

Super SMOOTHIES

A SMOOTHIE CAN EITHER BE A HEALTHY WAY TO START THE DAY – OR IT CAN BE A HIGH-CALORIE, SUGAR-SPIKING JOLT – MORE LIKE A DONUT IN A BLENDER. IT ALL DEPENDS ON WHAT YOU PUT IN!

Here are a few tips to custom build your smoothies with all 3 macronutrients which are protein, fat and carbs.

- **Keep all the fiber** – Instead of using juice in your smoothie – toss in the whole fruit. Berries are on the lower end of the spectrum for carbs. Adding a handful of leafy greens, seeds or nuts can boost the fiber even more.
- **Include a protein source** – try a variety. Dairy products such as milk, Greek yogurt and cottage cheese are great options. Try a scoop of nut butter or peanut butter powder.
- **Swap a banana for some avocado** – Bananas provide that wonderful smooth texture in a smoothie – but if you're cutting back on carbs, try half an avocado. It will make your drink nice and smooth.
- **Frozen ingredients add thickness** – Ideally, use some fruits and veggies that are frozen to make your smoothie nice and thick. You can also add a few ice cubes.
- **Make your liquid ingredients count** – After you toss your fruits and veggies in the blender – think about what you're adding to turn it into a beverage. While milk is great for protein, it may have more carbs than you want. Low carb dairy-alternatives (such as almond milk and soy milk) might be a better choice. Water also works.
- **Use Sweeteners** – if you like. Many find smoothies made with fruit are sweet enough. You may want to add your favorite non-caloric sweetener. Most recipes suggest “sweetener as desired” as we leave that up to you. We recommend starting with just a little – most are very concentrated!
- **Experiment with other flavorings** – maybe it's a dash of vanilla, a sprinkle of cinnamon or a squeeze of lemon. Make your smoothie your own!





RECIPES

STRAWBERRY CRUNCH SMOOTHIE

Makes 1 serving

130 calories, 12g carbs, 23g protein, 8g fat

1 cup almond milk, unsweetened vanilla

½ cup frozen strawberries

½ tsp cinnamon

2 Tbsp almonds

1 tsp chia seeds *(optional)*

Put everything in a high speed blender. Mix till smooth and serve.



RECIPES

BERRY CHEESECAKE SMOOTHIE

Makes 1 serving

370 calories, 12g carbs, 17g protein, 24g fat

½ cup low-fat cottage cheese

2 ounces of cream cheese

½ cup strawberries

1 cup of ice cubes

¼ cup Silk unsweetened soy milk

½ teaspoon pure vanilla extract

Sweetener as desired

Put everything in a high speed blender. Mix till smooth and serve.



RECIPES

FRUIT AND ALMOND SMOOTHIE

Makes 2 servings

100 calories, 15g carbs, 5g protein, 2.5g fat

1 cup frozen strawberries and peaches

1 container (3.5 oz) berry Greek yogurt

1 cup almond milk, unsweetened vanilla

Put everything in a high speed blender. Mix till smooth and serve.



RECIPES

POWER GREENS SMOOTHIE

Makes 1 serving

224 calories, 14g carbs, 6g protein, 18g fat

1 ¼ cups almond milk, unsweetened vanilla

4 ice cubes

2 cups of spinach

½ of an avocado

1 Tbsp roasted flax seed

Sweetener as desired

Put everything in a high speed blender. Mix till smooth and serve.



RECIPES

SMOOTHIE BREAKFAST BOWL

Makes 2 servings

260 calories, 34g carbs, 11g protein, 10g fat

¾ cup almond milk, unsweetened vanilla

½ cup Greek yogurt, plain, non-fat

1 cup frozen mixed fruit

2 cups baby spinach

1 medium frozen banana, sliced

1 Kind bar (*broken into bits*) or

½ cup low sugar granola

Blend all the ingredients except the bar/granola. Sprinkle the bar/granola on top.