



25 *Green Smoothie* Recipes

SMOOTHIES OFFER A
CONVENIENT WAY TO ENHANCE
OUR NUTRITIONAL INTAKE,
SUPPORT DIGESTION, STAY
HYDRATED, AND AID IN WEIGHT
MANAGEMENT. BY
INCORPORATING SMOOTHIES
INTO OUR DAILY ROUTINES, WE
CAN EXPERIENCE A HOST OF
HEALTH BENEFITS THAT
CONTRIBUTE TO OUR OVERALL
WELL-BEING AND VITALITY.



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Liquid Gold Green Smoothie



SERVINGS: 2

TIME: 5 MINUTES

INGREDIENTS: 6

INGREDIENTS

- 1 Avocado
(peeled & pitted)
- 2 Banana (frozen)
- 2 tbsps. Cocoa Powder
- 2 1/2 cups Almond Milk
Unsweetened
- 1 tbsp Maple Syrup/
Manuka Honey
- 2 cups Baby Spinach

DIRECTIONS

Place all ingredients into your blender. Blend very well until completely smooth. Divide into glasses and enjoy!

NUTRITION INFO

Amount per serving

Calories	347	17%
Fat	19g	29%
Carbs	48g	16%
Fiber	14g	50%
Sugar	21g	0%
Protein	6g	12%
Cholesterol	0mg	0%
Sodium	235mg	10%
Vitamin A	3659IU	73%
Vitamin C	29mg	32%
Calcium	629mg	57%
Iron	3mg	21%

% Daily Value ≈ 2,000 Calorie Diet



Gut Healing Smoothie



SERVINGS: 2

TIME: 5 MINUTES

INGREDIENTS: 8

INGREDIENTS

- 2 1/2 cups Cold Water
- 2 cups Kale Leaves
- 1/2 Avocado (peeled & pitted)
- 1 Banana (frozen)
- 1 tbsp Chia Seeds
- 2 tbsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 2 tbsps Raw Honey

DIRECTIONS

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Subs: Spinach for Kale, Maple syrup, dates or extra banana for Honey, almond milk for water.

Can make ahead and store in sealed mason jar 1-2 days in fridge. Shake well before drinking

NUTRITION INFO

Amount per serving

Calories	374	19%
Fat	22g	34%
Carbs	42g	14%
Fiber	10g	36%
Sugar	24g	0%
Protein	11g	22%
Cholesterol	0mg	0%
Sodium	23mg	1%
Vitamin A	1124IU	22%
Vitamin C	30mg	33%
Calcium	154mg	14%
Iron	3mg	21%

% Daily Value = 2,000 Calorie Diet



Creamy Mango Green Smoothie



SERVINGS: 2

TIME: 5 MINUTES

INGREDIENTS: 5

INGREDIENTS

- 1 Mango (peeled, chopped)
- 1/16 head Green Lettuce
(separated into leaves and washed)
- 1 cup Unsweetened Almond Milk
- 1/2 cup Plain Greek Yogurt
- 1/4 tsp Cardamom (ground)

DIRECTIONS

Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy.

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Dairy-Free : Use coconut yogurt instead of Greek yogurt.

Nut-Free: Use cow's milk or any other milk alternative.

More Flavor: Add protein powder, chia seeds, hemp seeds, or ginger.

NUTRITION INFO

Amount per serving

Calories	323	16%
Fat	6g	9%
Carbs	58g	19%
Fiber	6g	21%
Sugar	49g	0%
Protein	15g	30%
Cholesterol	17mg	6%
Sodium	235mg	10%
Vitamin A	4871IU	97%
Vitamin C	130mg	144%
Calcium	740mg	67%
Iron	1mg	7%

% Daily Value = 2,000 Calorie Diet



Fruity Kiwi Smoothie



SERVINGS: 1-3

TIME: 5 MINUTES

INGREDIENTS: 7

INGREDIENTS

- 1 Kiwi
- 1/ cup Pineapple (fresh or frozen)
- 1 cup Kale leaves
- 1/2 cup Unsweetened Coconut Yogurt
- 1/2 cup Orange Juice (freshly squeezed)
- 1/2 cup Water
- 4 Ice cubes

DIRECTIONS

Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately one cup.

