



14-DAY

GREEN SMOOTHIE

Challenge

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NUTRITION

WELCOME TO THE 14-DAY GREEN SMOOTHIE *Challenge!*

The purpose of this challenge is help you ADD more nutrition to your day by SWAPPING out 1 (or 2) of your meals for a balanced green smoothie

This is a simple challenge about getting MORE health into your day (not to mention get better skin, more energy, balance blood sugar and so much more)

In this challenge, you are going to learn:

- what are balanced green smoothies
- how to create your own super charged smoothies
- the tools you will need to take your health to the next level
- 10 uber delicious recipes to take the guess work out of what to make. (Plus we also included our "How to create glorious green smoothies" blueprint for those who want to build their own!

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The rules are simple:

- 1** Read your “Green Smoothie Guide” for full details on how to build your balanced green smoothies or grab one of the recipes.
- 2** Each day you will swap 1 or 2 meals for a balanced green smoothie to add nutrients to your daily diet while balancing blood sugar, reducing calories and more.
- 3** Log your green smoothie completion daily on your “14 Day Challenge” tracker.
- 4** If you have consistently completed your green smoothie daily habit for 14 days, then you have successfully completed the Green Smoothie Challenge!

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14-DAY GREEN SMOOTHIE

Challenge!

THE SMOOTHIE I DRANK WAS:

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

TO DO LIST

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THE SMOOTHIE I DRANK WAS:

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

TO DO LIST

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