

# THE EVERYDAY BLACKBERRY FIBER BLEND

## INGREDIENTS

- 1 cup blackberries
- 1 banana
- 2 tablespoons oats
- 1 tablespoon chia seeds or flaxseed
- 1 cup water, milk, or oat milk
- Optional: honey, Greek yogurt, cinnamon



CALORIES

240

PROTEIN

7g

## DIRECTIONS

1. Add all ingredients to a blender.
2. Blend until smooth and well combined.  
Add more liquid for a thinner consistency if needed.
3. Let sit 1–2 minutes for natural thickening from fiber.
4. Taste and adjust sweetness if desired.
5. Serve immediately.

# GOLDEN TURMERIC AND MANGO MILKSHAKE

## INGREDIENTS

1 cup mango chunks (fresh or frozen)

1 banana

1 cup milk or coconut milk

½ teaspoon turmeric

Pinch of black pepper  
(enhances turmeric absorption)

1 teaspoon honey or maple syrup  
(optional)

Ice cubes (optional)

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CALORIES

210

PROTEIN

6g



## DIRECTIONS

1. Add mango, banana, milk, turmeric, and black pepper to blender.
2. Blend until smooth and creamy.
3. Add ice if you want a thicker shake.
4. Taste and sweeten if needed.
5. Pour into a glass.
6. Serve immediately cold.

# TROPICAL PINEAPPLE COCONUT DEFROSTER

## INGREDIENTS

- 1 cup pineapple chunks
- 1 banana
- 1 cup coconut milk or coconut water
- 2 tablespoons shredded coconut
- Ice cubes (optional)
- Optional: lime juice, protein powder

**CALORIES**

**220**

**PROTEIN**

**4g**



## DIRECTIONS

1. Add pineapple, banana, coconut liquid, and coconut flakes to blender.
2. Blend until smooth.
3. Add ice for a frosty texture if desired.
4. Taste and adjust with lime juice or sweetness.
5. Serve chilled immediately.

# CHERRY ALMOND TART SMOOTHIE

## INGREDIENTS

- 1 cup cherries (fresh or frozen, pitted)
- 1 banana
- 1 cup milk or almond milk
- 1 tablespoon almond butter
- ¼ teaspoon almond extract  
(optional but enhances “tart” flavor)
- Ice cubes (optional)
- Optional: honey, vanilla yogurt

CALORIES

**280**

PROTEIN

**9g**

## DIRECTIONS

1. Add cherries, banana, milk, and almond butter to a blender.
2. Blend until smooth and creamy.
3. Add almond extract if using for a bakery-style flavor boost.
4. Add ice for a thicker, colder texture.
5. Taste and sweeten if desired.
6. Serve immediately chilled.



# CREAMY WILD BLUEBERRY AND FLAX SMOOTHIE

## INGREDIENTS

1 cup blueberries (wild or regular)

1 banana

1 cup milk or almond milk

1 tablespoon flaxseed  
(ground preferred)

Optional: yogurt, honey, ice

## CALORIES

280

## PROTEIN

10g



## DIRECTIONS

Add all ingredients to a blender.

Blend until smooth and creamy. Adjust thickness with milk or ice.

Pour into a glass.

Serve immediately cold.

# PEANUT BUTTER AND OATMEAL BREAKFAST BOWL

## INGREDIENTS

½ cup oats

1 cup milk or water

2 tablespoons peanut butter

1 teaspoon honey or  
maple syrup

Optional: banana slices,  
cinnamon, chia seeds

## CALORIES

**420**

## PROTEIN

**16g**

## DIRECTIONS

Cook oats with milk or water until thick and creamy.

Stir in peanut butter until melted. Add sweetener if desired.

Top with optional banana or cinnamon. Serve warm.



# DEEP GREEN SPINACH AND MANGO SMOOTHIE

## INGREDIENTS

1 cup spinach

1 cup mango chunks

1 banana

1 cup water, coconut water,  
or almond milk

Optional: chia seeds, ginger

**220**  
CALORIES

**5g**  
PROTEIN

## DIRECTIONS

Add spinach, mango, banana,  
and liquid to blender.