More Flavor: Add protein powder, collagen powder, chia seeds or hemp seeds.

NUTRITION INFO

Amount per serving

Calories	121	6%
Fat	2g	3%
Carbs	26g	9%
Fiber	3g	11%
Sugar	17g	0%
Protein	2g	4%
Cholesterol	0mg	0%
Sodium	22mg	1%
Vitamin A	707IU	14%
Vitamin C	112mg	124%
Calcium	187mg	17%
Iron	1mg	7%

% Daily Value ≈ 2,000 Calorie Diet



Green Lemonade Smoothie



SERVINGS: 1-3

TIME: 5 MINUTES

INGREDIENTS: 5

INGREDIENTS

- 1/2 Banana (frozen)
- 1 cup Frozen Pineapple
- 1 cup Kale Leaves (chopped)
- 3/4 cup Water
- 1/4 cup Lemon Juice (freshly squeezed)

DIRECTIONS

Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

More Flavor: Add a pinch of salt, fresh ginger, or maple syrup to taste.

More Anti-Inflammatory 1/4

Moringa Powder

No Kale: Use spinach instead.

More Fiber: Add chia seeds or ground flaxseed.

NUTRITION INFO

Amount per serving

Calories	156	8%
Fat	1g	2%
Carbs	40g	13%
Fiber	5g	18%
Sugar	25g	0%
Protein	2g	4%
Cholesterol	0mg	0%
Sodium	18mg	1%
Vitamin A	1148IU	23%
Vitamin C	127mg	141%
Calcium	99mg	9%
Iron	1mg	7%

% Daily Value ≈ 2,000 Calorie Diet



Detox Green Smoothie



SERVINGS: 2-3

TIME: 10 MINUTES

INGREDIENTS: 8

INGREDIENTS

- 4 cups Kale Leaves
- 1 Cucumber (chopped)
- 1 Lemon (juiced)
- 2 Pear (peeled and chopped)
- 1 tbsp Ginger (grated)
- 1 tbsp Ground Flax Seed
- 1 1/2 cups Water
- 5 Ice Cubes

DIRECTIONS

Place all ingredients together in a blender. Blend until smooth. Be patient! It may take 1 minute or longer to get a great, smoothie-consistency.

Divide between glasses and enjoy!

No Kale: Use spinach instead.

No Pear: Use apples.

Metabolism Boost: Add 1/4 tsp cayenne pepper.

Make it Sweeter: Add 1/2 cup frozen pineapple or mango.

More Protein: Add a scoop of protein powder or hemp seeds.

NUTRITION INFO

Amount per serving

Calories	164	8%
Fat	2g	3%
Carbs	38g	13%
Fiber	9g	32%
Sugar	21g	0%
Protein	4g	8%
Cholesterol	0mg	0%
Sodium	31mg	1%
Vitamin A	2225IU	45%
Vitamin C	61mg	68%
Calcium	171mg	16%
Iron	2mg	14%

% Daily Value = 2,000 Calorie Diet



Citrus Avocado Smoothie



SERVINGS: 2-3

TIME: 10 MINUTES

INGREDIENTS: 5

INGREDIENTS

- 1/2 Avocado
- 1/3 Cucumber (medium)
- 1 Lime (juiced, zested)
- 4 Ice Cubes
- *Optional* Sea Salt & Black Pepper

DIRECTIONS

Combine all the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

More Flavor:

Add protein powder, collagen powder, hemp seeds, moringa or flax seed.

