

# Smoothie Vitamin & Nutrient Checklist

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<https://smoothiescoop.online/>

✓ Check off the vitamins, minerals, and nutrients as you include them in your smoothies!

## ? Essential Vitamins

- ☐ Vitamin A - Supports vision, skin health, and immunity
  - Sources: Carrots, sweet potatoes, spinach, kale, mango
- ☐ Vitamin B1 (Thiamine) - Helps convert food into energy
  - Sources: Sunflower seeds, flaxseeds, oats, bananas
- ☐ Vitamin B2 (Riboflavin) - Supports metabolism and skin health
  - Sources: Almonds, eggs, spinach, Greek yogurt
- ☐ Vitamin B3 (Niacin) - Aids digestion and energy production
  - Sources: Peanuts, avocado, mushrooms, pumpkin seeds
- ☐ Vitamin B5 (Pantothenic Acid) - Helps break down fats and carbs
  - Sources: Avocado, sunflower seeds, broccoli, Greek yogurt
- ☐ Vitamin B6 - Supports brain health and metabolism
  - Sources: Bananas, chickpeas, walnuts, spinach
- ☐ Vitamin B7 (Biotin) - Strengthens hair, skin, and nails
  - Sources: Almonds, eggs, sweet potatoes, sunflower seeds
- ☐ Vitamin B9 (Folate) - Supports red blood cell formation
  - Sources: Leafy greens, oranges, lentils, strawberries
- ☐ Vitamin B12 - Helps with energy production (needed for vegans)
  - Sources: Fortified plant milks, nutritional yeast, eggs
- ☐ Vitamin C - Boosts immunity and skin health
  - Sources: Oranges, kiwi, strawberries, pineapple, bell peppers
- ☐ Vitamin D - Supports bone health and immune function

- Sources: Fortified plant milks, mushrooms, eggs

- ☐ Vitamin E - Protects skin and fights oxidative stress

- Sources: Almonds, sunflower seeds, avocado, spinach

- ☐ Vitamin K - Supports blood clotting and bone health

- Sources: Kale, broccoli, parsley, kiwi

## ? Essential Minerals

- ☐ Calcium - Strengthens bones and teeth

- Sources: Almond milk, chia seeds, kale, broccoli

- ☐ Magnesium - Helps with muscle relaxation and metabolism

- Sources: Pumpkin seeds, spinach, bananas, cacao powder

- ☐ Potassium - Regulates fluid balance and muscle function

- Sources: Bananas, coconut water, sweet potatoes, avocados

- ☐ Iron - Prevents fatigue and supports oxygen transport

- Sources: Spinach, lentils, hemp seeds, spirulina

- ☐ Zinc - Boosts immunity and skin health

- Sources: Pumpkin seeds, chickpeas, cashews, cacao powder

- ☐ Selenium - Supports thyroid function and reduces inflammation

- Sources: Brazil nuts, sunflower seeds, mushrooms

- ☐ Iodine - Supports thyroid health

- Sources: Seaweed, iodized salt, yogurt

- ☐ Copper - Helps iron absorption and brain function

- Sources: Sesame seeds, cashews, spirulina

- ☐ Manganese - Supports bone health and metabolism

- Sources: Pineapple, oats, almonds, brown rice

## ⚡ Extra Nutrients for Weight Loss & Energy

- ☐ Fiber - Keeps you full and supports digestion

- Sources: Chia seeds, flaxseeds, oats, berries

- ☐ Protein - Supports muscle growth and satiety
  - Sources: Greek yogurt, hemp seeds, pea protein, egg whites
- ☐ Healthy Fats - Supports hormone balance and brain function
  - Sources: Avocado, coconut oil, nuts, seeds
- ☐ Antioxidants - Reduce inflammation and protect cells
  - Sources: Blueberries, matcha, cacao, goji berries
- ☐ Probiotics - Support gut health and digestion
  - Sources: Kefir, yogurt, kombucha, miso
- ☐ Omega-3 Fatty Acids - Reduce inflammation and improve heart health
  - Sources: Chia seeds, flaxseeds, walnuts, hemp seeds

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