Blend until completely smooth.

Add ice if you want a colder,  
thicker texture.

Pour into a glass.

Serve fresh.



# STRAWBERRY BANANA MORNING CLASSIC

## INGREDIENTS

- 1 banana
- 1 cup strawberries (fresh or frozen)
- 1 cup milk or almond milk
- ½ cup Greek yogurt (optional  
for creaminess)
- Ice cubes (optional)

CALORIES	PROTEIN
230	13g

## DIRECTIONS

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Adjust thickness with more milk or ice if needed.
4. Pour into a glass.
5. Serve immediately chilled.



# SIMPLE ALMOND BUTTER BANANA BASIC

## INGREDIENTS

- 1 banana
- 1 tablespoon almond butter
- 1 cup milk or almond milk
- Ice cubes
- Optional: honey, cinnamon, oats

CALORIES

280

PROTEIN

9g

## DIRECTIONS

1. Add banana, almond butter, and milk to blender.
2. Blend until smooth and creamy.
3. Add ice for a colder, thicker drink.
4. Taste and sweeten if needed. Blend again briefly.
5. Serve immediately.



# THE GREEN MONSTER PINEAPPLE KALE

## INGREDIENTS

- 1 cup kale (stems removed)
- 1 cup pineapple chunks
- 1 banana
- 1 cup coconut water or almond milk
- Ice cubes
- Optional: ginger, chia seeds, honey

## CALORIES

180

## PROTEIN

3g



## DIRECTIONS

1. Add kale and liquid first to help blending.
2. Add pineapple and banana.
3. Blend until completely smooth and green.
4. Add ice for a frosty texture.
5. Taste and adjust sweetness if needed.
6. Serve immediately cold.

# HEMP HEART SUNFLOWER SEED SHAKE

## INGREDIENTS

- 1 banana
- 1 tablespoon hemp hearts
- 1 tablespoon sunflower seeds
- 1 cup milk or almond milk
- 1 teaspoon honey or maple syrup  
(optional)
- Ice cubes
- Optional: vanilla extract, cinnamon

## CALORIES

310

## PROTEIN

13g



## DIRECTIONS

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Add more milk if too thick.
4. Blend again for a silky texture.
5. Taste and sweeten if needed.
6. Serve immediately chilled.

# OATMEAL COOKIE BERRY DOUGH

## INGREDIENTS

1 banana

½ cup oats

½ cup mixed berries

1 tablespoon almond butter  
or peanut butter

½ teaspoon cinnamon

2–3 tablespoons milk  
(as needed)

Optional: vanilla extract, honey



CALORIES

**320**

PROTEIN

**9g**

## DIRECTIONS

1. Add banana and almond butter to a bowl or blender and mash.
2. Mix in oats, berries, cinnamon, and milk.
3. Stir until thick and dough-like. Adjust texture with more oats or milk if needed.
4. Add optional vanilla or honey.
5. Serve immediately or chill for firmer texture.

# KIWI LIME SUNSHINE SLUSH

## INGREDIENTS

2–3 kiwis, peeled

1 banana

Juice of 1 lime

1 cup orange juice or water

Ice cubes

Optional: honey, mint leaves

**CALORIES** 140

**PROTEIN** 2g



## DIRECTIONS

1. Add kiwi, banana, lime juice, and liquid to blender.
2. Blend until smooth.
3. Add ice and blend again until slushy.
4. Adjust tartness with extra lime if desired.
5. Sweeten lightly if needed.
6. Serve immediately cold.

# SWEET POTATO AND PECAN PIE BLEND

## INGREDIENTS

- ½ cup cooked sweet potato (cooled)
- 1 banana
- 1 cup milk or almond milk
- 2 tablespoons pecans
- ½ teaspoon cinnamon
- Pinch of nutmeg
- 1-2 teaspoons maple syrup (optional)
- Ice cubes (optional)
- Optional: vanilla extract

## CALORIES

**230**

## PROTEIN

**6g**



## DIRECTIONS

1. Add sweet potato, banana, milk, pecans, and spices to blender.
2. Blend until smooth and creamy.
3. Add ice for a thicker, colder texture.
4. Taste and sweeten with maple syrup if desired.
5. Blend again briefly to combine.
6. Serve immediately chilled.

