



Britt's Smoothie Guide



A smoothie is a high performance choice before training, after training, or as an anytime snack!



Very Berry

INGREDIENTS

- 5 OZ CHOICE OF MILK
- 5 OZ ORANGE JUICE
- 1 CUP OF FROZEN BERRIES
- 1 SCOOP VANILLA PROTEIN POWDER (OPTION: SUB 1/2 CUP VANILLA GREEK YOGURT)
- 1/2 TBSP HONEY (OPTIONAL)

PUT ALL INGREDIENTS IN BLENDER, ADDING LIQUID FIRST. BLEND UNTIL SMOOTH, NO CHUNKS. IF SMOOTHIE IS NOT BLENDING, ADD MORE LIQUID.



promote recovery



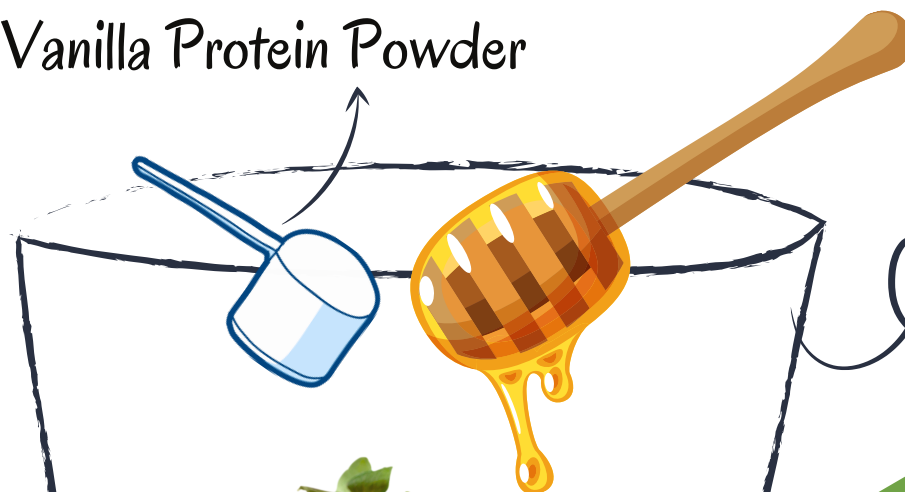
replenish energy stores



reduce inflammation

Vanilla Protein Powder

Honey



Add a handful of spinach
for an extra nutrient
boost!

Berries

Mango

Any Milk

Orange Juice



Blueberry Mango

INGREDIENTS

- 5 OZ CHOICE OF MILK
- 5 OZ ORANGE JUICE
- 2.5 CUPS OF FROZEN BLUEBERRIES
- 2.5 CUPS OF FROZEN MANGO
- 1 SCOOP VANILLA PROTEIN POWDER
(OPTION: SUB 1/2 CUP VANILLA GREEK YOGURT)
- 1/2 TBSP HONEY (OPTIONAL)

PUT ALL INGREDIENTS IN BLENDER AND BLEND UNTIL SMOOTH, NO CHUNKS. IF SMOOTHIE IS NOT BLENDING, ADD MORE LIQUID.



