



HOW TO MAKE AN AWESOME SMOOTHIE

STEP 1: ADD LIQUID (AROUND 300 ML)

WATER • UNSWEETENED ALMOND MILK • UNSWEETENED COCONUT MILK (CARTON) • COW'S MILK



STEP 2: ADD PROTEIN (20-30G FOR FEMALES, 30-40G FOR MALES)

WHEY PROTEIN • PEA PROTEIN • RICE PROTEIN • CASEIN PROTEIN • OR A PROTEIN BLEND



STEP 3: ADD RAW VEGIES (1-2 HANDFULS)

SPINACH • KALE • BROCCOLI • CUCUMBER • CELERY • YELLOW PEPPERS • BEETROOT • POWDERED VEGETABLE SUPPLEMENT



FEEL FREE TO MIX INGREDIENTS

STEP 4: ADD CARBS (1-2 CUPPED HANDFULS)

FRESH OR FROZEN

BLACKBERRIES • RASPBERRIES • BLUEBERRIES • CRANBERRIES • MANGO • BANANA • PAPAYA • CHERRIES • PINEAPPLE • MELON • APPLES • PEARS • KIWI • SOAKED OATS • POWDERED FRUIT SUPPLEMENT



FEEL FREE TO MIX INGREDIENTS

STEP 5: ADD FATS (1TBSP)

WALNUTS • CASHEWS • ALMONDS • NUT BUTTER • AVOCADO • COCONUT OIL • COCONUT YOGHURT



FEEL FREE TO MIX INGREDIENTS

STEP 6: BLEND EVERYTHING TOGETHER



STEP 7: ADD OPTIONAL TOPPING

UNSWEETENED – DESICCATED COCONUT • CINNAMON • ICE • GRATED DARK CHOCOLATE • CACAO NIBS

