweetened
- 1 Tbsp(s) collagen powder, grass-fed

### Instructions:

1. Put all of the ingredients in a blender and blend until smooth and creamy.
2. Serve immediately.



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# GREEN Smoothie

**L Prep Time:** 0 minutes

**L Cook Time:** 10 minutes

**🍴 Yield:** 2 servings

## Ingredients:

- 1 medium apple(s)
- 1 medium pear(s)
- ½ tsp(s) ginger, fresh, grated
- 2 Tbsp(s) flax seeds, ground
- 6 large kale leaves, (take out woody stems), or 2 handfuls of spinach for 2 servings
- 1 medium lemon(s), juiced
- 1 cup(s) water

## Instructions:

- 1.** Quarter apple and pear, remove stems and seeds and put in blender.
- 2.** Add remaining ingredients to blender and puree. Add more water if needed.



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# STRAWBERRY KIWI

## Smoothie

**L** Prep Time: 0 minutes

**L** Cook Time: 5 minutes

**🍴** Yield: 2 servings

### Ingredients:

- 1 large kiwi(s), peeled and roughly chopped or sliced
- 1 cup(s) strawberries, frozen
- 1 can(s) coconut milk, full fat (403 mL)
- 2 Tbsp(s) chia seeds
- 1 tsp(s) honey, raw, (optional)

### Instructions:

1. Combine kiwi, strawberries, coconut milk and honey (if desired) in a blender. Pulse for 60 seconds, or until fully blended.
2. Stir in chia seeds. Serve immediately.  
For a thicker smoothie, refrigerate for 4 to 24 hours to let chia seeds "gel."



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# APPLE & ALMOND BUTTER

## Green Smoothie

 **Prep Time:** 0 minutes    **Cook Time:** 10 minutes    **Yield:** 2 servings

### Ingredients:

- 2 cup(s) spinach, baby
- 3 Tbsp(s) almond butter, natural
- 1 medium apple(s), tart, Granny Smith, cored and chopped
- 1 medium banana(s), frozen
- 1 cup(s) water, cold

### Instructions:

1. Put all ingredients in a blender and blend until smooth and creamy.
2. Serve immediately.



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# CRANBERRY COCONUT *Smoothie*

 **Prep Time:** 0 minutes

 **Cook Time:** 5 minutes

 **Yield:** 2 servings

## Ingredients:

- 2 medium banana(s), ripe
- 1 cup(s) cranberries, fresh, or frozen
- 1 tsp(s) ginger, fresh, grated (optional)
- 1 cup(s) coconut milk, full fat

## Instructions:

1. Put all of the ingredients in a blender and blend until smooth and creamy. Taste and adjust sweetness if necessary.
2. Serve immediately.




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# STRAWBERRY & COLLAGEN *Smoothie*

 **Prep Time:** 0 minutes

 **Cook Time:** 5 minutes

 **Yield:** 1 serving

## Ingredients:

- 1 cup(s) almond milk, unsweetened
- ½ cup(s) coconut water
- 1 medium banana(s)
- ½ cup(s) strawberries, fresh
- 1 cup(s) spinach, to taste
- 1 Tbsp(s) protein powder, Clovis
- ½ Tbsp(s) gelatin, grass-fed
- ½ Tbsp(s) collagen powder, grass-fed
- 1 tsp(s) matcha powder
- 1 tsp(s) honey, raw

## Instructions:

1. Blend with a bullet, food processor, or other smoothie-type mixer and enjoy chilled or on the go!



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# RAINBOW Smoothie

**L** Prep Time: 1 hour

**L** Cook Time: 5 minutes

**🍴** Yield: 1 Mason jar

## Ingredients:

- ½ cup frozen blueberries
- 1 ½ frozen bananas, divided
- ¼ cup frozen peaches and/or mango
- ½ cup frozen pineapple, divided
- ½ cup frozen strawberries
- ½ cup spinach
- 10 Tbsp(s) coconut milk, divided
- Optional: honey to taste

## Instructions:

**1. For the indigo layer:** Blend frozen blueberries, ½ frozen banana and 2 Tbsp(s) coconut milk. Carefully spoon smoothie into the bottom of the Mason jar so as to not stain the sides of the jar. Freeze first layer for 10 to 20 minutes. Remember to give your blender a quick rinse between each layer.

**Tip:** To speed up the freezing process, place Mason jar in a bath of ice water and salt while in the freezer.

**2. For the orange layer:** Blend frozen peaches and/or mango, ¼ cup frozen pineapple and 2 Tbsp(s) coconut milk. Carefully spoon smoothie atop indigo layer. Freeze for 10 to 20 minutes.