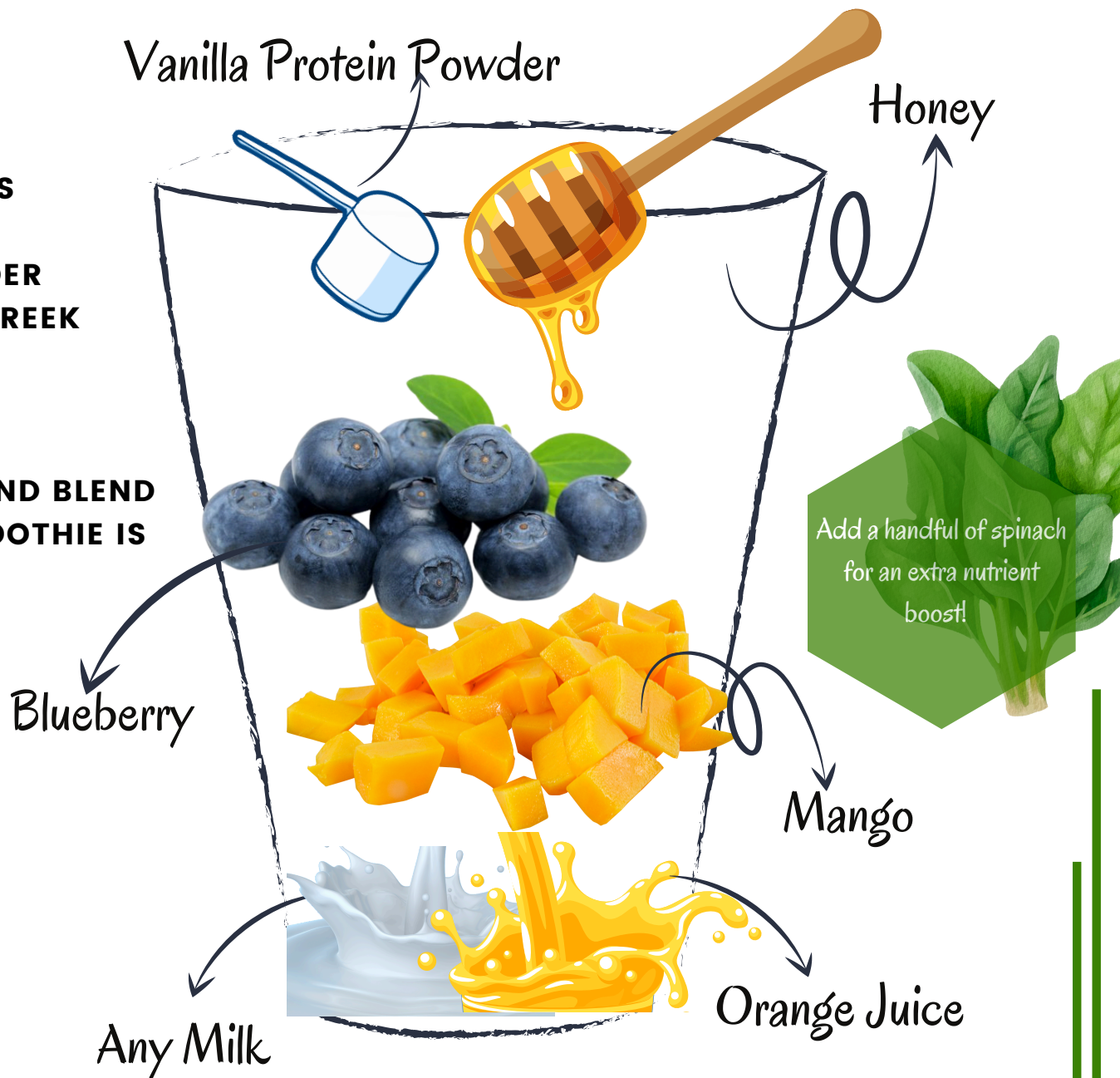
promote recovery



replenish energy stores



reduce inflammation





Strawberry Banana

INGREDIENTS

- 5 OZ CHOICE OF MILK
- 5 OZ ORANGE JUICE
- 1 CUP SLICED BANANA
- 3 CUPS OF FROZEN STRAWBERRIES
- 1 SCOOP VANILLA PROTEIN POWDER (OPTION: SUB 1/2 CUP VANILLA GREEK YOGURT)
- 1/2 TBSP HONEY (OPTIONAL)

PUT ALL INGREDIENTS IN BLENDER AND BLEND UNTIL SMOOTH, NO CHUNKS. IF SMOOTHIE IS NOT BLENDING, ADD MORE LIQUID.



