

# HOW TO BUILD A HEALTHY SMOOTHIE

*a guide to creating the perfect smoothie*

Smoothies are a great way to get extra vitamins and minerals, a healthy dose of protein and healthy fats, and can be an excellent meal replacement when done the right way.

Learn how to build a delicious, healthy smoothie, that will keep you full and satisfied until lunchtime.



# CHOOSE ONE LEAFY GREEN AND ONE - TWO VEGETABLES

VEGETABLES ARE A GREAT SOURCE OF ESSENTIAL VITAMINS AND MINERALS, AND MOST IMPORTANTLY FIBER, WHICH WILL HELP KEEP YOU FULLER FOR LONGER AND AIDS IN HEALTHY DIGESTION.



Carrots - add sweetness to your smoothie and are rich in vitamin A, antioxidants and are a good source of fiber.



Cucumbers - they are 95% water, so are a great source of hydration. They also help to flush out toxins and give your drink a tiny hint of earthy sweetness.



Spinach - a great source of iron, fiber, is an anti-inflammatory food, has been known to help improve eyesight, and are a good source of protein, minerals and vitamins.



Kale - high in fiber and water, with a slight bitter taste. There are different varieties, but the lacinato or baby kale are best for smoothies.



Beets - a very earthy flavor with a high amount of nutrients in very few calories, such as fiber, vitamin C, vitamin B6, magnesium, potassium and iron. You can even use beet greens to get some of those same nutrients.



Zucchini - virtually tasteless when added to smoothies, it is high in fiber and water and is rich in vitamin C, manganese and potassium.

## CHOOSE ONE - TWO FRUITS

SOME FRUITS CAN BE HIGHER IN SUGAR THAN OTHERS. BERRIES, AVOCADO AND GREEN APPLES GIVE YOU THE SWEETNESS YOU CRAVE WITHOUT THE EXTRA SUGARS. **\*\*USE MANGO, PINEAPPLE OR BANANAS AFTER YOU COMPLETE YOUR 30 DAY CHALLENGE.\*\***



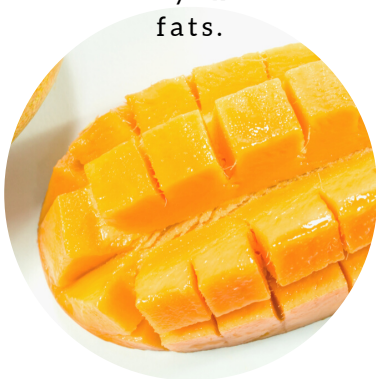
Avocados - virtually tasteless when added to smoothies, giving it a creamy texture and great source of healthy fat. Contain more potassium than a banana, are loaded with fiber and heart-healthy monounsaturated fats.



Green apples - a tart flavor with less sugar than other apple varieties. A good source of calcium and vitamins A, B6 and C.



Berries - blueberries, strawberries, raspberries and blackberries. Loaded with antioxidants, high in fiber, can help to lower cholesterol and are an anti-inflammatory food.



Mango - high in fiber, keeps your skin, hair and nails healthy and is a great source of calcium, antioxidants and vitamins A and C.



Pineapple - rich in healthy enzymes that help fight inflammation in the body. A great source of vitamin B6 and potassium. Help aid in healthy digestion.



Bananas - high in potassium and fiber. can metabolize fats and carbs, turning them into energy, contain powerful antioxidants for your liver and kidneys.



## ADD-ON'S

THERE ARE SO MANY DIFFERENT OPTIONS WHEN IT COMES TO ADD-ONS IN YOUR SMOOTHIE, FROM SPICES TO LIQUIDS TO SEEDS AND NUT BUTTERS...YOU NAME IT! TRY TO CHOOSE ONE LIQUID SUCH AS UNSWEETENED ALMOND MILK OR COCONUT WATER, AND ONE TO TWO ADDITIONAL INGREDIENTS SUCH AS TURMERIC, GINGER OR GROUND FLAX SEED.



Almond milk - high in fiber, calcium and protein. Be sure to look for brands with as few ingredients and as little sugar as possible.



Coconut water - choose a coconut water with as little sugar as possible. An excellent source of electrolytes, which help keep your body hydrated and replenish lost hydration. High in fiber and vitamins.



Tumeric - a natural anti-inflammatory that dramatically increases the antioxidant capacity in the body. Linked to improved brain function, liver function, digestion and so much more.



Ginger - a strong anti-inflammatory known to help ease muscle pains, upset stomach and can reduce your risk of diabetes. It's also a great immune booster and infection fighter.



Ground flax seed - one of the best sources of fiber with an almost tasteless, yet somewhat nutty flavor. It is great to mix into yogurt or oatmeal as well.



Nut butters - whether it's almond butter or sunflower seed butter, both are a great source of healthy fats, lots of protein and fiber.



Raw Cacao - more calcium than cow's milk, densely packed with iron, magnesium and antioxidants and is heart-healthy antioxidant. Has a slightly bitter flavor.



Cinnamon - a great anti-inflammatory spice that is loaded with antioxidants, can help lower blood sugar and fight infections.



Goji Berrys - an excellent source of antioxidants with anti-aging benefits. They are known to boost energy levels and are a good source of fiber.



Chia Seeds - high in omega 3 fatty acids, an excellent quality protein and fiber content and loaded with antioxidants. They are great alternative mixed with water for eggs in a vegan diet as well.

### What are antioxidants???

Antioxidants are substances that protect your cells against the effects of free radicals. Free radicals are molecules produced when your body breaks down food or is exposed to tobacco smoke and radiation. Free radicals may play a role in heart disease, cancer and other diseases.

# SMOOTHIE RECIPE IDEAS (FOR AFTER YOUR 30 DAY CHALLENGE)

## **Strawberry Banana with a Kick**

2 TBS nut butter of your choice  
1 C almond milk  
1 C frozen strawberries  
1 small banana  
1 large handful baby spinach  
1/4 inch piece fresh ginger, crushed  
pinch of cinnamon  
1 tsp raw honey

## **Island Smoothie**

1 medium banana  
1 large handful lacinato kale  
1 C almond milk  
1/2 C frozen pineapple  
1 TBS chia seeds  
1/2 C frozen coconut chunks  
a few ice cubes

## **Superfood Smoothie**

1 large handful baby spinach  
1 TBS nut butter  
1/2 medium banana  
1 TBS cacao nibs  
1 TBS ground flax seed  
1/2 C plain, non-fat Greek yogurt  
filtered water

## **Carrot, Ginger and Tumeric Smoothie**

1 C carrots - baby carrots or chopped  
1/2 medium banana  
1/2 C frozen pineapple  
1/2 inch piece peeled fresh ginger  
1/8 tsp ground tumeric  
1/2 TBS fresh lemon juice  
1/2 C almond milk or filtered water

## **Zucchini Blueberry Smoothie**

1/2 medium banana  
1/2 C frozen blueberries  
2 inch piece cucumber, skin removed  
1/3 C chopped zucchini - fresh or frozen  
1 handful baby spinach  
1/2 TBS hemp seeds  
1/8 tsp cinnamon  
filtered water or almond milk

## **Lauren's Morning Smoothie**

1/2 small avocado  
1 small banana  
1 large handful spinach  
1/2 C frozen blueberries  
1/2 C carrots  
1/3 C plain non-fat Greek yogurt  
filtered water