



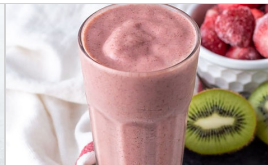









## Smoothie ideas

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	Dragon Fruit & Kiwi Smoothie	Fruity Kiwi Smoothie	Strawberry Kiwi Tropical Smoothie	Kiwi Green Smoothie	Green Apple Cinnamon Smoothie	Strawberry Blueberry Smoothie	Blueberry Coconut Smoothie
Snack 1							
	Strawberry Cranberry Smoothie	Orange Matcha Smoothie	Strawberry Pineapple Smoothie				

### Fruits

- ☐ 1 Apple
- ☐ 1 Banana
- ☐ 6 1/2 Kiwi
- ☐ 1/2 Lime
- ☐ 1 Navel Orange
- ☐ 1 1/4 cups Pineapple
- ☐ 2 cups Strawberries

### Breakfast

- ☐ 1 tsp Green Tea Powder
- ☐ 1 tsp Maple Syrup

### Seeds, Nuts & Spices

- ☐ 1/4 cup Chia Seeds
- ☐ 1/2 tsp Cinnamon
- ☐ 1 tbsp Ground Flax Seed

### Frozen

- ☐ 113 grams Dragon Fruit
- ☐ 3/4 cup Frozen Banana
- ☐ 1 1/2 cups Frozen Blueberries
- ☐ 1/2 cup Frozen Cranberries
- ☐ 1 cup Frozen Pineapple
- ☐ 1 1/2 cups Frozen Strawberries
- ☐ 13 Ice Cubes

### Vegetables

- ☐ 4 1/2 cups Baby Spinach
- ☐ 1 cup Kale Leaves
- ☐ 1/2 Zucchini

### Cold

- ☐ 1/2 cup Orange Juice
- ☐ 3 cups Plain Coconut Milk
- ☐ 1/4 cup Plain Greek Yogurt
- ☐ 4 1/2 cups Unsweetened Almond Milk
- ☐ 3/4 cup Unsweetened Coconut Yogurt

### Other

- ☐ 1 cup Coconut Water
- ☐ 19 grams Collagen Powder
- ☐ 1/3 cup Protein Powder
- ☐ 1 1/3 cups Vanilla Protein Powder
- ☐ 2 1/2 cups Water



## Dragon Fruit & Kiwi Smoothie

1 serving

5 minutes

### Ingredients

1 cup Plain Coconut Milk (unsweetened from the carton)

113 grams Dragon Fruit (red, cubed, fresh or frozen)

1/2 Kiwi

1/2 Lime (juiced)

1 tsp Maple Syrup

19 grams Collagen Powder

5 Ice Cubes

### Directions

1

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

### Notes

**Leftovers:** Best enjoyed immediately.

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

**Additional Toppings:** Add chia seeds or hemp seeds before blending.

**Make it Vegan:** Omit collagen powder and use plant-based protein powder.

**No Red Dragon Fruit:** Use a white flesh dragon fruit or strawberries.

**Dragon Fruit Size:** Four ounces or 113 grams of dragon fruit is equal to approximately 1/2 of a small dragon fruit.





## Fruity Kiwi Smoothie

2 servings

5 minutes

### Ingredients

1 Kiwi  
1 cup Pineapple (fresh or frozen)  
1 cup Kale Leaves  
1/2 cup Unsweetened Coconut Yogurt  
1/2 cup Orange Juice (freshly squeezed)  
1/2 cup Water  
4 Ice Cubes

### Directions

1

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

### Notes

**Leftovers:** Best enjoyed immediately.

**Serving Size:** One serving is approximately one cup.

**More Protein:** Add protein powder, collagen powder, hemp seeds, or chia seeds.



## Strawberry Kiwi Tropical Smoothie

1 serving

5 minutes

### Ingredients

1 1/4 cups Unsweetened Almond Milk  
1 cup Frozen Strawberries  
1 Kiwi (peeled, chopped)  
1/4 cup Pineapple (fresh or frozen)  
1/2 Zucchini (chopped)  
1 tbsp Chia Seeds  
2 tbsps Vanilla Protein Powder