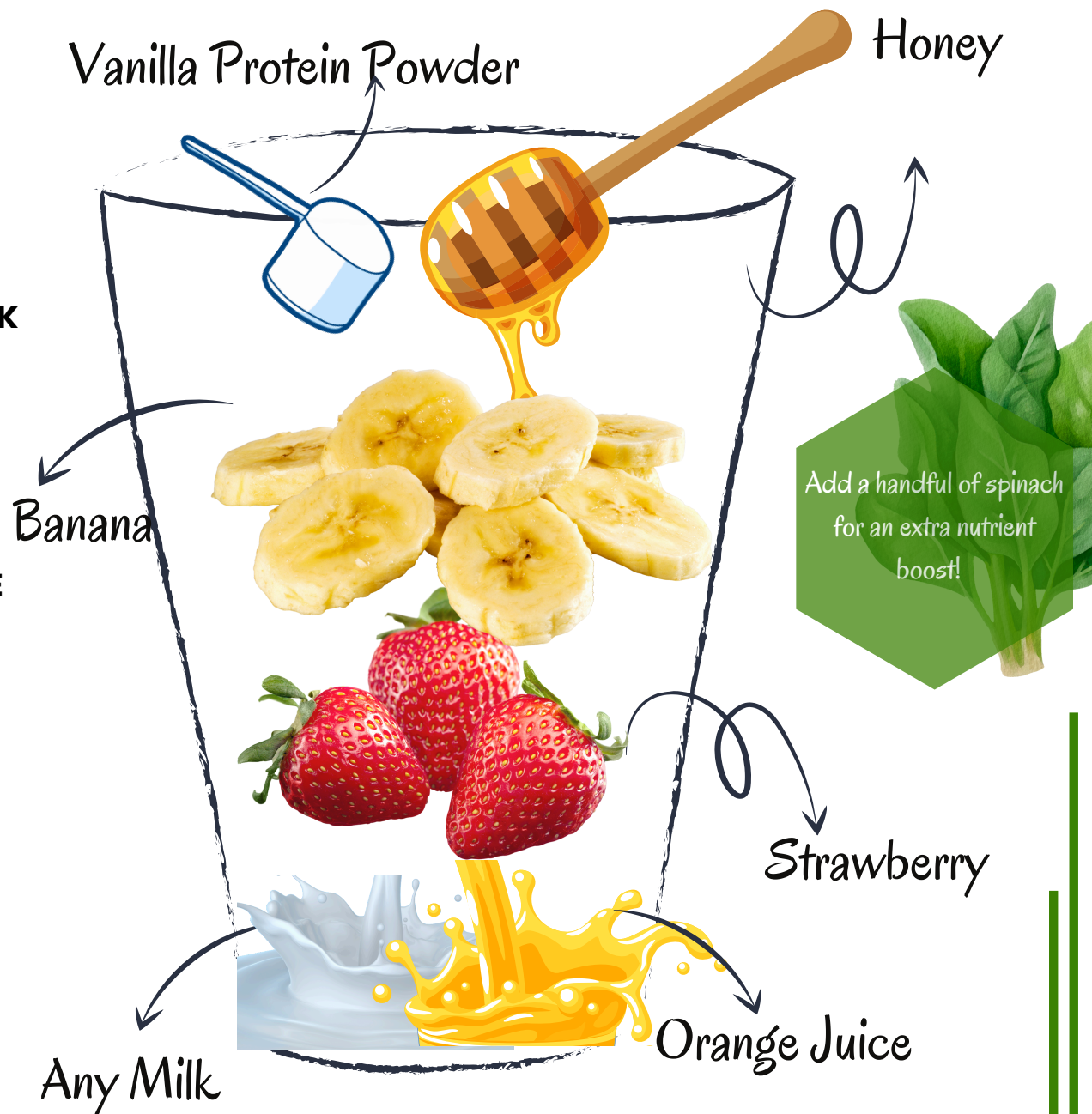
promote recovery



replenish energy stores



reduce inflammation





Tropical

INGREDIENTS

- 10 OZ ORANGE JUICE
- 2 CUPS FROZEN TROPICAL BLEND
- 1 SCOOP VANILLA PROTEIN POWDER
(OPTION: SUB 1/2 CUP VANILLA GREEK YOGURT)
- 1/2 TBSP HONEY (OPTIONAL)

PUT ALL INGREDIENTS IN BLENDER AND BLEND UNTIL SMOOTH, NO CHUNKS. IF SMOOTHIE IS NOT BLENDING, ADD MORE LIQUID.

Vanilla Protein Powder

Honey

Pineapple

Add a handful of spinach
for an extra nutrient
boost!

Mango

Orange Juice

Papaya

promote recovery

replenish energy stores

reduce inflammation





Cherry Strawberry

INGREDIENTS

- 5 OZ CHOICE OF MILK
- 5 OZ ORANGE JUICE
- 2.5 CUPS OF FROZEN STRAWBERRIES
- 2.5 CUPS OF FROZEN CHERRIES
- 1 SCOOP VANILLA PROTEIN POWDER (OPTION: SUB 1/2 CUP VANILLA GREEK YOGURT)
- 1/2 TBSP HONEY (OPTIONAL)

PUT ALL INGREDIENTS IN BLENDER AND BLEND UNTIL SMOOTH, NO CHUNKS. IF SMOOTHIE IS NOT BLENDING, ADD MORE LIQUID.



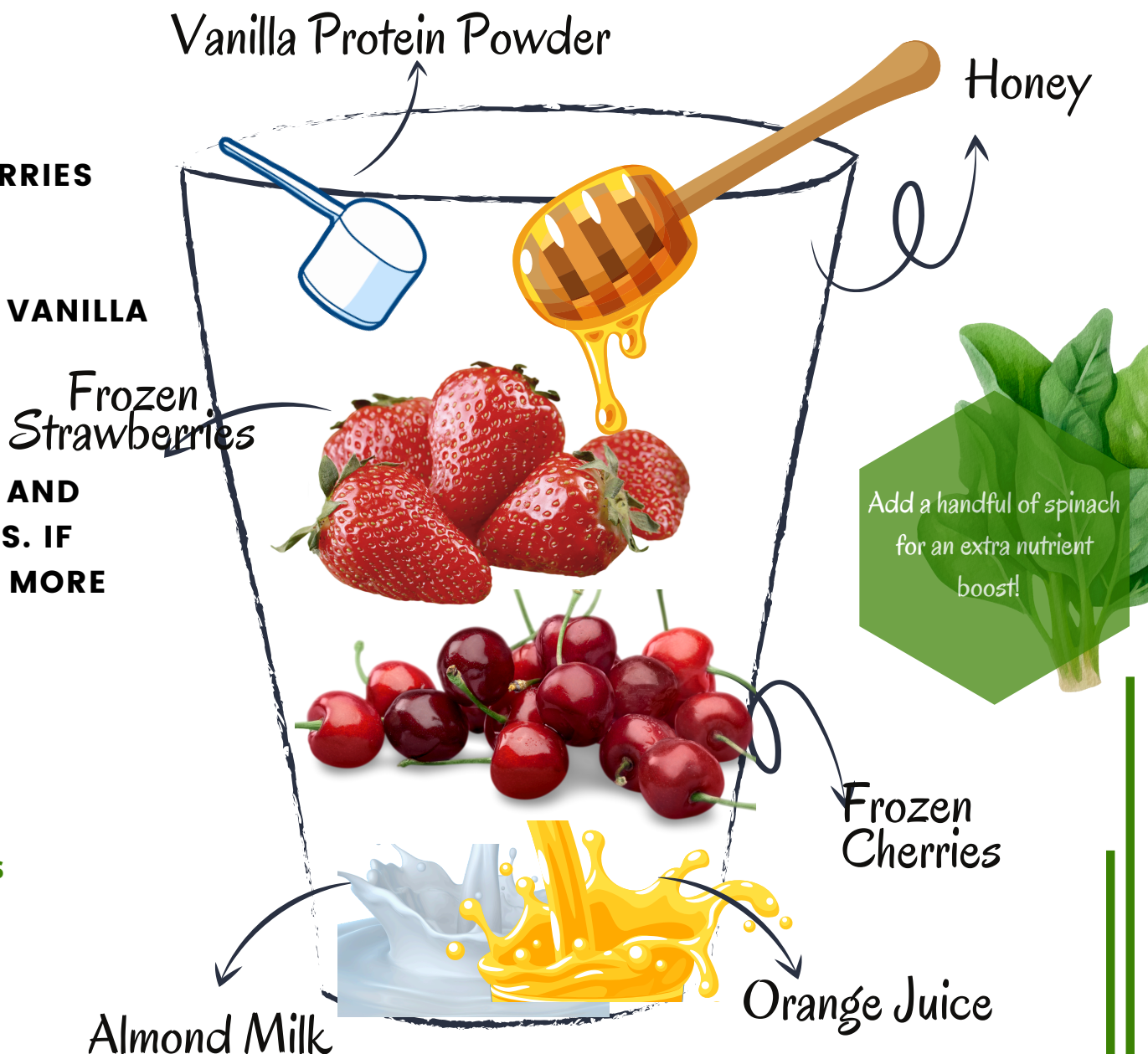
promote recovery



replenish energy stores



reduce inflammation





Cherry Limeade

INGREDIENTS

- 10 OZ CHOICE OF MILK
- 3 CUPS OF FROZEN CHERRIES
- 1/2 OF A LIME JUICED
- 1 SCOOP VANILLA PROTEIN POWDER (OPTION: SUB 1/2 CUP VANILLA GREEK YOGURT)
- 1/2 TBSP HONEY (OPTIONAL)

PUT ALL INGREDIENTS IN BLENDER AND BLEND UNTIL SMOOTH, NO CHUNKS. IF SMOOTHIE IS NOT BLENDING, ADD MORE LIQUID.

Vanilla Protein Powder

Honey

Frozen Cherries

Add a handful of spinach for an extra nutrient boost!

Fresh Lime Juice

Any Milk



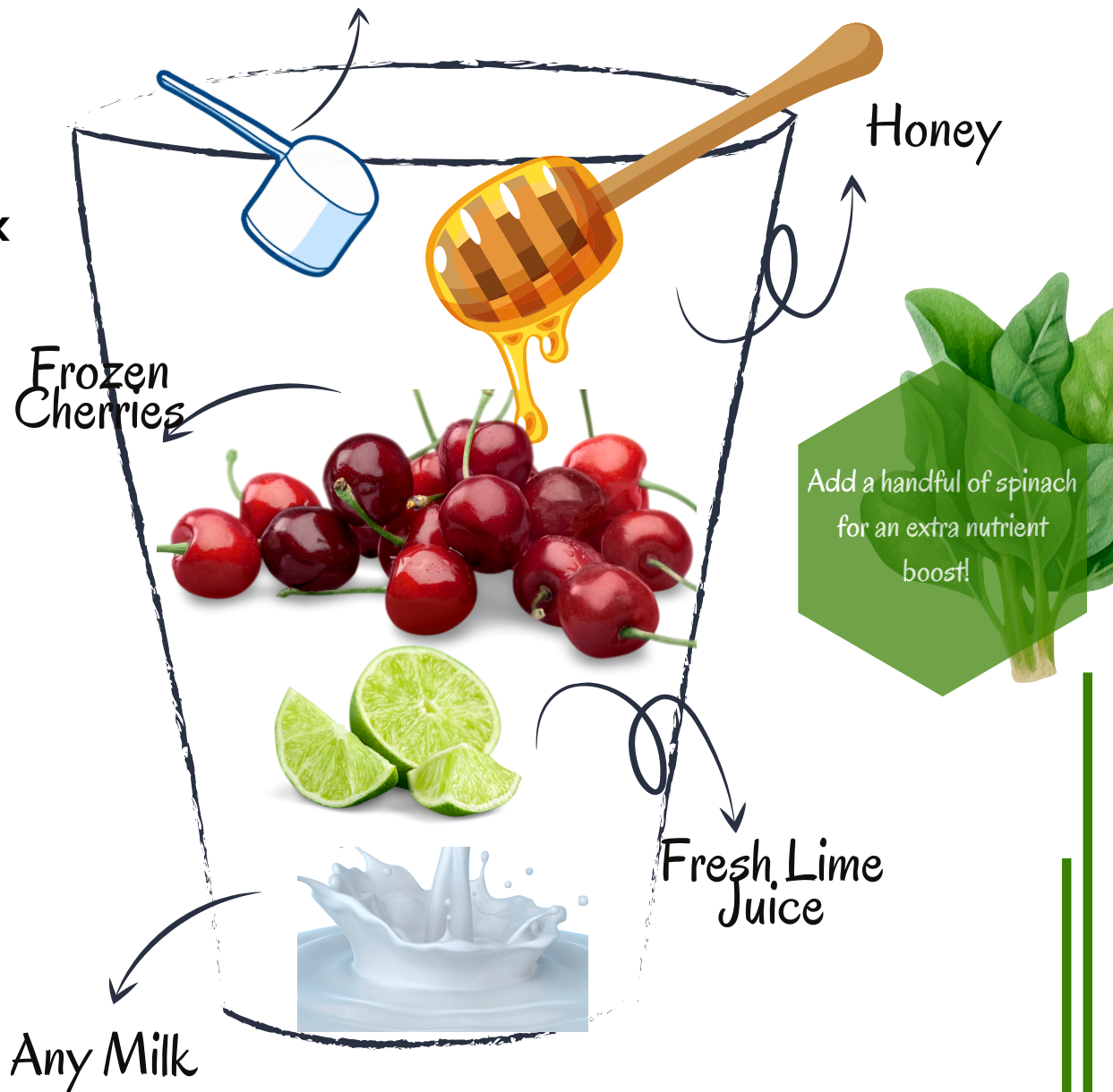
promote recovery



replenish energy stores



reduce inflammation





PB-Blueberry Bliss

INGREDIENTS

- 10 OZ CHOICE OF MILK
- 2 CUPS OF FROZEN BLUEBERRIES
- 1 CUP FROZEN SPINACH
- 1 SCOOP VANILLA PROTEIN POWDER
(OPTION: SUB 1/2 CUP VANILLA GREEK YOGURT)
- 1 TBSP PEANUT BUTTER (JUSTIN'S PB)

PUT ALL INGREDIENTS IN BLENDER AND BLEND UNTIL SMOOTH, NO CHUNKS. IF SMOOTHIE IS NOT BLENDING, ADD MORE LIQUID.



promote recovery



replenish energy stores



reduce inflammation

