

PROTEIN SMOOTHIE

Use this as a guide to make a variety of protein smoothies! Half a medium peice of fruit is a serving. The more veggies the better so aim for a handful of green and at least a half cup of other veggies.

This is just a beginners guide. You can add other fruits and veggies but keep tropical fuits (mango, pineapple, papaya) to a minimum.



Flavorings

Ginger
Mint
Cinnamon
Vanilla
Turmeric
Cardamom
Unsweetened
cocoa powder

Liquid

Water
Almond milk
Macadamia Milk
Hazelnut milk
Coconut milk
Whole cow's milk
Whole goat's milk

1 cup

Fruit

Any berries
Banana
Pear, Apple
Peach, Kiwi
Watermelon
Citrus fruits

1-2 servings

Veggies

Any Greens (beet
greens, kale, spinach)
Carrots, Beets
Zucchini, Bamboo
shoots
Cucumber
Water chestnut
Rhubarb

2+ servings

Protein

Protein powder:
(bone broth,
collagen, hemp, rice,
pea...no soy)
Raw egg (very fresh,
pasture raised)

Aim for 15-25 gram
of protein

Fat

Pumpkin seeds
Ground flax
Coconut milk
MCT oil
Nut butters

1-2 Tbs

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