



5. PEAR VANILLA GREEN (Gentle & Soothing)

Perfect for sensitive palates

Ingredients

- 2 cups spinach
- 1 ripe pear
- ½ tsp pure vanilla
- Water to 32 oz

Why it works:

Pear + vanilla = comforting without being dessert-like.

OPTIONAL ADD-INS (ONLY IF NEEDED)

For lean participants or increased hunger – **add to ONE smoothie/day:**

- 1 tbsp chia seeds
- 1 tbsp ground flaxseed
- 1 scoop unflavored plant protein
- 1 tbsp coconut cream

(Avoid nut butters in this phase.)