### Directions

1

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

### Notes

**Nut-Free:** Use hemp milk, rice milk, oat milk or water instead of almond milk.

**No Chia Seeds:** Use ground flax seeds instead.

**No Zucchini:** Use frozen cauliflower, spinach or kale instead.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.



## Kiwi Green Smoothie

2 servings

5 minutes

### Ingredients

- 2 Kiwi (small, peeled)
- 1 Banana (frozen)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 2 1/2 cups Baby Spinach
- 2 cups Water
- 4 Ice Cubes

### Directions

1

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

### Notes

**No Chia Seeds:** Use flax seed instead.

**No Protein Powder:** Use hemp seeds instead.



## Green Apple Cinnamon Smoothie

1 serving

10 minutes

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### Ingredients

- 1 Apple (peeled, cored and chopped)
- 2 Kiwi (peeled and sliced)
- 1 tbsp Ground Flax Seed
- 1/2 tsp Cinnamon
- 1 cup Unsweetened Almond Milk
- 2 cups Baby Spinach

### Directions

1

Place apple, kiwi, ground flax, cinnamon and almond milk in a blender and blend well. Then add in baby spinach and blend again. Pour and enjoy!





## Strawberry Blueberry Smoothie

1 serving

5 minutes

### Ingredients

1/2 cup Frozen Blueberries (wild)  
1/2 cup Strawberries (stems removed)  
1 1/4 cups Unsweetened Almond Milk  
1 tbsp Chia Seeds  
1/4 cup Vanilla Protein Powder

### Directions

1

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

### Notes

**Leftovers:** Best enjoyed immediately.

**No Almond Milk:** Use another plant-based milk such as coconut, cashew, or oat.

**No Fresh Strawberries:** Use frozen instead.

**Protein Powder:** This recipe was tested using plant-based vanilla protein powder.



## Blueberry Coconut Smoothie

1 serving

5 minutes

### Ingredients

1 cup Coconut Water  
1 cup Frozen Blueberries  
1/4 cup Frozen Banana  
1/4 cup Plain Greek Yogurt  
1/4 cup Vanilla Protein Powder

### Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Serving Size:** One serving is equal to approximately 1 1/3 cup.

**Make it Vegan:** Use coconut or cashew yogurt instead.

**More Fiber:** Add a combination of chia seeds, hemp seeds, and baby spinach before blending.



## Strawberry Cranberry Smoothie

1 serving

5 minutes

### Ingredients

1 cup Plain Coconut Milk (from the carton)  
1/3 cup Unsweetened Coconut Yogurt  
1/2 cup Frozen Strawberries  
1/2 cup Frozen Cranberries

### Directions

1 Add all of the ingredients to a blender and blend until smooth. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Serving Size:** One serving is equal to approximately 1 1/3 cup.

**No Coconut Milk:** Use any other alternative milk.

**More Protein:** Add a scoop of vanilla or unflavored protein powder.

**More Fiber:** Add a combination of chia seeds, nut butter, and baby spinach before blending.



## Orange Matcha Smoothie

1 serving

5 minutes

### Ingredients

- 1 cup Plain Coconut Milk (from the carton)
- 1 Navel Orange (peeled)
- 1/2 cup Frozen Banana
- 1/4 cup Vanilla Protein Powder
- 1 tsp Green Tea Powder

### Directions

1

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

### Notes

**Leftovers:** Best enjoyed immediately.

**Serving Size:** One serving is equal to approximately 1 1/2 cups.

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

**Additional Toppings:** Add spinach or kale before blending.





## Strawberry Pineapple Smoothie

2 servings

5 minutes

### Ingredients

1 cup Unsweetened Almond Milk  
1 1/2 cups Strawberries (chopped)  
1 cup Frozen Pineapple  
1/3 cup Protein Powder

### Directions

1

Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Serving Size:** One serving is equal to approximately 1 1/2 cups.

**More Flavor:** Swap almond milk for orange juice.