NUTRITION INFO

Amount per serving

Calories	187	9%
Fat	15g	23%
Carbs	16g	5%
Fiber	7g	25%
Sugar	3g	0%
Protein	3g	6%
Cholesterol	0mg	0%
Sodium	10mg	0%
Vitamin A	274IU	5%
Vitamin C	26mg	29%
Calcium	34mg	3%
Iron	1mg	7%

% Daily Value ≈ 2,000 Calorie Diet



Pineapple Cucumber Smoothie



SERVINGS: 1

TIME: 2 MINUTES

INGREDIENTS: 7

INGREDIENTS

- 1 cup Pineapple (fresh or frozen)
- 1 cup Baby Spinach
- 1/2 cup Water
- 1/4 Cucumber (roughly chopped)
- 1 1/2 tsps Lemon Juice
- 1 1/2 tsps Chia Seeds (optional)
- 1 tsp Ginger (fresh, grated, optional)

DIRECTIONS

Combine all the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately 1 1/2 cups.

Like it Sweet: Add honey, dates, or sweetener

Suggested Manuka Honey or Monk Fruit

More Protein: Add collagen powder, vanilla protein powder or hemp seeds.

Pineapple TIP: If using fresh pineapple add ice cubes

NUTRITION INFO

Amount per serving

Calories	132	7%
Fat	2g	3%
Carbs	29g	10%
Fiber	5g	18%
Sugar	18g	0%
Protein	3g	6%
Cholesterol	0mg	0%
Sodium	30mg	1%
Vitamin A	2988IU	60%
Vitamin C	92mg	102%
Calcium	114mg	10%
Iron	2mg	14%

% Daily Value ≈ 2,000 Calorie Diet



Cucumber Mango Banana Smoothie



SERVINGS: 1

TIME: 5 MINUTES

INGREDIENTS: 8

INGREDIENTS

- 1 cup Unsweetened Almond Milk
- 1/2 cup Frozen Banana
- 1/2 cup Frozen Mango
- 1/4 Cucumber (medium, chopped)
- 1 cup Baby Spinach
- 2 tbsps Almond Butter
- 1/2 tsp Cinnamon
- 1/4 cup Vanilla Protein Powder

DIRECTIONS

Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Leftovers: Best enjoyed immediately.

No Almond Milk: Use another plant-based milk such as cashew or oat.

No Almond Butter: Use cashew butter or sunflower seed butter.

Additional Toppings: Add chia seeds or hemp seeds.

Protein Powder: This recipe was tested using plant-based vanilla protein powder.

NUTRITION INFO

Amount per serving

Calories	477	24%
Fat	21g	32%
Carbs	51g	17%
Fiber	11g	39%
Sugar	28g	0%
Protein	30g	60%
Cholesterol	4mg	1%
Sodium	228mg	10%
Vitamin A	4360IU	87%
Vitamin C	50mg	56%
Calcium	743mg	68%
Iron	3mg	21%

% Daily Value ≈ 2,000 Calorie Diet



Mango Mint Smoothie



SERVINGS: 1

TIME: 5 MINUTES

INGREDIENTS: 7

INGREDIENTS

- 1 1/4 cups Plain Coconut Milk (unsweetened)
- 1 cup Frozen Mango
- 1/4 Avocado
- 1 cup Baby Spinach
- 2 tbsps Mint Leaves (stems removed)
- 1/2 Lime (juiced)
- 1 scoop Protein powder

DIRECTIONS

Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Leftovers: Best enjoyed immediately.

More Flavor: Add a pitted date before blending.

Make it Vegan: use plant-based protein powder.

NUTRITION INFO

Amount per serving

Calories	356	18%
Fat	14g	22%
Carbs	41g	14%
Fiber	7g	25%
Sugar	32g	0%
Protein	20g	40%
Cholesterol	0mg	0%
Sodium	112mg	5%
Vitamin A	5443IU	109%
Vitamin C	81mg	90%
Calcium	639mg	58%
Iron	2mg	14%

% Daily Value = 2,000 Calorie Diet



Mango Coconut Smoothie



SERVINGS: 1

TIME: 10 MINUTES

INGREDIENTS: 5

INGREDIENTS

- 1 cup Coconut Water
- 1/2 Banana (medium)
- 2 cups Baby Spinach
- 1 cup Frozen Mango
- 1 cup Frozen Pineapple

DIRECTIONS

Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

More Flavor: Add cinnamon

ANTI-inflammatory: moringa, matcha, turmeric, spirulina

Additional Toppings: Hemp seeds, chia seeds, protein powder, or ground flax.

