



7 DAYS OF SMOOTHIES

Perfectly balanced smoothie recipes to keep you satisfied,
your blood sugars balanced and your hormones happy!

ONE
HEALTH



CINNAMON ROLL PROTEIN SMOOTHIE

Serves 2

- 1 banana
- 2 scoops (50g) vanilla protein powder
- 1 tsp. cinnamon
- 300ml almond milk
- 1 Tbsp. peanut butter
- 2 tsp. chia seeds
- 1 handful of frozen cauliflower
- 1 cup of ice cubes

Method

Place all ingredients into a blender and pulse until smooth. Serve.



GF	HP	V	Q	N						
					Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
					5 mins	0 mins	162	3	15	22

*Nutrition per serving



GREEN GLOW SMOOTHIE

Serves 1

- 1 small banana
- 1 cup spinach
- 1 cup kale
- 1 tbsp. almond butter
- 1 tbsp. flax seed
- 200ml milk of choice
- 1 scoop (25g) vanilla protein powder, optional

Method

Place all ingredients into a high-speed blender and blitz until smooth. Serve immediately.

Note: The protein powder is optional, but adds a boost of protein. You can use whey or any plant-based protein powder. You can also replace the protein powder with a few tablespoons of Greek yogurt (in that case reduce the amount of liquid).

GF	HP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	350	12	34	29

*Nutrition per serving





PB & CACAO SMOOTHIE

Serves 1

- 1 handful of spinach
- 1scoop (25g) chocolate protein powder
- 1 Tbsp. cocoa powder
- 1 tbsp. peanut butter
- 1 tsp. chia seeds
- 1 frozen banana
- ½ cup of ice cubes
- 250ml of milk or water

Method

Place all ingredients into a blender and pulse until smooth. Serve.



GF	HP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs (g)	Protein(g)
5 mins	0 mins	162	3	15	22

*Nutrition per serving



ESPRESSO PROTEIN SMOOTHIE

Serves 2

2 espressos
400ml milk of choice
2 scoops vanilla whey
2 tsp. cinnamon
2 tbsp. flax seeds
handful ice

Method

Place all ingredients in a high-speed blender and mix until smooth. Serve cold.



GF	LC	V	O	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	174	6	4	26

*Nutrition per serving



BLUEBERRY ANTIOXIDANT SMOOTHIE

Serves 1

- 125ml water
- 125ml milk of choice
- 1 scoop vanilla protein
- 50g frozen blueberries
- Handful of spinach
- 1 tsp. ground cinnamon
- 1 tsp. pumpkin seeds
- 1 tsp. ground flaxseed

Method

Blend all the ingredients in a high-speed blender until smooth and serve.

The perfect smoothie for seed cycling - Follicular phase!



	GF	LC	V	Q	N
Prep					
Cook					
Kcal					
Fats(g)					
Carbs(g)					
Protein (g)					
5 mins					
0 mins					
197					
4					
14					
26					

*Nutrition per serving



COCONUT & CHOCOLATE SMOOTHIE

Serves 1

125ml water

125ml milk of choice

1 scoop chocolate protein powder

50g frozen banana

1 tsp. cacao powder

1 tsp. chia seeds

1tsp. ground flaxseed

2 Tbsp shredded coconut

Method

Blend all the ingredients in a high-speed blender until smooth and serve.



GF	LC	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	197	4	14	26

*Nutrition per serving



TROPICAL MANGO & PINEAPPLE SMOOTHIE

Serves 1

250ml water

1 scoop mango clear whey powder (FemFuelz) or 60g Greek yogurt

25g frozen mango

25g frozen pineapple

1/4 avocado

1tsp. ground flaxseed

A few mint leaves

Squeeze of lime juice

2 Tbsp shredded coconut

Method

Blend all the ingredients in a high-speed blender until smooth and serve.



RASPBERRY RIPPLE SMOOTHIE

Serves 1

½ ripe banana

125g frozen raspberries

250ml almond milk

2 tbsp. vanilla protein or 80h

Greek yogurt

1 tbsp. smooth almond butter

1 tbsp. flax seed

handful ice cubes

Method

Place all ingredients in a high-speed blender and blitz until smooth.

GF	HP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	331	12	25	29

*Nutrition per serving