

Build The Best Smoothie

For the meals you don't have time for!

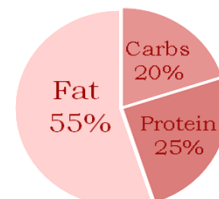


Balanced Ingredients

Smoothies made with fruit, milk and sweetener often become desserts than a nourishing meal replacement! "Dessert" smoothies taste great but since they're not balanced in macronutrients (protein, fat, carbohydrates), you won't be satisfied for very long and may find yourself under a chocolate fountain later in the day.

When you're making your smoothie, aim for a ratio that is lower carbohydrate with moderate protein and higher fats- see the chart to the right. Adding leafy veggies are the cherry on top!

Basic Macro Balance for Meals
(enter ingredients in Carb Manager app to see how your smoothie measures up)



Ingredients to Choose From



BASE

Dairy: grass-fed whole milk.

Non-dairy: water, coconut water, unsweetened rice, hemp or any nut milk.

PROTEIN

Dairy: un-denatured whey protein, grass-fed whole milk or yogurt.

Non-dairy: hydrolyzed grass-fed beef powder, grass-fed beef collagen, bone broth powder, or non-GMO/organic legume-grain blends.

FAT

¼- ½ avocado, 1-2 tbs coconut oil, 1-2 tbs flax meal, 1-2 tbs chia seeds, 2 tbs preferred nuts or seeds, 2 tbs any nut or seed butter.

If you use whole milk dairy for your base or protein source, this will contain fat also.

CARBOHYDRATE

(Choose either whole food or sweetener)

Whole food: ½ c frozen fruit (allows you to avoid ice), 2-4 oz fresh juiced fruit

Sweetener: 1 tsp raw honey, 1 tsp raw organic sugar

Non-caloric sweetener: monk fruit or stevia to taste

VEGETABLE

A handful of any leafy or whole vegetable is ideal.

My Favorite Recipe

½ cup frozen bananas, 2 tbs peanut butter, 1-2 tbsp cocoa powder, 1 cup almond milk, 1 scoop collagen, handful spinach