

MAKE YOUR OWN SMOOTHIE

It's a meal in a glass — high-quality liquid nutrition that gives you everything you need in a convenient, portable, delicious package.

STEP ONE

PICK A LIQUID

Less liquid = thick shakes. More liquid = thin shakes.
130-170 ml is a good starting point.



Water • Almond milk (unsweetened)
Cow's milk • Hemp milk (unsweetened) • Iced green tea
Juice (apple, orange, berry) • Coconut milk

STEP TWO

PICK A PROTEIN POWDER

Some protein powders have thickeners added and will increase the thickness of your shake. Find a protein supplement that suits you. 1-2 scoops should be sufficient.

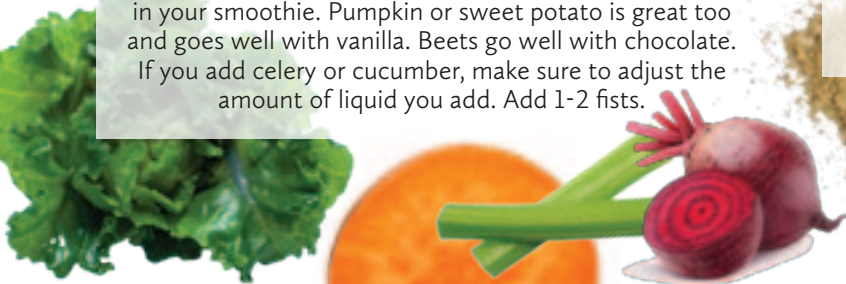


Whey protein • Rice protein • Pea protein
Hemp protein • Other proteins or protein blend

STEP THREE

PICK A VEGGIE

Spinach is usually your best bet, as it is virtually flavorless in your smoothie. Pumpkin or sweet potato is great too and goes well with vanilla. Beets go well with chocolate. If you add celery or cucumber, make sure to adjust the amount of liquid you add. Add 1-2 fists.



Dark leafy greens: Spinach / Swiss chard / kale
Pumpkin / sweet potato • Beets / beet greens
Cucumber / celery • Powdered greens supplement

STEP FOUR

PICK A FRUIT

Bananas give an excellent consistency, using half of a banana is usually enough. Both fresh or frozen fruit can be used. Aim for 1-2 cupped handfuls.



Apples • Bananas • Berries • Cherries • Dates
Pineapple / mango • Powdered fruit supplement

STEP FIVE

PICK A HEALTHY FAT

Nuts and seeds give the shake an excellent consistency.
1-2 thumbs is usually enough



Walnuts • Flax seeds • Hemp seeds • Chia seeds
Cashews • Almonds • Peanut and nut butters

STEP SIX

PICK A TOPPER

A little goes a long way. Cinnamon is good with vanilla and pumpkin. Add oats if you need extra carbs, yogurt if you want more protein and a smoother consistency.



Coconut • Honey • Cacao nibs, dark chocolate
Yogurt • Oats or granola • Cinnamon • Espresso
Ice cubes (if using fresh fruit)