NUTRITION INFO

Amount per serving

Calories	292	15%
Fat	1g	2%
Carbs	72g	24%
Fiber	8g	29%
Sugar	56g	0%
Protein	5g	10%
Cholesterol	0mg	0%
Sodium	115mg	5%
Vitamin A	7545IU	151%
Vitamin C	185mg	206%
Calcium	119mg	11%
Iron	3mg	21%

% Daily Value = 2,000 Calorie Diet



Cinnamon Green Smoothie



SERVINGS: 2

TIME: 10 MINUTES

INGREDIENTS: 6

INGREDIENTS

- 2 cups Oat Milk (unsweetened)
- 2 Banana (medium)
- 2 cups Baby Spinach
- 1/2 English cucumber
- 1scoop Vanilla Protein Powder
- 1/2 tsp Cinnamon

DIRECTIONS

Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

More Flavor: Add grated ginger.

No Spinach: Use kale instead (leaves only)

No Protein Powder: Add a 2 spoonful's of hemp seeds instead.

NUTRITION INFO

Amount per serving

Calories	349	17%
Fat	7g	11%
Carbs	50g	17%
Fiber	7g	25%
Sugar	23g	0%
Protein	25g	50%
Cholesterol	4mg	1%
Sodium	189mg	8%
Vitamin A	2946IU	59%
Vitamin C	19mg	21%
Calcium	594mg	54%
Iron	2mg	14%

% Daily Value ≈ 2,000 Calorie Diet



Pineapple Kiwi Smoothie



SERVINGS: 1

TIME: 5 MINUTES

INGREDIENTS: 5

INGREDIENTS

- 1 cup Pineapple (chopped, frozen)
- 1 Kiwi (peeled or well-scrubbed)
- 1/2 English cucumber
- 1 cup Unsweetened Almond Milk
- 1/2 cup Plain Greek Yogurt or Vegan yogurt

DIRECTIONS

Add all ingredients into a blender and blend until smooth.

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Dairy-Free: Use coconut yogurt instead of Greek yogurt.

Nut-Free: Use cow's milk or any other milk alternative.

More Flavor: Add protein powder, chia seeds, hemp seeds, honey, or mango.

NUTRITION INFO

Amount per serving

Calories	244	12%
Fat	6g	9%
Carbs	39g	13%
Fiber	5g	18%
Sugar	25g	0%
Protein	14g	28%
Cholesterol	17mg	6%
Sodium	235mg	10%
Vitamin A	1391IU	28%
Vitamin C	150mg	167%
Calcium	746mg	68%
Iron	1mg	7%

% Daily Value ≈ 2,000 Calorie Diet



Banana Orange Green Smoothie



SERVINGS: 1

TIME: 5 MINUTES

INGREDIENTS: 6

INGREDIENTS

- 1 Banana (medium, frozen)
- 1/2 Apple
(medium, peeled and chopped)
- 1 cup Baby Spinach
- 1/2 cup Frozen Cauliflower
- 1/2 cup Orange Juice (freshly squeezed)
- 1/4 cup Water

DIRECTIONS

Add all ingredients into a blender and blend until smooth.

No Spinach: Use kale instead, stems removed

No Frozen Cauliflower: Omit or use zucchini

Orange Juice: Two to three small oranges yield approximately 1/2 cup of fresh juice.