# SPICED PUMPKIN PIE SMOOTHIE

## INGREDIENTS

1 cup pumpkin purée  
1 banana  
1 cup milk or almond milk  
½ teaspoon cinnamon  
¼ teaspoon nutmeg  
Pinch of ginger  
1–2 teaspoons maple syrup  
or honey (optional)  
Ice cubes (optional)  
Optional: vanilla extract,  
Greek yogurt

## CALORIES

220

## PROTEIN

7g

## DIRECTIONS

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Adjust thickness with milk or ice.
4. Taste and sweeten if needed.
5. Pour into a glass. Serve immediately chilled.



# POMEGRANATE BERRY TART

## INGREDIENTS

- 1 cup mixed berries  
(strawberries, blueberries,  
raspberries)
- ½ cup pomegranate seeds
- 1 banana
- 1 cup milk or almond milk
- 1 teaspoon lemon juice  
(for tartness)
- Ice cubes
- Optional: honey,  
vanilla yogurt



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**190**  
CALORIES

**8g**  
PROTEIN

## DIRECTIONS

1. Add berries, pomegranate seeds, banana, and milk to blender.
2. Blend until smooth.
3. Add lemon juice to enhance tart flavor.
4. Add ice for a thicker, colder drink.
5. Taste and sweeten if needed.
6. Serve immediately chilled.

# MINT CHOCOLATE GREEN SHAKE

## INGREDIENTS

- 1 banana
- 1 cup spinach
- 1 cup milk or almond milk
- 1 tablespoon cocoa powder
- 4–6 fresh mint leaves  
(or ¼ teaspoon peppermint extract)
- Ice cubes
- Optional: honey, protein powder

CALORIES

**230**

PROTEIN

**11g**



## DIRECTIONS

1. Add all ingredients to a blender.
2. Blend until completely smooth.
3. Add ice for a frosty texture.
4. Adjust mint or cocoa to taste.
5. Pour into a glass.
6. Serve immediately chilled.

# SIMPLE GREEN PEAR AND GINGER TONIC

## INGREDIENTS

- 1 ripe pear, chopped
- 1 cup spinach
- 1 cup cold water or coconut water
- ½ teaspoon grated ginger
- Juice of ½ lemon
- Ice cubes
- Optional: honey, mint

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**CALORIES** 90

**PROTEIN** 2G

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## DIRECTIONS

1. Add pear, spinach, ginger, and liquid to blender.
2. Blend until smooth. Strain if you prefer a lighter tonic texture.
3. Add lemon juice and stir.
4. Pour over ice.
5. Serve fresh and chilled.



# APPLE CINNAMON CRISP SMOOTHIE

## INGREDIENTS

- 1 apple, chopped
- 1 banana
- 1 cup milk or almond milk
- ½ teaspoon cinnamon
- 2 tablespoons oats
- Ice cubes
- Optional: honey, vanilla, yogurt

**CALORIES:** 260

**PROTEIN:** 8g

## DIRECTIONS

1. Add apple, banana, oats, milk, and cinnamon to blender.
2. Blend until smooth and creamy.
3. Add ice for a chilled texture.
4. Taste and adjust sweetness.
5. Pour into a glass. Serve immediately.



# RASPBERRY CACAO INDULGENCE

## INGREDIENTS

- 1 cup raspberries (fresh or frozen)
- 1 banana
- 1 cup milk or almond milk
- 1 tablespoon cocoa powder
- 1 tablespoon nut butter (optional)
- Ice cubes
- Optional: honey, vanilla extract

CALORIES

**280**

PROTEIN

**9g**



## DIRECTIONS

1. Add all ingredients to blender.
2. Blend until rich, smooth, and creamy.
3. Add ice for thicker, milkshake-like texture.
4. Adjust sweetness if needed.
5. Pour into a glass. Serve immediately chilled.

