



## Earth Love Month

# Day 6: Make-ahead Breakfast for a Week

**Why should you do this?** Who has the time to make a nutritious breakfast every day? We all do - check out this tutorial for easy-peasy smoothies that you can make ahead (and freeze) for the entire week.

You don't need any fancy equipment (some simple tools are linked below) and you can eliminate the packaging waste that comes with grabbing breakfast on the go.

## Smoothie Tools

[Ninja Professional Blender](#)



[Freezable Mason Jars](#)



[Smoothie Recipe Book](#)

