

Smoothie Your Way

The flavor options are endless with smoothies! All you need to do is choose 1 ingredient from each category to have a balanced and delicious meal that will keep you full and happy for hours.

How to Prepare a Smoothie:

Protein + Fat + Fiber + Greens

Protein (20-30g)

**Make sure to read the ingredient list and only choose products with ingredients you recognize and trust. Avoid refined and artificial sugars.*

- Plant-Based Protein Powder
 - Find at Sprouts, Walmart, Costco , and Amazon
- Organic Whey Protein
- Collagen
- Greek yogurt, plain



Healthy Fats (1-2tbsp)

- Nut or seed butter (unsweetened peanut or almond butter)
- Nuts or seeds (walnuts, almonds, pecans, pumpkin seeds)
- Avocado
- Coconut milk or oil

Fiber (1-2tbsp)

- Chia seeds
- Ground flax seed
- Psyllium husk, unsweetened

Greens (1-2 handfuls)

- Spinach
- Kale
- Mixed Greens

Liquid (no added sugar)

- Water
- Unsweetened almond milk
- Unsweetened coconut milk
- Coconut water (limit to 1 cup)

Fruit and Optional Flavor Boosters

- ¼-1/2 cup berries, banana, or other fruit
- Cacao powder
- Cinnamon or pumpkin spice
- Mint, or other herbs
- Ginger
- Turmeric

Smoothie Examples

Blend together the listed ingredients until smooth. Each recipe makes 1 serving.

#1 Blueberry Muffin

- 1 serving vanilla protein powder
- 1 tbsp ground flax seed or other fiber source
- ¼ cup frozen blueberries
- 2 tbsp unsweetened almond butter
- 1 handful spinach
- 2 cups unsweetened nut milk

#2 Chocolate Dream

- 1 serving protein powder
- 1 tbsp cacao powder
- 1 tbsp ground flax seed or other fiber source
- 2 tbsp unsweetened peanut butter
- 1 handful spinach
- ½ a frozen banana
- 2 cups unsweetened nut milk

#3 Spa Day

- 1 serving protein powder
- 1 handful of spinach
- ¼ cup avocado
- 1 tbsp ginger or mint, or both!
- ½ cup mango or pineapple
- 1-2 tbsp chia or flax seeds
- 1 cup unsweetened coconut water and 1 cup water