# SUNNY CITRUS AND PEACH SLUSH

## INGREDIENTS

- 1 cup orange juice
- 1 cup peaches (fresh or frozen)
- ½ banana
- Juice of ½ lemon
- Ice cubes
- Optional: honey, mint

## CALORIES

160

## PROTEIN

1 g

## DIRECTIONS

1. Add all ingredients to a blender.
2. Blend until slushy and smooth.
3. Adjust thickness with more ice or juice.
4. Taste and sweeten if needed.
5. Pour into a chilled glass.
6. Serve immediately.



# COLD BREW COFFEE AND ALMOND SMOOTHIE

## INGREDIENTS

- 1 cup cold brew coffee
- 1 banana
- 1 tablespoon almond butter
- ½ cup milk or almond milk
- Ice cubes
- Optional: honey, cocoa powder, protein powder

## CALORIES

280

## PROTEIN

11g



## DIRECTIONS

1. Add cold brew, banana, almond butter, and milk to a blender.
2. Blend until smooth and creamy.
3. Add ice and blend again for a frosty texture.
4. Taste and sweeten if desired.
5. Pour into a glass. Serve immediately chilled.

# RASPBERRY CACAO INDULGENCE

## INGREDIENTS

- 1 cup raspberries (fresh or frozen)
- 1 banana
- 1 cup milk or almond milk
- 1 tablespoon cocoa powder
- 1 tablespoon nut butter (optional)
- Ice cubes
- Optional: honey, vanilla extract

CALORIES

**280**

PROTEIN

**9g**



## DIRECTIONS

1. Add all ingredients to blender.
2. Blend until rich, smooth, and creamy.
3. Add ice for thicker, milkshake-like texture.
4. Adjust sweetness if needed.
5. Pour into a glass. Serve immediately chilled.

# SUNNY CITRUS AND PEACH SLUSH

## INGREDIENTS

- 1 cup orange juice
- 1 cup peaches (fresh or frozen)
- ½ banana
- Juice of ½ lemon
- Ice cubes
- Optional: honey, mint

## CALORIES

160

## PROTEIN

1 g

## DIRECTIONS

1. Add all ingredients to a blender.
2. Blend until slushy and smooth.
3. Adjust thickness with more ice or juice.
4. Taste and sweeten if needed.
5. Pour into a chilled glass.
6. Serve immediately.



# COLD BREW COFFEE AND ALMOND SMOOTHIE

## INGREDIENTS

- 1 cup cold brew coffee
- 1 banana
- 1 tablespoon almond butter
- ½ cup milk or almond milk
- Ice cubes
- Optional: honey, cocoa powder, protein powder

## CALORIES

280

## PROTEIN

11g



## DIRECTIONS

1. Add cold brew, banana, almond butter, and milk to a blender.
2. Blend until smooth and creamy.
3. Add ice and blend again for a frosty texture.
4. Taste and sweeten if desired.
5. Pour into a glass. Serve immediately chilled.

# DATE AND WALNUT ENERGY SHAKE

## INGREDIENTS

- 2–4 dates, pitted
- 2 tablespoons walnuts
- 1 banana
- 1 cup milk or almond milk
- ½ teaspoon cinnamon
- Ice cubes
- Optional: honey, vanilla extract, oats

## CALORIES

320

## PROTEIN

10g



## DIRECTIONS

1. Add dates, walnuts, banana, and milk to a blender.
2. Blend until smooth and creamy.
3. Add cinnamon and ice for a chilled texture.
4. Blend again until fully combined.
5. Taste and sweeten if needed.
6. Serve immediately cold.

# CUCUMBER MINT CLEANSE SLUSH

## INGREDIENTS

1 cucumber, chopped

8–10 mint leaves

Juice of 1 lime

1 cup cold water or

coconut water

Ice cubes

Optional: honey

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**CALORIES** 60

**PROTEIN** 1g

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## DIRECTIONS

1. Add cucumber, mint, lime juice, and liquid to blender.
2. Blend until smooth and refreshing.
3. Add ice and blend again into a slushy texture.
4. Taste and adjust lime or sweetness if needed.
5. Pour into a glass. Serve immediately very cold.



