



Low Carb Smoothies



Blueberry Protein Smoothie

1 serving

5 minutes

Ingredients

25 grams Vanilla Protein Powder
1 tbsp Ground Flax Seed
80 grams Frozen Blueberries
30 grams Baby Spinach
235 milliliters Water (cold)

Nutrition

Amount per serving	
Calories	171
Fat	3g
Carbs	14g
Fiber	5g
Protein	22g
Sodium	68mg
Vitamin A	2850IU
Vitamin C	10mg
Calcium	187mg
Iron	2mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	158µg
Zinc	2mg

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Blueberries: Use any type of frozen berry instead.

No Protein Powder: Use hemp seeds instead



Green Coconut Ginger Juice

1 serving

5 minutes

Ingredients

80 milliliters Canned Coconut Milk
160 milliliters Water
1/4 Lime (juiced)
30 grams Bok Choy
4 grams Ginger (grated)

Nutrition

Amount per serving	
Calories	150
Fat	14g
Carbs	4g
Fiber	0g
Protein	2g
Sodium	43mg
Vitamin A	1346IU
Vitamin C	17mg
Calcium	53mg
Iron	0mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	14µg
Zinc	0mg

Directions

- 1 Combine all ingredients in a high-speed blender. Blend for 30 seconds or until very smooth.
- 2 Enjoy immediately as is, or strain through a fine mesh sieve to remove the pulp.

Notes

Make it Sweeter: Add maple syrup, honey or monk fruit sweetener.

Make it Thicker: Add avocado, greek yogurt or frozen cauliflower.



Simple Chocolate Protein Shake

1 serving

5 minutes

Ingredients

160 milliliters Unsweetened Almond Milk
25 grams Chocolate Protein Powder
6 Ice Cubes (large)

Nutrition

Amount per serving	
Calories	105
Fat	2g
Carbs	2g
Fiber	1g
Protein	20g
Sodium	145mg
Vitamin A	333IU
Vitamin C	0mg
Calcium	414mg
Iron	1mg
Vitamin D	67IU
Vitamin E	0mg
Vitamin K	0µg
Zinc	2mg

Directions

- 1 Add all the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Serving Size: One serving is approximately 1 1/4 cups of shake.

More Flavor: Use frozen fruit instead of ice cubes.

Nut-Free: Use oat milk, rice milk, or dairy instead of almond milk.

No Chocolate Protein: Use vanilla or another flavour instead.

Ice: Six ice cubes is approximately one cup of ice.

Protein Powder: A plant-based protein powder was used to create and test this recipe.



Salted Peanut Butter & Chocolate Smoothie

1 serving

5 minutes

Ingredients

240 milliliters Lite Coconut Milk
2 tbsps All Natural Peanut Butter
25 grams Chocolate Protein Powder
15 grams Collagen Powder
1 tsp Cacao Powder
1/2 tsp Monk Fruit Sweetener
1/8 tsp Sea Salt
4 Ice Cubes

Nutrition

Amount per serving	
Calories	511
Fat	34g
Carbs	16g
Fiber	4g
Protein	39g
Sodium	428mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	147mg
Iron	2mg
Vitamin D	0IU
Vitamin E	3mg
Vitamin K	0µg
Zinc	2mg

Directions

1

Add all of the ingredients to a blender and blend until smooth. Taste and add more sweetener if desired. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

No Coconut Milk: Use cow's milk or any other milk alternative.

More Fiber: Add spinach, hemp seeds, or chia seeds to your smoothie before blending.

Make it Vegan: Omit collagen powder.



Citrus Avocado Smoothie

1 serving

10 minutes

Ingredients

1/2 Avocado
1/3 Cucumber (medium)
1 Lime (juiced, zested)
4 Ice Cubes
Sea Salt & Black Pepper (to taste, optional)

Directions

1

Combine all the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

More Flavor: Add your sweetener of choice. Add protein powder, collagen powder, hemp seeds, blueberries, or spinach.

Nutrition

Amount per serving	
Calories	187
Fat	15g
Carbs	16g
Fiber	7g
Protein	3g
Sodium	10mg
Vitamin A	274IU
Vitamin C	26mg
Calcium	34mg
Iron	1mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin K	38µg
Zinc	1mg



Creamy Blueberry Smoothie

1 serving

5 minutes

Ingredients

155 grams Frozen Blueberries
180 grams Frozen Cauliflower
115 grams Unsweetened Coconut
Yogurt
25 grams Vanilla Protein Powder
1 tbsp Chia Seeds
1 Lemon (small, juiced)
235 milliliters Water

Nutrition

Amount per serving	
Calories	321
Fat	9g
Carbs	41g
Fiber	15g
Protein	25g
Sodium	103mg
Vitamin A	92IU
Vitamin C	79mg
Calcium	510mg
Iron	2mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	47µg
Zinc	2mg

Directions

1

Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Additional Toppings: Add spinach, avocado, kale, or other berries to your smoothie.

Extra Creamy: Use almond milk or oat milk instead of water.