NUTRITION INFO

Amount per serving

Calories	232	12%
Fat	1g	2%
Carbs	57g	19%
Fiber	9g	32%
Sugar	35g	0%
Protein	5g	10%
Cholesterol	0mg	0%
Sodium	46mg	2%
Vitamin A	3195IU	64%
Vitamin C	113mg	126%
Calcium	82mg	7%
Iron	2mg	14%

% Daily Value ≈ 2,000 Calorie Diet



Green Pineapple Smoothie



SERVINGS: 1

TIME: 5 MINUTES

INGREDIENTS: 6

INGREDIENTS

- 1 cup Frozen Pineapple
- 1 cup Baby Spinach
- 3/4 cup Water
- 1/2 Apple (peeled and chopped)
- 1/4 Cucumber (chopped)
- 1/2 Lime (juiced)

DIRECTIONS

Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Leftovers: Best enjoyed immediately

No Spinach: Use kale instead.

Consistency: For a thicker smoothie add ice cubes.

NUTRITION INFO

Amount per serving

Calories	154	8%
Fat	1g	2%
Carbs	40g	13%
Fiber	6g	21%
Sugar	27g	0%
Protein	3g	6%
Cholesterol	0mg	0%
Sodium	32mg	1%
Vitamin A	3048IU	61%
Vitamin C	100mg	111%
Calcium	90mg	8%
Iron	2mg	14%

% Daily Value = 2,000 Calorie Diet



Tahini Green Smoothie



SERVINGS: 1

TIME: 10 MINUTES

INGREDIENTS: 8

INGREDIENTS

- 1 cup Water
- 1 1/2 cups Baby Spinach
- 1/4 Avocado
- 1/4 Zucchini (diced, frozen)
- 1/2 Banana (frozen)
- 1 tbsp Tahini
- 1 tsp Ginger (fresh)
- 1 tbsp Chia Seeds

DIRECTIONS

Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

More Protein: Add a scoop of protein powder or collagen.

Additional Toppings: Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

No Frozen Zucchini: Use fresh zucchini.

No Fresh Ginger: Use a pinch of dried ginger instead.

No Chia Seeds: Omit or use flax seeds instead.

Extra Creamy: Replace the fresh avocado with cubed, frozen avocado.

NUTRITION INFO

Amount per serving

Calories	299	15%
Fat	20g	31%
Carbs	29g	10%
Fiber	12g	43%
Sugar	9g	0%
Protein	8g	16%
Cholesterol	0mg	0%
Sodium	68mg	3%
Vitamin A	4439IU	89%
Vitamin C	32mg	36%
Calcium	226mg	21%
Iron	4mg	29%

% Daily Value ≈ 2,000 Calorie Diet



High Fat Green Smoothie/KETO



SERVINGS: 1

TIME: 5 MINUTES

INGREDIENTS: 6

INGREDIENTS

- 1 cup Water (cold)
- 2 tsps Lemon Juice
- 1 cup Baby Spinach
- 1/2 Avocado (frozen)
- 1/4 cup Mint Leaves
(fresh, roughly chopped)
- 1 tsp Ginger (fresh, roughly chopped)

DIRECTIONS

Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Leftovers: Refrigerate in an airtight container for up to one day.

Likes it Sweeter: Monk Fruit sweetener/ **KETO FRIENDLY.**

More Protein: Add protein powder or collagen powder.

No Mint: Use cilantro or basil instead/ cilantro might be slightly bitter

NUTRITION INFO

Amount per serving

Calories	180	9%
Fat	15g	23%
Carbs	13g	4%
Fiber	8g	29%
Sugar	2g	0%
Protein	3g	6%
Cholesterol	0mg	0%
Sodium	38mg	2%
Vitamin A	3234IU	65%
Vitamin C	32mg	36%
Calcium	83mg	8%
Iron	2mg	14%

% Daily Value ≈ 2,000 Calorie Diet



Chocolate Avocado Smoothie



SERVINGS: 1

TIME: 5 MINUTES

INGREDIENTS: 5

INGREDIENTS

- 1/4 Avocado
- 1 cup Unsweetened Almond Milk
- 1 tbsp Almond Butter
- 1 cup Baby Spinach
- 1 scoop Vanilla Protein Powder

DIRECTIONS

Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

No Protein Powder: Use hemp seeds

Likes it Sweet: Add frozen banana.

Nut-Free Version: Use coconut milk and sunflower seed butter instead of almond.