# BLUE LAGOON SPIRULINA BLEND

## INGREDIENTS

1 banana

1 cup pineapple or mango

1 cup coconut water or almond milk

½ teaspoon spirulina powder

Ice cubes

Optional: honey, lime juice

## CALORIES

210

## PROTEIN

3g

## DIRECTIONS

1. Add fruit, liquid, and spirulina to blender.
2. Blend until smooth and bright blue-green.
3. Add ice for a chilled texture.
4. Taste carefully and adjust sweetness if needed.  
Blend again briefly.
5. Serve immediately cold.



# CARROT CAKE IN A GLASS

## INGREDIENTS

1 cup carrots, finely grated

1 banana

1 cup milk or almond milk

2 tablespoons oats

½ teaspoon cinnamon

Pinch of nutmeg

1–2 teaspoons honey or  
maple syrup (optional)

Ice cubes

Optional: walnuts, vanilla  
extract, Greek yogurt



## CALORIES

230

## PROTEIN

7g

## DIRECTIONS

1. Add carrots, banana, milk, oats, and spices to a blender.
2. Blend until smooth and creamy.
3. Add ice for a thicker, chilled texture.
4. Taste and sweeten if needed.
5. Pour into a glass and top with walnuts if desired.
6. Serve immediately cold.

# CREAMY PEAR AND PECAN DELIGHT

## INGREDIENTS

- 1 ripe pear, chopped
- 1 banana
- 1 cup milk or almond milk
- 2 tablespoons pecans
- ½ teaspoon cinnamon
- Ice cubes (optional)
- Optional: vanilla extract, honey

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## CALORIES

320

## PROTEIN

8g

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## DIRECTIONS

1. Add pear, banana, milk, pecans, and cinnamon to blender.
2. Blend until smooth and creamy.
3. Add ice for a chilled texture if desired.
4. Taste and sweeten if needed. Blend again briefly.
5. Serve immediately.



# ULTIMATE BERRY MEDLEY CREAM

## INGREDIENTS

1½ cups mixed berries  
(strawberries, blueberries,  
raspberries)

1 banana

1 cup Greek yogurt or milk

1 teaspoon honey or  
maple syrup (optional)

Ice cubes

Optional: vanilla extract,  
chia seeds

CALORIES

230

PROTEIN

14g



## DIRECTIONS

1. Add all berries, banana, and liquid base to blender.
2. Blend until thick and creamy.
3. Add ice for a frozen, milkshake-style texture.
4. Adjust sweetness if needed. Blend again until smooth.
5. Serve immediately chilled.

# BEET AND BLACKBERRY BEAUTY

## INGREDIENTS

- ½ cup cooked beet  
(or raw peeled, chopped)
- 1 cup blackberries
- 1 banana
- 1 cup almond milk or  
coconut water
- 1 teaspoon honey (optional)
- Ice cubes
- Optional: lemon juice,  
chia seeds

**CALORIES** 170

**PROTEIN** 3g

## DIRECTIONS

- Add beet, blackberries, banana, and liquid to a blender. Blend until smooth and vibrant.
- Add ice for a chilled, thicker texture.
- Taste and sweeten if needed.
- Pour into a glass. Serve immediately cold.



# SPICY MEXICAN CHOCOLATE SHAKE

## INGREDIENTS

- 1 banana
- 1 tablespoon cocoa powder
- 1 cup milk or almond milk
- ¼ teaspoon cinnamon
- Pinch of chili powder or cayenne (to taste)
- 1 teaspoon honey or maple syrup (optional)
- Ice cubes
- Optional: vanilla extract, peanut butter

CALORIES

240

PROTEIN

8g



## DIRECTIONS

1. Add all ingredients to a blender.
2. Blend until smooth and rich.
3. Adjust spice level carefully (start small with chili).
4. Add ice for a frosty texture.
5. Taste and sweeten if needed.
6. Serve immediately chilled.

