



# THE PERFECT SMOOTHIE

## 1. PICK LIQUID (40-50 calories)

The amount will vary depending on the consistency that you prefer. Prefer a thick shake? Add smaller amount of liquid. Prefer a more liquid-based shake? Add more water or almond milk! I usually go for anywhere from 1/2-1 Cup depending on my other ingredients

## 2. PICK PROTEIN (~ 20g or 100-125 calories)

Choose one from any of the following; 20-25 grams of whey, egg or plant protein of choice, 6 oz plain, unsweetened Greek yogurt. Some EXTRAS that also contain protein are listed below. You can add in 1T of the following into your shakes!

- Flaxseed
- Chia seeds
- Hemp seeds

## 3. PICK A FRUIT

Fruits are packed with nutrition from the incredible dose of vitamins and minerals that do the body good for all manners of health and fitness. Don't be afraid to use any types of fruit, pick your preferred fruit for a delicious sweet-tasting shake. Use fresh or frozen fruit. Just be weary not to overdo it so your smoothie doesn't become a sugar bomb! I usually pick 1 or 2 fruits to equal 1C TOTAL or 1/2 C of each.

*Example fruits:*

- Banana
- Mango
- Pineapple
- Berries
- Pitted dates
- Peaches

## 4. PICK A VEGGIE

Vegetables are loaded with nutrients, and some work wonders in a shake, as they pair perfectly alongside sweet fruit. Tender leafy greens work best for a shake. Feel free to experiment with a variety of vegetables, but bear in mind that some taste stronger than others.

*Example veggies:*

- Spinach
- Kale
- Lettuce
- Celery
- Collard greens
- 1 to 2 tbsp barley grass juice powder

### **5. OPTIONAL: PICK A FAT (1 TBSP or 90 calories)**

Some fats don't digest well alongside fruit, so it is best to experiment to see what suits your taste buds and digestion. It is not essential to add a fat to a shake, but if you need the extra calories or simply enjoy certain fats for the extra creaminess, then add about 1 tbsp to the blender. If you have already added one of these foods as a source of protein, then there is no need to add more. Example fats:

- Chia seeds
- Ground flaxseeds
- Hemp seeds
- Tahini
- Almond butter
- $\frac{1}{2}$  to 1 avocado (add at the end so it doesn't turn the shake fluffy)

### **PORTION SIZE NOTES**

The first few times you make a shake, you will be experimenting. Take note of your level of satiation after the shake, how long is it until you feel hungry again, how your digestion is, and what your energy is like!