NUTRITION INFO

Amount per serving

Calories	297	15%
Fat	19g	29%
Carbs	11g	4%
Fiber	7g	25%
Sugar	1g	0%
Protein	25g	50%
Cholesterol	4mg	1%
Sodium	227mg	10%
Vitamin A	3386IU	68%
Vitamin C	13mg	14%
Calcium	655mg	60%
Iron	2mg	14%

% Daily Value = 2,000 Calorie Diet



Bloat-fighting Tropical Smoothie



SERVINGS: 2

TIME: 5 MINUTES

INGREDIENTS: 8

INGREDIENTS

- 1 cup Papaya (chopped)
- 1 cup Pineapple (chopped)
- 1 Cucumber (chopped)
- 5 Ice Cubes
- 1/2 cup Mint Leaves
- 1 cup Baby Spinach
- 2 tbsps Chia Seeds
- 1 cup Water

DIRECTIONS

Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Likes it Sweet: Add Manuka honey or monk fruit sweetener

More Protein: Add hemp seeds or a scoop of vanilla protein powder.

No Papaya: Use extra pineapple or other fruit like mango or oranges.

NUTRITION INFO

Amount per serving

Calories	158	8%
Fat	4g	6%
Carbs	30g	10%
Fiber	8g	29%
Sugar	16g	0%
Protein	4g	8%
Cholesterol	0mg	0%
Sodium	27mg	1%
Vitamin A	1884IU	38%
Vitamin C	93mg	103%
Calcium	168mg	15%
Iron	2mg	14%

% Daily Value = 2,000 Calorie Diet



Kiwi Green Smoothie



SERVINGS: 2

TIME: 5 MINUTES

INGREDIENTS: 7

INGREDIENTS

- 2 Kiwi (small, peeled)
- 1 Banana (frozen)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 2 1/2 cups Baby Spinach
- 2 cups Water
- 4 Ice Cubes

DIRECTIONS

Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

No Chia Seeds: Use flax meal instead
No Protein powder: Use hemp seeds instead.

NUTRITION INFO

Amount per serving

Calories	245	12%
Fat	5g	8%
Carbs	31g	10%
Fiber	9g	32%
Sugar	14g	0%
Protein	23g	46%
Cholesterol	4mg	1%
Sodium	77mg	3%
Vitamin A	3614IU	72%
Vitamin C	80mg	89%
Calcium	278mg	25%
Iron	3mg	21%

% Daily Value ≈ 2,000 Calorie Diet



Mango Green Smoothie Bowl



SERVINGS: 1

TIME: 5 MINUTES

INGREDIENTS: 8

INGREDIENTS

- 1 Banana (frozen)
- 1 cup Frozen Mango
- 1 cup Baby Spinach
- 1/4 cup Vanilla Protein Powder
- 3/4 cup Unsweetened Almond Milk
- 1/2 Kiwi (peeled and sliced)
- 1/2 cup Blueberries (fresh or frozen)
- 1 tbsp Hemp Seeds

DIRECTIONS

Throw the banana, frozen mango, baby spinach, protein powder and almond milk into a blender. Blend well until smooth.

Pour into a bowl and top with kiwi, blueberries, hemp seeds and any other favorite toppings. Enjoy!

Topping Ideas: Fruit, nuts, fresh herbs, coconut, hemp hearts, granola, ground flax or chia seeds.

Turn It Into a smoothie: Add more almond milk for a thinner consistency.

NUTRITION INFO

Amount per serving

Calories	436	22%
Fat	9g	14%
Carbs	72g	24%
Fiber	11g	39%
Sugar	48g	0%
Protein	27g	54%
Cholesterol	4mg	1%
Sodium	187mg	8%
Vitamin A	5119IU	102%
Vitamin C	118mg	131%
Calcium	529mg	48%
Iron	3mg	21%

% Daily Value = 2,000 Calorie Diet



Post Workout Green Smoothie



SERVINGS: 2

TIME: 5 MINUTES

INGREDIENTS: 5

INGREDIENTS

- 1 scoop Vanilla Protein Powder
- 2 cups Water (cold)
- 1/2 Avocado
- 1 Banana (frozen)
- 2 cups Baby Spinach

DIRECTIONS

Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

No Spinach: Use kale instead.

