

7 DAYS OF SMOOTHIES

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





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	٧	Q	N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	162	3	15	22



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).



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	350	12	34	29







PB & CACAO SMOOTHIE

Serves 1

1 handful of spinach

lscoop (25g) chocolate protein powder

1 Tbsp. cocao powder

1 tbsp. peanut butter

1 tsp. chia seeds

1 frozen banana

1/2 cup of ice cubes

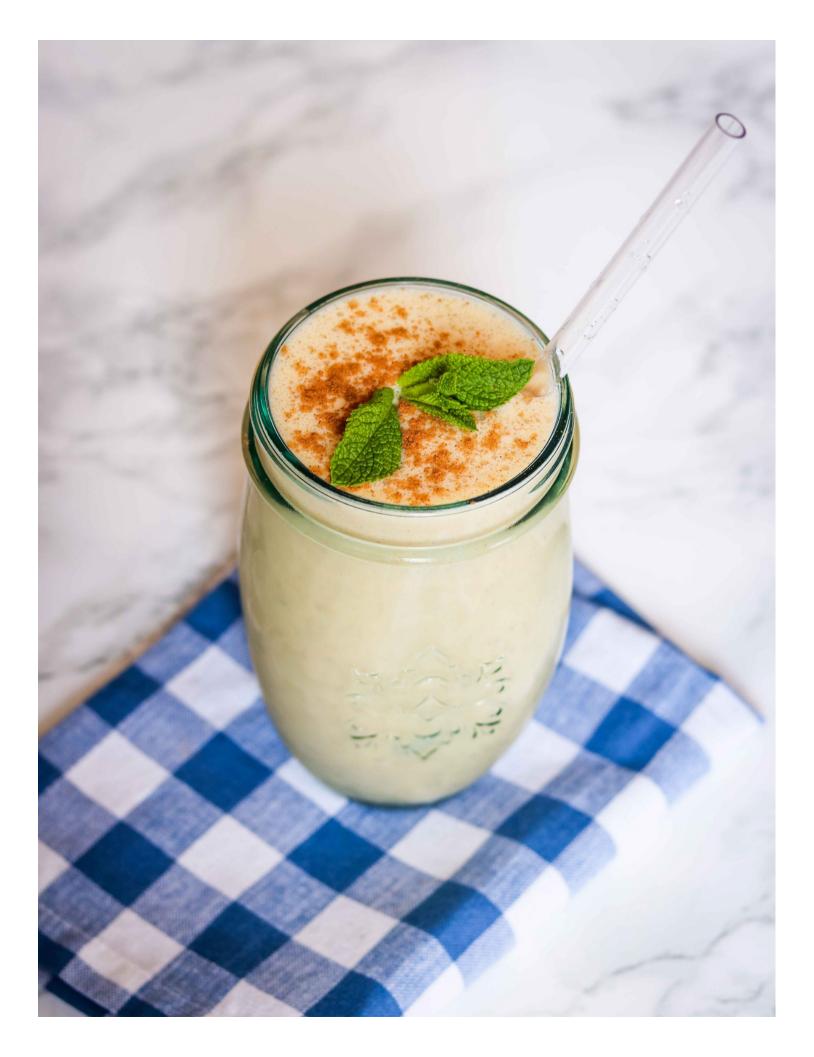
250ml of milk or water

Method

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



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



ESPRESSO PROTEIN SMOOTHIF

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.





Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	174	6	4	26



BLUEBERRY ANTIOXIDANT SMOOTHIF

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

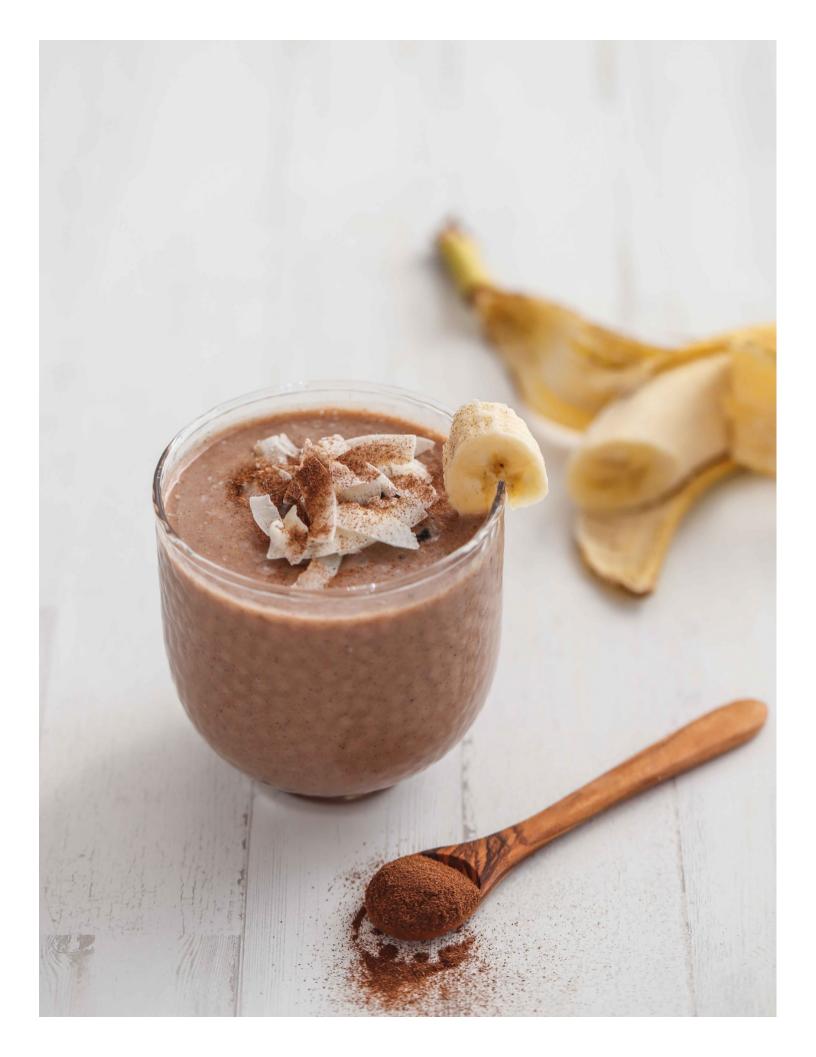
Method

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

The perfect smoothie for seed cycling - Follicular phase!



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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein (g)
5 mins	0 mins	197	4	14	26



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

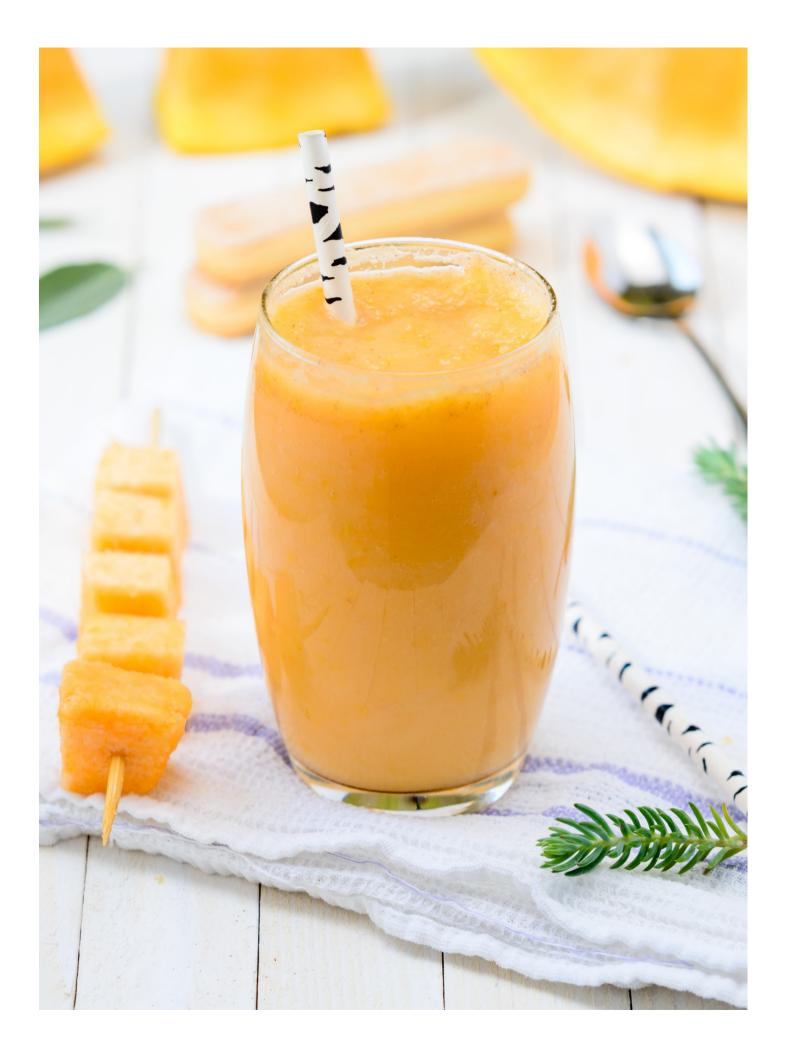
Method

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



GF	LC	٧	Q	N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	197	4	14	26



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 SMOOTHIF

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