

30-Day

# Green Smoothie Challenge



Kelly Schmidt  
WELLNESS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/> Yes! Green Smoothie	<input type="checkbox"/> Yes! Green Smoothie	<input type="checkbox"/> Yes! Green Smoothie	<input type="checkbox"/> Yes! Green Smoothie	<input type="checkbox"/> Yes! Green Smoothie	<input type="checkbox"/> Yes! Green Smoothie	<input type="checkbox"/> Yes! Green Smoothie
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<input type="checkbox"/> Yes! Green Smoothie	<input type="checkbox"/> Yes! Green Smoothie	"When diet is wrong, medicine is of no use. When diet is correct, medicine is no need." - Ayurvedic Proverb				

Learn more about Kel's monthly membership.

<https://www.kellyschmidtwellness.com/new-ksw-membership/>