No Protein Powder: Add a few spoonful's of hemp seeds.

NUTRITION INFO

Amount per serving

Calories	182	9%
Fat	8g	12%
Carbs	20g	7%
Fiber	6g	21%
Sugar	8g	0%
Protein	12g	24%
Cholesterol	2mg	1%
Sodium	51mg	2%
Vitamin A	2924IU	58%
Vitamin C	19mg	21%
Calcium	119mg	11%
Iron	1mg	7%

% Daily Value = 2,000 Calorie Diet



Tropical Matcha Smoothie



SERVINGS: 2

TIME: 5 MINUTES

INGREDIENTS: 6

INGREDIENTS

- 1 Zucchini (chopped and frozen)
- 1 cup Pineapple (fresh or frozen)
- 3 cups Baby Spinach
- 2 tsps Green Tea Powder
- 1/4 cup Hemp Seeds
- 2 cups Unsweetened Almond Milk

DIRECTIONS

Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Likes it Sweet: Add Manuka honey or pitted dates.

More Protein: Add vanilla protein powder.

NUTRITION INFO

Amount per serving

Calories	208	10%
Fat	13g	20%
Carbs	18g	6%
Fiber	5g	18%
Sugar	11g	0%
Protein	10g	20%
Cholesterol	0mg	0%
Sodium	206mg	9%
Vitamin A	4965IU	99%
Vitamin C	70mg	78%
Calcium	546mg	50%
Iron	4mg	29%

% Daily Value = 2,000 Calorie Diet



Mango Coconut Green Smoothie



SERVINGS: 1

TIME: 10 MINUTES

INGREDIENTS: 7

INGREDIENTS

- 1/4 cup Frozen Cauliflower
- 1/4 cup Frozen Broccoli
- 1/2 cup Frozen Mango
- 1 cup Unsweetened Almond Milk
- 1/4 cup Canned Coconut Milk (full fat)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Coconut Butter

DIRECTIONS

Place all ingredients in a high-powered blender and blend until smooth. Pour into a glass and enjoy!

Coconut Butter: Also called "Coconut Manna". Coconut butter is the ground meat of the whole coconut. If you do not have it on hand, you can use cashew butter instead.

No Protein Powder: Use hemp seeds instead.

NUTRITION INFO

Amount per serving

Calories	391	20%
Fat	24g	37%
Carbs	24g	8%
Fiber	7g	25%
Sugar	14g	0%
Protein	24g	48%
Cholesterol	4mg	1%
Sodium	235mg	10%
Vitamin A	1538IU	31%
Vitamin C	64mg	71%
Calcium	595mg	54%
Iron	2mg	14%

% Daily Value ≈ 2,000 Calorie Diet



Orange Matcha Smoothie



SERVINGS: 1

TIME: 5 MINUTES

INGREDIENTS: 5

INGREDIENTS

- 1 cup Plain Coconut Milk (from the carton)
- 1 Navel Orange (peeled)
- 1/2 cup Frozen Banana
- 1/4 cup Vanilla Protein Powder
- 1 tsp Green Matcha Powder

DIRECTIONS

Place all ingredients in a high-powered blender and blend until smooth. Pour into a glass and enjoy!

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to approximately 1 1/2 cups.

No Coconut Milk: Use cow's milk or any other alternative milk.

Additional Toppings: Add spinach or kale before blending.

NUTRITION INFO

Amount per serving

Calories	333	17%
Fat	6g	9%
Carbs	52g	17%
Fiber	7g	25%
Sugar	33g	0%
Protein	21g	42%
Cholesterol	4mg	1%
Sodium	76mg	3%
Vitamin A	917IU	18%
Vitamin C	93mg	103%
Calcium	641mg	58%
Iron	1mg	7%

% Daily Value ≈ 2,000 Calorie Diet



