



Build a balanced Smoothie

choose ADD-INS

Chia Seeds Spices & Herbs Honey
Flaxseed Meal Flavored Extract Rolled Oats

add FRUITS & VEGGIES

1 cup

Fresh or Frozen Fruit
Spinach Kale Greens
Avocado Carrot Cucumber

pick a PROTEIN

1/2 cup

Greek Yogurt
Protein Powder
Nut Butter/Nut Powder
Cottage Cheese

choose a BASE

1 cup

Dairy Milk
Vanilla Almond Milk
Soy Milk
Coconut Milk
Coconut Water

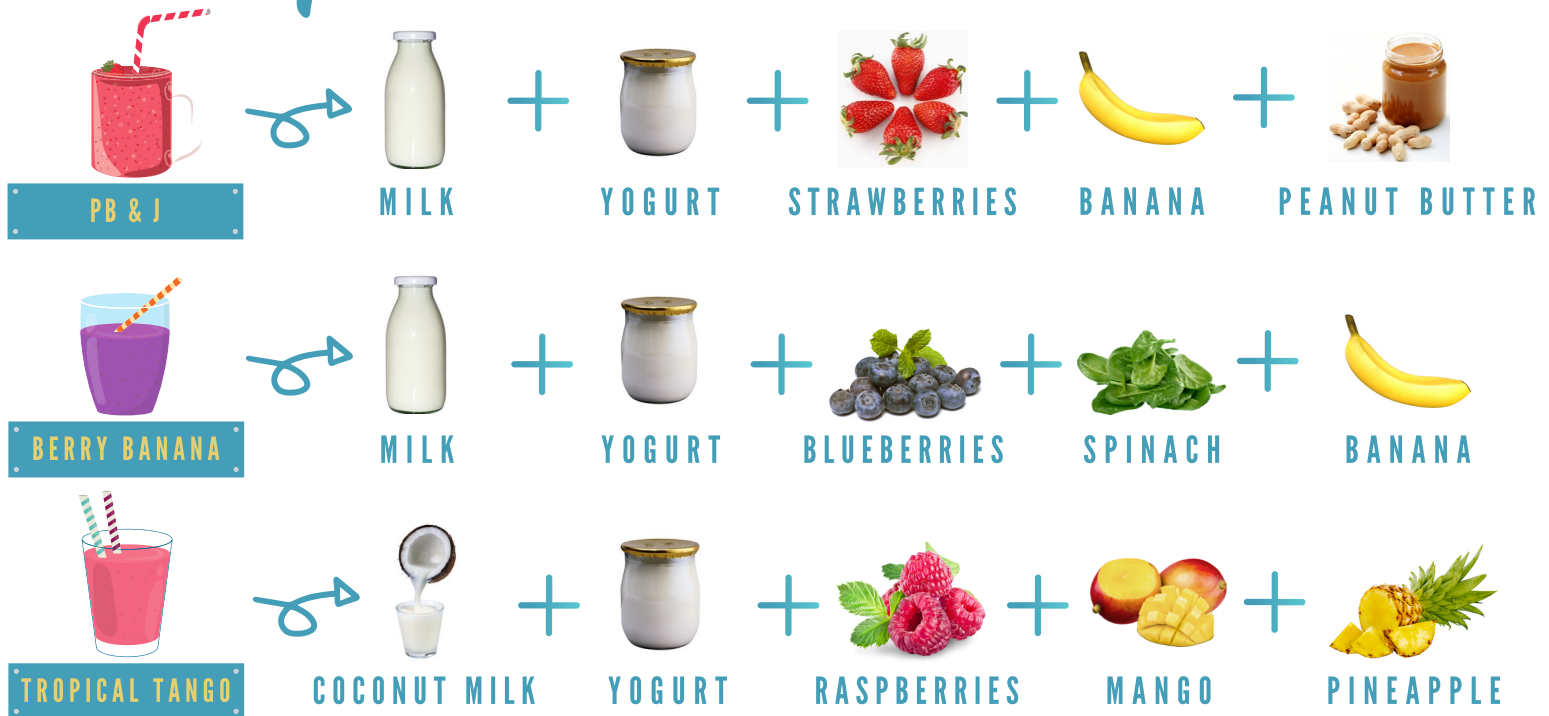
Optional
ingredients for
nutrient & flavor
boosters

Freeze ripened
bananas & other
fruits to use in
smoothies

Include a
protein to help
create a feeling
of lasting
fullness

Add liquids first
& choose low-fat,
unsweetened
versions

simple SMOOTHIE COMBOS



fancy SMOOTHIE COMBOS