# PEANUT BUTTER JELLY TIME

## INGREDIENTS

- 1 banana
- 2 tablespoons peanut butter
- ½ cup mixed berries  
(strawberries, raspberries,  
or jam-style blend)
- 1 cup milk or almond milk
- Ice cubes
- Optional: honey, oats

CALORIES

360

PROTEIN

15g

## DIRECTIONS

1. Add banana, peanut butter, berries, and milk to blender.
2. Blend until smooth and creamy.
3. Add ice for a thicker, milkshake-style texture.
4. Taste and sweeten if needed.
5. Pour into a glass.
6. Serve immediately cold.



# GREEN TEA AND HONEYDEW MELON SMOOTHIE

## INGREDIENTS

- 1 cup brewed green tea (cooled)
- 1½ cups honeydew melon, cubed
- 1 banana
- Ice cubes
- 1 teaspoon honey (optional)
- Optional: mint leaves, lime juice

CALORIES

**160**

PROTEIN

**2g**



## DIRECTIONS

1. Brew green tea and let it cool completely.
2. Add tea, honeydew, banana, and ice to blender.
3. Blend until smooth and frothy.
4. Taste and sweeten if needed.
5. Adjust consistency with more tea or ice.
6. Serve chilled.

# WATERMELON BASIL HYDRATION COOLER

## INGREDIENTS

2 cups watermelon, cubed

6–8 fresh basil leaves

Juice of ½ lime

½ cup cold water or  
coconut water

Ice cubes

Optional: honey



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CALORIES

**70**

PROTEIN

**1g**

## DIRECTIONS

1. Add watermelon, basil, lime juice, and liquid to blender.
2. Blend until smooth.
3. Strain if you prefer a lighter juice-like texture.
4. Pour over ice.
5. Stir and adjust sweetness if needed.
6. Serve immediately very cold.

# CREAMY CASHEW AND FIG COMFORT

## INGREDIENTS

2–3 dried figs (or fresh figs if available)

1–2 tablespoons cashew butter

1 banana

1 cup milk or almond milk

½ teaspoon vanilla extract

Ice cubes (optional)

Optional: cinnamon, Greek yogurt

## CALORIES

360

## PROTEIN

11g

## DIRECTIONS

1. Add figs, banana, cashew butter, and milk to blender.
2. Blend until smooth and creamy.
3. Add vanilla and blend again briefly.
4. Adjust thickness with ice or more milk.
5. Taste and sweeten if needed.
6. Serve immediately chilled.



# CRANBERRY ORANGE WINTER SPARK

## INGREDIENTS

1 cup cranberries (fresh or frozen)

1 orange, peeled and segmented

1 banana

1 cup orange juice

Ice cubes

Optional: honey, ginger

CALORIES

180

PROTEIN

2g



## DIRECTIONS

1. Add cranberries, orange, banana, and juice to blender.
2. Blend until smooth.
3. Add ice for a frosty texture.
4. Taste and balance tartness with honey if needed.  
Add ginger for warmth if desired.
5. Serve immediately chilled.

# TAHINI DATE SHAKE

## INGREDIENTS

2–4 dates, pitted

1 tablespoon tahini

1 banana

1 cup milk or almond milk

½ teaspoon cinnamon

Ice cubes (optional)

Optional: vanilla extract

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## CALORIES

320

## PROTEIN

9g

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## DIRECTIONS

1. Soak dates in warm water for 5–10 minutes if they're firm.
2. Add all ingredients to a blender.
3. Blend until smooth and creamy.
4. Adjust thickness with more milk or ice.
5. Taste and add cinnamon or vanilla if desired.
6. Serve immediately chilled.



# TOASTED COCONUT MANGO BREEZE

## INGREDIENTS

- 1 cup mango chunks
- 1 banana
- 1 cup coconut milk or coconut water
- 2 tablespoons shredded coconut
- Ice cubes
- Optional: honey, lime juice

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220

CALORIES

4g

PROTEIN

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## DIRECTIONS

1. Add mango, banana, coconut liquid, and shredded coconut to blender.
2. Blend until smooth and tropical.
3. Add ice for a frosty texture.
4. Adjust sweetness or lime juice if desired.
5. Pour into a glass.
6. Serve immediately chilled.