**3. For the green layer:** Blend spinach, ½ frozen banana and 2 Tbsp(s) coconut milk. Carefully spoon smoothie atop orange layer. Freeze for 10 to 20 minutes.

**4. For the pink layer:** Blend frozen strawberries and 2 Tbsp(s) coconut milk. Carefully spoon smoothie atop green layer. Freeze for 10 to 20 minutes.

**5. For the yellow layer:** Blend ¼ cup frozen pineapple, ½ frozen banana and 2 Tbsp(s) coconut milk. Carefully spoon into top of glass. Enjoy your work of art!



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# TROPICAL COCONUT *Green Smoothie*

 **Prep Time:** 1 minutes

 **Cook Time:** 1 minute

 **Yield:** 1 serving

## Ingredients:

- 1 banana
- ½ cup pineapple
- ¼ cup coconut cream
- ¼ cup coconut milk
- 4 ice cubes
- Pinch of shredded coconut for topping

## Instructions:

1. Place all ingredients into a blender and blend until smooth.  
Enjoy!



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# GET MORE FROM YOUR PALEO PROGRAM



## Thanks again for grabbing Paleo Detox Smoothies.

We hope you enjoyed these fifteen amazing recipes and we can't wait to hear what you think about them.

Stick with Paleo, and you'll be experiencing the benefits soon enough - from more energy, weight loss, improved digestion, improved immune system, and more.

*The secret to success on Paleo is that you need to make an ongoing commitment to choosing better foods.*

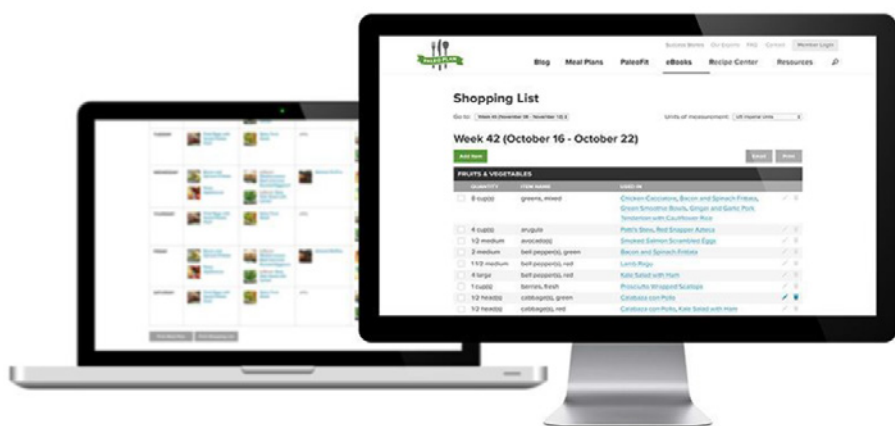
At PaleoPlan, we try to make that choice as easy as possible for you by providing you with tasty recipes, Paleo variants of all of your favorites, and as much resources and actionable tips and information as we can into all of our books and programs.

In our experience with helping thousands of people switch to a Paleo lifestyle we know that making this commitment can be challenging.

**Which is why we're offering you our online meal planning, health coaching, and fitness program that gives you the 24/7 support that you NEED to maintain the commitment to Paleo and stay on track.**

Each week, you'll get a dietitian created meal plan, shopping list, and tons of delicious, step-by-step recipes, along with workouts, and all the advice you'll need from our expert team of dietitians and nutritionists.

## Here's Exactly What You'll Get Inside of PaleoPlan



- A fun, fresh Paleo menu for two delivered every week (covers three meals a day, plus a snack) directly to your inbox
- Kitchen-tested, easy-to-prepare recipes created by our resident Paleo chef and nutrition therapist
- Complete shopping and prep lists to save you time, headaches, and wasted food
- All recipes are gluten-free, grain-free, dairy-free, legume-free, and vegetable oil-free
- A bonus "Flex" menu that incorporates one cheat day each week - for those who want some wiggle room in their diet
- Customize your meal plan based on X,Y,Z
- Easy food substitutions if you have an allergy, can't find an ingredient, or just don't like a certain food
- From the simplest breakfast dish to the heartiest dinner fare, you will love the variety of mouthwatering yet good-for-you recipes included in your meal plans.



## Weekly 20-Minute-Or-Less Workouts



- Fun and exciting weekly workout plans, with 3 full-length workouts and one quick "anywhere, anytime" workout, delivered straight to your inbox every week.
- Workouts are short (less than 20 minutes), intense, and require minimal equipment. Get strong without spending a ton on home exercise machines or gym memberships.
- Modifications for every exercise & workout to make it easier or harder - *so that all fitness levels can participate*
- Videos displaying each movement make it easy to perfect your form; pause and rewatch at any point.



