

# Smoothie Monday!

Here are some great smoothie recipes that will provide you refreshing and tasty options to provide your body with the nutrients it needs every day to function and heal properly. **Try these out and see for yourself!** Ask us about including whey or plant-based protein and raw greens in your diet today.

## BERRY PROTEIN SMOOTHIE



### Ingredients

- Handful of Frozen Berries (Strawberries, raspberries, blueberries, blackberries)
- Raw Milk or Coconut Milk to taste and desired consistency
- 1 Scoop Whey Protein
- **Optional:** Add greens like romaine lettuce or spinach and/or add good fats like hemp or flax.

### Directions

Mix everything together in a blender or Vita-Mix®

Use:



## RASPBERRY EXPLOSION



### Ingredients

- 1-2 Scoops Whey Protein Powder
- 3 Tablespoons Full Fat Organic Yogurt
- 1/2 Cup Frozen or Fresh Raspberries
- Water to desired consistency
- 1/2 - 1 Teaspoon spoonable Stevia

### Directions

Mix everything together in a blender or Vita-Mix®

Use:



## STAN'S SUPER SMOOTHIE



### Ingredients

- 1 scoop Perfect Plant Protein
- 1/4 cup each:  
Organic pineapple, Organic blackberries, Organic strawberries  
Organic blueberries and Organic pears
- 1/2 cup rice milk
- 1 personal serving of plain Greek yogurt

### Directions

Mix everything together in a blender or Vita-Mix®

Use:



## PRE-WORKOUT SMOOTHIE



### Ingredients

- 2 scoops Perfect Plant Protein
- 1 cup organic spinach
- 1 cup organic strawberries
- 1 organic banana
- 2 Tablespoons flaxseeds  
or flaxseed oil
- 10 oz. water

### Directions

Mix everything together in a blender or Vita-Mix®

Use:



## GREEN BERRY SMOOTHIE



### Ingredients

- Unsweetened Organic Almond or Rice Milk
- 1 Scoop of Max Greens
- 1 cup Organic Blueberries - Frozen
- 1/2 an Organic Avocado
- 1 cup Frozen Organic Spinach
- Pinch of Stevia

### Directions

Mix everything together in a blender or Vita-Mix®

Use:



## MAN-GO GREEN SMOOTHIE



### Ingredients

- 3 cup Organic Kale
- 3 cup Organic Mango
- 8 Organic Clementine Oranges
- A little ice
- 1 Scoop Max Greens
- 1 Scoop Perfect Plant Protein

### Directions

Mix everything together in a blender or Vita-Mix®

Use:

