

Advanced Plan Smoothie Recipes

1. Peanut/Almond Butter and Jelly

- 1 tablespoon pb or ab
- ½ cup cut up strawberries
- 1 scoop protein
- ¼ Avocado
- Handful of greens
- 2 ice cubes
- 1 cup almond milk

2. Apple Pie

- ½ granny smith apple, sliced
- 1 teaspoon of cinnamon
- ¼ avocado
- ¼ cup unsweetened greek yogurt
- 1 scoop of protein
- Handful of greens
- 2 ice cubes
- 1 cup almond milk

3. Peanut/Almond Butter Chocolate Milkshake

- 1-2 tablespoons of pb or ab
- 1 tablespoon unsweetened cacao powder
- ¼-½ avocado
- 1 scoop protein
- Handful of greens
- 2 ice cubes
- 1 cup organic milk

4. Cool Berry Blast

- ¼ cup blueberries
- ¼ cup cut up strawberries
- ¼ cut up cucumber
- 1 tablespoon coconut oil
- ¼ avocado
- 1 scoop of protein
- Handful of greens
- 2 ice cubes

Optional Add-Ins

- Stevia or Erythritol (sweeteners)
- Chia Seeds
- Flax Seeds