





Salted Peanut Butter & Chocolate Smoothie

1 serving

5 minutes

Ingredients

1 1/2 cups Unsweetened Almond Milk
2 tbsps All Natural Peanut Butter
1/4 cup Chocolate Protein Powder
1 tbspc Cacao Powder
1/8 tsp Sea Salt
4 Ice Cubes

Nutrition

Amount per serving	
Fat	23g
Carbs	13g
Fiber	6g
Protein	29g

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

Protein Powder: I used Genuine Health Proteins+ in chocolate.



Chocolate Cherry Protein Smoothie

1 serving

5 minutes

Ingredients

1/4 cup Chocolate Protein Powder (or 1 scoop)
1 1/2 cups Unsweetened Almond Milk
1/2 cup Dark Cherries (frozen)
1 tbsp Almond Butter
1 tbsp Chia Seeds (optional)
1/4 cup Ice Cubes

Nutrition

Amount per serving	
Fat	17g
Carbs	23g
Fiber	8g
Protein	27g

Directions

1 Add all ingredients in a blender and blend very well until smooth.

Notes

Protein Powder: I used Genuine Health Proteins + in chocolate.



Vanilla Berry Protein Smoothie

1 serving

5 minutes

Ingredients

1 1/2 cups Unsweetened Almond Milk
1/4 cup Vanilla Protein Powder
1/4 cup Blueberries (fresh or frozen)
1/4 cup Raspberries (fresh or frozen)
1 tbsp Almond Butter

Nutrition

Amount per serving	
Fat	13g
Carbs	15g
Fiber	7g
Protein	24g

Directions

1 Add all ingredients into a blender and blend until smooth. Enjoy!

Notes

Fresh Fruit: If using only fresh fruit, add a few ice cubes.

Protein Powder: I used Genuine Health Proteins + in vanilla.

Consistency: If the smoothie is too thick, add more milk. If the smoothie is too thin, add some ice cubes and blend to thicken.



Banana Cinnamon Smoothie

1 serving

5 minutes

Ingredients

1/4 cup Vanilla Protein Powder (or 1 scoop)
1 tbsp Chia Seeds
1/2 Banana (frozen)
1 1/2 cups Unsweetened Almond Milk
1 tbsp Almond Butter
1/4 tsp Cinnamon

Nutrition

Amount per serving	
Fat	17g
Carbs	25g
Fiber	10g
Protein	26g

Directions

1

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

Notes

Protein Powder: I used Genuine Health Proteins + in vanilla.



Mint Chocolate Chip Protein Smoothie

1 serving

5 minutes

Ingredients

2 cups Baby Spinach
1/4 cup Chocolate Protein Powder (or 1 scoop)
1 cup Unsweetened Almond Milk
1/2 cup Water
1/4 cup Mint Leaves
1/4 Avocado
1 tbsp Cacao Nibs (or dark chocolate chips)
4 Ice Cubes

Nutrition

Amount per serving	
Fat	14g
Carbs	13g
Fiber	9g
Protein	24g

Directions

1

In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Protein Powder: I used Genuine Health Proteins + in chocolate.



Blackberry Coconut Sprinkle Smoothie

1 serving

5 minutes

Ingredients

1 1/2 cups Unsweetened Almond Milk
1/2 cup Blackberries (fresh or frozen)
1 cup Baby Spinach (or kale)
1/2 Banana (frozen)
1/4 cup Vanilla Protein Powder (or 1 scoop)
Unsweetened Coconut Flakes (optional topping)

Nutrition

Amount per serving	
Fat	5g
Carbs	25g
Fiber	8g
Protein	23g

Directions

- 1 Place all ingredients, except topping if using, into a high-speed blender. Blend until smooth. Top with coconut flakes. Enjoy!

Notes

Protein Powder: I used Genuine Health Proteins + in vanilla.



Peach Protein Smoothie

1 serving

5 minutes

Ingredients

1/2 cup Peaches (fresh or frozen)
1 1/2 cups Unsweetened Almond Milk
1/4 cup Protein Powder (or 1 scoop)
1 tbsp Almond Butter
Cinnamon (pinch)
1 tbsp Chia Seeds (optional)
1/4 cup Ice Cubes (if using fresh fruit)

Directions

1 Throw all ingredients into a blender. Blend well until smooth.

Notes

Protein Powder : I used Genuine Health Proteins + in vanilla.

No Almond Milk: Use any milk instead.

Nutrition

Amount per serving	
Fat	17g
Carbs	19g
Fiber	8g
Protein	26g



Liquid Gold Green Smoothie

1 serving

5 minutes

Ingredients

- 1/4 cup Vanilla Protein Powder (or 1 scoop)
- 1/2 Avocado (peeled and pitted)
- 1/2 Banana (frozen)
- 1 tbsp Cocoa Powder
- 1 1/2 cups Unsweetened Almond Milk
- 1 cup Baby Spinach

Nutrition

Amount per serving	
Fat	20g
Carbs	29g
Fiber	13g
Protein	25g

Directions

1

Place all ingredients into your blender. Blend very well until completely smooth. Divide into glasses and enjoy!

Notes

Protein Powder: I used Genuine Health Proteins + in vanilla.



Creamy Mango Tropical Smoothie

1 serving

5 minutes

Ingredients

- 1/2 cup Cottage Cheese
- 3/4 cup Unsweetened Almond Milk
- 1/2 Lime (juiced, zested)
- 1/4 cup Frozen Mango
- 1/4 cup Frozen Pineapple
- 2 tbsps Unsweetened Coconut Flakes
- 1 tsp Maple Syrup
- 1/4 cup Protein Powder (or 1 scoop)

Nutrition

Amount per serving	
Fat	14g
Carbs	26g
Fiber	4g
Protein	33g

Directions

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

Notes

Protein Powder: I used Genuine Health Proteins + in vanilla.



Pumpkin Pie Protein Smoothie

1 serving

5 minutes

Ingredients

1 1/2 cups Unsweetened Almond Milk
1/4 cup Pureed Pumpkin
1/2 Banana (frozen)
1/2 tsp Vanilla Extract
1/4 tsp Pumpkin Pie Spice
1/4 cup Vanilla Protein Powder (or 1 scoop)

Nutrition

Amount per serving	
Fat	5g
Carbs	22g
Fiber	6g
Protein	22g

Directions

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

Notes

Protein Powder: I used Genuine Health Proteins + in vanilla.

No Pumpkin Pie Spice: Use cinnamon instead.

Toppings: Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.



Berry Banana Smoothie

1 serving

5 minutes

Ingredients

1 1/2 cups Unsweetened Almond Milk
1/2 cup Frozen Berries
1/4 Banana
1/2 cup Baby Spinach
1/4 cup Vanilla Protein Powder (or 1 scoop)
1 tbsp Almond Butter

Directions

1

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

Notes

Protein Powder: I used Genuine Health Proteins + in vanilla.

Nutrition

Amount per serving	
Fat	13g
Carbs	23g
Fiber	8g
Protein	25g



Pineapple Spinach Smoothie

1 serving

5 minutes

Ingredients

1/2 cup Pineapple (fresh or frozen)
1 cup Baby Spinach
4 Ice Cubes
1/2 cup Plain Greek Yogurt
1 cup Unsweetened Almond Milk
1/4 cup Vanilla Protein Powder (or 1 scoop)

Nutrition

Amount per serving	
Fat	6g
Carbs	20g
Fiber	4g
Protein	32g

Directions

1

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

Notes

Protein Powder: I used Genuine Health Proteins + in vanilla.



Raspberry Zinger Smoothie

1 serving
10 minutes

Ingredients

- 1/2 cup Frozen Raspberries
- 1/4 cup Vanilla Protein Powder (or 1 scoop)
- 1 tbsp Chia Seeds
- 1 1/2 cups Unsweetened Almond Milk

Nutrition

Amount per serving	
Fat	8g
Carbs	17g
Fiber	9g
Protein	23g

Directions

1

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

Notes

Protein Powder: I used Genuine Health Proteins + in vanilla.



Strawberry Almond Smoothie

1 serving

5 minutes

Ingredients

1/2 cup Strawberries (frozen)

1/4 cup Vanilla Protein Powder (or 1 scoop)

1 1/2 tbsps Almond Butter

1 1/2 cups Unsweetened Almond Milk

Nutrition

Amount per serving	
Fat	18g
Carbs	13g
Fiber	6g
Protein	26g

Directions

1

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

Notes

Protein Powder: I used Genuine Health Proteins + in vanilla.

No Almond Milk: Use any milk instead.



Chocolate Smoothie Bowl

1 serving

5 minutes

Ingredients

- 1/4 cup Vanilla Protein Powder (or 1 scoop)
- 1 1/2 tsps Cocoa Powder
- 1 cup Unsweetened Almond Milk
- 1 1/2 cups Crushed Ice
- 1/2 cup Raspberries
- 1/4 cup Walnuts (chopped)

Nutrition

Amount per serving	
Fat	23g
Carbs	16g
Fiber	9g
Protein	26g

Directions

- 1 Pour the almond milk into a blender.
;
- 2 Add the protein powder and cocoa powder.
;
- 3 Add the ice on top and blend.
;
- 4 Pour into a bowl and top with the fruit and nuts.

Notes

Protein Powder: I used Genuine Health Proteins + in vanilla.



Blueberry Protein Smoothie

1 serving

5 minutes

Ingredients

1/4 cup Vanilla Protein Powder (or 1 scoop)

1/2 cup Frozen Blueberries

1 cup Baby Spinach

1 cup Unsweetened Almond Milk

Nutrition

Amount per serving	
Fat	3g
Carbs	13g
Fiber	4g
Protein	21g

Directions

1

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

Notes

Protein Powder: I used Genuine Health Proteins + in vanilla.

No Blueberries: Use any type of frozen berry instead.



Berry Avocado Smoothie

1 serving

5 minutes

Ingredients

1 1/2 cups Unsweetened Almond Milk
1/2 cup Frozen Berries
1/4 Avocado
1 tbsp Chia Seeds (optional)
1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Fat	15g
Carbs	22g
Fiber	11g
Protein	24g

Directions

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

Notes

Protein Powder: I used Genuine Health Proteins + in vanilla.

No Avocado: Use almond butter instead.

Additional Toppings: Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.



Strawberry Protein Smoothie

1 serving

5 minutes

Ingredients

- 1/4 cup Vanilla Protein Powder (or 1 scoop)
- 1 cup Unsweetened Almond Milk
- 1/2 cup Strawberries (fresh or frozen)
- 1 tbsp Chia Seeds (optional)
- 1/2 cup Ice Cubes (if using fresh fruit)

Nutrition

Amount per serving	
Fat	7g
Carbs	13g
Fiber	6g
Protein	22g

Directions

- 1 Throw all ingredients into a blender. Blend well until smooth.

Notes

No Almond Milk: Use any milk instead.

Protein Powder: I used Genuine Health Proteins + in vanilla.