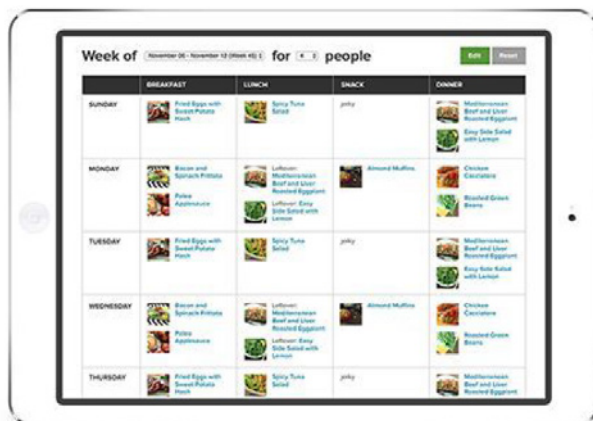
## Community & Expert Support

Inside our private members community, you'll be able to connect with other PaleoPlan members - *women and men around the world all looking to live a Paleo lifestyle*. If you have any questions, or get stuck on anything, **the community will be there to support you.**

We wanted to make sure that you had as much support as possible, so **you will also get access to our team of nutritionists and dietitians.**

As a member, you'll be able to email our team, ask them questions in our private Facebook group, and **participate in monthly live check ins.**

# What You Can Expect Inside of PaleoPlan



As you can see, we've really worked to go above and beyond to make sure that you absolutely have everything you need to have success on Paleo - from community and expert support, to all the recipes, meal plans, and workouts you can use to keep those benefits for life.

## Don't just take our word for it, though: What PaleoPlan Users Are Saying:

*"I just wanted to thank you for the wonderful website and all the amazing recipes. What I love most is my new motivation to cook. Absolutely everything I have made has been like dining at a fine restaurant!"*

Allison

*"This site helps me SO MUCH! I'm amazed at the quality of the recipes and am so grateful for all the creative ideas. I've been on Paleo for almost two months, and I'm feeling great!"*

Mindy

*"It's helped streamline my shopping (saving money), my whole family is eating better because I don't have to think up meals all of the time, and even when I'm tired it's really easy to just grab the menu and cook. It's been GREAT for all of us!"*

Anonymous

And, to top it all off, you can try PaleoPlan absolutely risk free, with our guarantee:

**Activate Your Membership for FREE Today**

.....  
**Regular Price:**

~~**\$15.99**~~  
.....



And then \$15.99 per month after your first 14 days.

Simply click the button below to activate your membership, lock in your discount for

**FREE** right now and then  
**\$15.99** a month (cancel anytime)!

**ACTIVATE MY MEMBERSHIP**

## Frequently Asked Questions

- **When do I receive my meal plans?**

When you sign up, you'll get an email from us every Tuesday that contains your weekly PDF downloads. You can also always find your downloads in the dashboard, updated every Tuesday. You can print the files, or view them on your smartphone, tablet, laptop, or desktop computer throughout the week.

- **How many meals will I be eating every day?**

The meal plan gives you the tools to prepare 4 meals a day for two people - including breakfast, lunch, dinner, and a snack. If you're cooking only for yourself or for your whole family, you can easily modify the recipes and shopping list.

- **Will I lose weight on PaleoPlan?**

Our plans provide about 1,500 to 2,000 calories per day: perfect for an average height person who performs an average amount of exercise (a couple times a week). If you are very small, large, or exceptionally active, you can add or remove food as needed.

We provide a link with your meal plans to help you figure out how much food you need, and how to add or subtract food from the meal plan.

If you're trying to lose weight, this meal plan has helped thousands of people do just that. The short answer to this question is yes, probably. That is, if you need to lose weight. The Paleo diet tends to help people get to their optimal weight, so if you need to lose fat, you'll lose fat, and if you need to gain muscle, you'll gain muscle (or both).

- **What if I have an allergy to a certain food or I want to avoid a certain ingredient?**

Fortunately, most of our recipes have easy substitutions - *so if you can't eat an ingredient or simply don't have it, you'll still be able to make our recipes.*

- **Will I be eating the same thing every day?**

Not on our watch!

We regularly introduce new recipes to spice things up, while ensuring enough consistency to help you stay efficient in the kitchen.

- **Will I be wasting food?**

Worried about wasting food? Our menus are carefully planned to use all the ingredients you buy for the week.

We even incorporate leftovers into some meals to make preparation that much easier.

# 15 DELICIOUS *Smoothies* THAT DETOX YOUR BODY NATURALLY

We hope you enjoy this selection of 15 delicious  
and easy Paleo Detox Smoothies.



for more, go to  
[paleoplan.com](http://paleoplan.com)