Lemon: One lemon yields approximately 1/4 cup of lemon juice.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



Blueberry Keto Smoothie

1 serving

5 minutes

Ingredients

1 cup Organic Coconut Milk
1/4 cup Frozen Blueberries
1 tsp Lemon Juice
1/4 tsp Vanilla Extract

Directions

1 Blend and enjoy!

Nutrition

Amount per serving	
Calories	100
Fat	5g
Carbs	12g
Fiber	1g
Protein	1g
Sodium	47mg
Vitamin A	18IU
Vitamin C	3mg
Calcium	462mg
Iron	1mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	0µg
Zinc	0mg



Strawberry Keto Milkshake

1 serving

5 minutes

Ingredients

1/4 cup Organic Coconut Milk
3/4 cup Unsweetened Almond Milk
1/2 cup Strawberries
1 tbsp Coconut Oil
1 tsp Vanilla Extract
2 Stevia Liquid (drops, or to taste)

Directions

1 Blend and enjoy!

Nutrition

Amount per serving	
Calories	284
Fat	26g
Carbs	8g
Fiber	2g
Protein	2g
Sodium	137mg
Vitamin A	383IU
Vitamin C	42mg
Calcium	353mg
Iron	1mg
Vitamin D	76IU
Vitamin E	0mg
Vitamin K	0µg
Zinc	0mg



Vanilla Keto Smoothie

1 serving

5 minutes

Ingredients

2 Egg (or 2 tbsp ground chia seeds)
1/2 cup Organic Coconut Milk
1/4 cup Natural Protein Powder (or Collagen)
1 tbsp Coconut Oil
1 tsp Vanilla Extract
2 Stevia Liquid (drops, or to taste)
1/4 cup Water
2 Ice Cubes

Nutrition

Amount per serving	
Calories	574
Fat	45g
Carbs	6g
Fiber	1g
Protein	33g
Sodium	212mg
Vitamin A	540IU
Vitamin C	0mg
Calcium	181mg
Iron	2mg
Vitamin D	82IU
Vitamin E	1mg
Vitamin K	0µg
Zinc	3mg

Directions

1 Blend and enjoy

Notes

Gastroparesis Tip: Omit the coconut oil or substitute the coconut milk for non-dairy options if fat content is problematic.



Chocolate Keto Smoothie

1 serving
10 minutes

Ingredients

2 Egg (or 2 tbsp chia seeds)
1/2 cup Organic Coconut Milk
1/4 cup Chocolate Protein Powder
(Nuzest)
1 tbsp Coconut Oil
1 tbsp Cacao Powder
1/8 tsp Stevia Powder (or 2-3 drops
liquid stevia)
1/4 cup Water
1 tsp Cacao Nibs

Directions

1 Blend until smooth

Nutrition

Amount per serving	
Calories	612
Fat	48g
Carbs	9g
Fiber	4g
Protein	34g
Sodium	212mg
Vitamin A	540IU
Vitamin C	0mg
Calcium	192mg
Iron	3mg
Vitamin D	82IU
Vitamin E	1mg
Vitamin K	0µg
Zinc	3mg



Low Carb Strawberry Smoothie

2 servings

5 minutes

Ingredients

- 1 3/4 cups Plain Coconut Milk
- 1/2 cup Strawberries
- 1 tbsp Lime Juice
- 1/2 tsp Vanilla Extract

Nutrition

Amount per serving	
Calories	86
Fat	4g
Carbs	10g
Fiber	1g
Protein	0g
Sodium	32mg
Vitamin A	445IU
Vitamin C	23mg
Calcium	402mg
Iron	0mg
Vitamin D	88IU
Vitamin E	0mg
Vitamin K	0µg
Zinc	0mg

Directions

1

Place all ingredients in a blender and blend until smooth. Using canned coconut milk (drain off the liquid) makes a creamier, more satisfying smoothie.

2

Add 1 tablespoon of coconut oil if you want a more filling smoothie. You may also substitute the coconut milk for 1 1/4 cups Greek yogurt if you prefer a dairy-based smoothie. If so, add a little water for a more liquid consistency. Have fun!



Chocolate Avocado Smoothie

1 serving

5 minutes

Ingredients

1/4 Avocado
240 milliliters Unsweetened Almond Milk
1 tbsp Almond Butter
30 grams Baby Spinach
25 grams Chocolate Protein Powder

Nutrition

Amount per serving	
Calories	297
Fat	19g
Carbs	11g
Fiber	7g
Protein	25g
Sodium	227mg
Vitamin A	3386IU
Vitamin C	13mg
Calcium	655mg
Iron	2mg
Vitamin D	101IU
Vitamin E	5mg
Vitamin K	155µg
Zinc	2mg

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chocolate Protein Powder: Use vanilla protein powder or hemp seeds and add cocoa powder.

Likes it Sweet: Add frozen banana.

Nut-Free Version: Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.



High Fat Green Smoothie

1 serving

5 minutes

Ingredients

- 235 milliliters Water (cold)
- 2 tbsps Lemon Juice
- 30 grams Baby Spinach
- 1/2 Avocado (frozen)
- 5 grams Mint Leaves (fresh, roughly chopped)
- 1 tsp Ginger (fresh, roughly chopped)

Nutrition

Amount per serving	
Calories	180
Fat	15g
Carbs	13g
Fiber	8g
Protein	3g
Sodium	38mg
Vitamin A	3234IU
Vitamin C	32mg
Calcium	83mg
Iron	2mg
Vitamin D	0IU
Vitamin E	3mg
Vitamin K	166µg
Zinc	1mg

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day.

Likes it Sweeter: Add frozen banana, pineapple or apple.

More Protein: Add protein powder or collagen powder.

No Mint: Use cilantro or basil instead.