

Build Your Own Smoothie

Liquid ~10 ounces	Veggies unlimited	Healthy Fat	Protein Powder 21-25g protein	Fruit (optional)*	Add-Ins (optional)
Coconut milk	Arugula	Avocado, ¼ medium	Collagen Powder <i>Vital Proteins</i> <i>Bulletproof</i> <i>Ancient Nutrition</i>	Strawberries, 1 ¼ cup	Cinnamon Cocoa powder or
Cashew milk	Baby kale	Coconut oil, 1-2 Tbsp		Blueberries, ¾ cup	Cocoa nibs
Almond milk	Baby chard			Raspberries, 1 cup	Ginger, fresh or powdered
Water/ice	Beets	Canned coconut milk, 2 Tbsp	Hemp Protein powder <i>Nuvita</i> <i>Sun Warrior</i>	Blackberries, ¾ cup	Green powders
Kefir, unsweetened	Beet greens	Flax oil		Cherries (pitted), 1 cup	Nutmeg
Plain yogurt with live cultures	Carrots	Nuts, 2 Tbsp	Pea Protein Powder <i>Vega</i>	Apples, 1 small	Red powders
Tea	Celery			Oranges, 1 small	Turmeric, fresh or powdered
coffee	Cilantro	Nut butters Almond butter Peanut butter Other nut butter	Mixed protein powder <i>Garden of Life</i>	Grapes, 15	Vanilla extract
Coconut water (has natural sugar)	Cucumber		Whey protein powder <i>Garden of Life</i> <i>Whey Protein</i>	Kiwi, 1 large	
	Dandelion greens			Grapefruit, ½ fruit	
	Mixed greens	Seeds, 1-2 Tbsp chia seeds (thicken)		Peaches, ¾ cup	<i>To thicken:</i>
	Parsley	flax seeds		Mango, ½ cup**	Rolled oats, ¼ cup
	Romaine lettuce	hemp seed		Papaya, 1 cup	Psyllium husk, 1
	Spinach	pumpkin seeds		Bananas, ½ large**	Tbsp
	Squash	sunflower seeds		Pineapple, ¾ cup **	
	Zucchini				
		Tahini, 1 Tbsp			

*frozen is best

**use with caution if having difficulty with blood sugar or insulin levels

