



Smoothie Guide

The Power Shake

Servings: 1

Ingredients:

1 1/2 cups water 1 scoop protein powder 1/3 cup fat free or lowfat cottage cheese 1 serving greens supplement 1/2 cup frozen strawberries 2 TBSP walnuts 4 ice cubes

Nutrition Information per Serving:

Calories: 405 Fat: 23g Carbohydrates: 19g Fiber: 7g

Protein: 38g

Notes/Instructions:

Strawberry flavored protein powder is a good choice here as it aids in masking the Greens “grassy” taste. This shake is high in fiber, essential fatty acids, protein, and nutrients. Go ahead...drink it right out of the blender!

Emily’s Pumpkin Pie Smoothie

Servings: 1

Ingredients:

1/2 cup canned pumpkin 2 TBSP flaxseed meal 1/2 cup cottage cheese 1 tsp pumpkin spice

1 scoop whey protein, 4 ice cubes 2 cups water (add more for thinner shake)

Nutrition Information per Serving:

Calories: 368 Fat: 14g Carbohydrates: 24g Fiber: 11g

Protein: 40g

Notes/Instructions:

This shake is a favorite around our house and was invented by my wife. Canned pumpkin is loaded with fiber, nutrients, and is available all year round.

Almond Mocha Blast Shake

Servings: 1

Ingredients:

6oz extra strong brewed coffee (room temperature), 2 scoops chocolate whey, 6 almonds and a couple drops of almond extract.

4 ice cubes

Nutrition Information per Serving:

Calories: 158 Fat: 6g Carbohydrates: 5g Fiber: 2g

Protein:40g

Notes/Instructions:

This morning mocha drink will give you a nice dose of caffeine and fast digesting protein. The perfect combination to halt protein breakdown and wake you up, plus it isn't full of empty calories you usually get courtesy of your local barista. Just make sure the coffee isn't too hot as it can make the protein powder clump up.

Classic Strawberry/Banana Smoothie

Servings: 1

Ingredients:

1 banana, 1 cup strawberries, 2 TBSP walnuts, 1/4 cup cottage cheese, 1 scoop protein powder 4 ice cubes 2 cups water

Nutrition Information per Serving:

Calories: 425 Fat: 14g Carbohydrates: 41g Fiber: 7g

Protein: 38g

Notes/Instructions:

Here's my rendition of the classic blend of strawberries and bananas. You can also cut this in half to meet your macros.

Banana Pudding Smoothie

Servings: 1

Ingredients:

2 TBSP sugar free vanilla pudding, 1 scoop vanilla protein powder, 1/3 banana 2 TBSP flaxseed meal, 1/2 cup cottage cheese, 3/4 cup water, 2 ice cubes

Nutrition Information per Serving:

Calories: 364 Fat: 12g Carbohydrates: 28g Fiber: 9g

Protein: 39g

Notes/Instructions:

This shake is so thick and delicious you might even eat it with a spoon.

Raspberry Mint Burst Shake

Servings: 1

Ingredients:

1 cup frozen raspberries, 2 fresh mint leaves, 1 scoop vanilla protein powder, 2 cups water, 4 ice cubes

Nutrition Information per Serving:

Calories: 233 Fat: 4g Carbohydrates: 32g Fiber: 18g

Protein: 22g

Notes/Instructions:

This is an extremely refreshing lower calorie shake perfect for a summer day snack (or if you want to pretend it is summer out).

Berry Berry Berry Smoothie

Servings: 1

Ingredients:

1/2 cup blueberries, 1/4 cup raspberries, 1 cup strawberries, 2 TBSP cashews,
1 1/2 scoops vanilla or strawberry protein powder, 2 cups water, 4 ice cubes

Nutrition Information per Serving:

Calories: 315 Fat: 12g Carbohydrates: 23g Fiber: 6g

Protein: 34g

Notes/Instructions:

This is another shake that packs a HUGE antioxidant punch. If you use frozen strawberries then you can omit the added ice cubes.

Almond Joy Smoothie

Servings: 1

Ingredients:

Water or ice as needed 1/2 cup cottage cheese 1 scoop chocolate protein powder 3 TBSP unsweetened shredded coconut 2 TBSP slivered almonds

Nutrition Information per Serving:

Calories: 372 Fat: 20g Carbohydrates: 12g Fiber: 5g

Protein: 39g

Notes/Instructions:

This is one of my favorite shakes. It is a spin off of the ever popular Almond Joy candy bar...and hey if you don't "feel like a nut" just leave out the almonds!

Blueberry Breakfast Smoothie

Servings: 1

Ingredients:

Water or ice as needed, 1 cup blueberries, 1/2 banana, 1 1/2 scoops protein powder, 2 TBSP walnuts.

2 TBSP oats, 1 TBSP chia seeds

Nutrition Information per Serving:

Calories: 536 Fat: 18g Carbohydrates: 59g Fiber: 12g

Protein: 42g

Notes/Instructions:

This smoothie packs an antioxidant punch! Throw all of the ingredients in together and blend until smooth.

Chocolate Peanut Butter Smoothie

Servings: 1

Ingredients:

Water or ice as needed, 1 scoop chocolate protein powder, 1 TBSP unsweetened cocoa, 2 TBSP flaxseed meal, 1 TBSP natural peanut butter

Nutrition Information per Serving:

Calories: 347 Fat: 17g Carbohydrates: 19g Fiber: 9g

Protein: 33g

Notes/Instructions:

A great chocolatey, peanut-buttery afternoon snack! Combine and blend until smooth.