# CRANBERRY ORANGE WINTER SPARK

## INGREDIENTS

1 cup cranberries (fresh or frozen)

1 orange, peeled and segmented

1 banana

1 cup orange juice

Ice cubes

Optional: honey, ginger

CALORIES

180

PROTEIN

2g



## DIRECTIONS

1. Add cranberries, orange, banana, and juice to blender.
2. Blend until smooth.
3. Add ice for a frosty texture.
4. Taste and balance tartness with honey if needed.  
Add ginger for warmth if desired.
5. Serve immediately chilled.

# TAHINI DATE SHAKE

## INGREDIENTS

2–4 dates, pitted

1 tablespoon tahini

1 banana

1 cup milk or almond milk

½ teaspoon cinnamon

Ice cubes (optional)

Optional: vanilla extract

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## CALORIES

320

## PROTEIN

9g

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## DIRECTIONS

1. Soak dates in warm water for 5–10 minutes if they're firm.
2. Add all ingredients to a blender.
3. Blend until smooth and creamy.
4. Adjust thickness with more milk or ice.
5. Taste and add cinnamon or vanilla if desired.
6. Serve immediately chilled.



# TOASTED COCONUT MANGO BREEZE

## INGREDIENTS

- 1 cup mango chunks
- 1 banana
- 1 cup coconut milk or coconut water
- 2 tablespoons shredded coconut
- Ice cubes
- Optional: honey, lime juice

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220

CALORIES

4g

PROTEIN

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## DIRECTIONS

1. Add mango, banana, coconut liquid, and shredded coconut to blender.
2. Blend until smooth and tropical.
3. Add ice for a frosty texture.
4. Adjust sweetness or lime juice if desired.
5. Pour into a glass.
6. Serve immediately chilled.

# POMEGRANATE PEACH SUNRISE

## INGREDIENTS

1 cup peaches (fresh or frozen)

½ cup pomegranate seeds

1 banana

1 cup orange juice

Ice cubes

Optional: honey, vanilla yogurt

CALORIES

**210**

PROTEIN

**3g**



## DIRECTIONS

1. Add peaches, pomegranate seeds, banana, and orange juice to blender.
2. Blend until smooth and vibrant.
3. Add ice for a slushy consistency.
4. Taste and adjust sweetness if needed.
5. Pour into a glass. Serve immediately chilled.

# CLASSIC CANTALOUPE AND MINT REFRESHER

## INGREDIENTS

2 cups cantaloupe, cubed

6–8 fresh mint leaves

½ cup cold water or  
coconut water

Juice of ½ lime (optional)

Ice cubes

Optional: honey

CALORIES

**80**

PROTEIN

**1g**



## DIRECTIONS

1. Add cantaloupe, mint, and liquid to blender.
2. Blend until smooth and light.
3. Strain if you prefer a juice-like drink.
4. Stir in lime juice if using.
5. Pour over ice.
6. Serve very cold and refreshing.

# VANILLA CHAI PROTEIN BOOSTER

## INGREDIENTS

- 1 scoop vanilla protein powder
- 1 cup milk or almond milk
- ½ teaspoon cinnamon
- ¼ teaspoon ginger
- Pinch of cardamom (optional)
- 1 teaspoon honey or maple syrup (optional)
- Ice cubes
- Optional: brewed chai tea instead of milk

CALORIES

**190**

PROTEIN

**20g**

## DIRECTIONS

1. Add all ingredients to a blender or shaker.
2. Blend or shake until smooth and frothy.
3. Adjust sweetness or spice to taste.
4. Add ice for a colder shake.
5. Shake again briefly if needed.
6. Serve immediately chilled.



# TROPICAL PAPAYA LIME SMOOTHIE

## INGREDIENTS

- 1½ cups papaya, chopped
- 1 banana
- Juice of 1 lime
- 1 cup coconut water or almond milk
- Ice cubes
- Optional: honey, ginger, mint

## CALORIES

160

## PROTEIN

2g

## DIRECTIONS

1. Add papaya, banana, lime juice, and liquid to a blender.
2. Blend until smooth and tropical-creamy.
3. Add ice for a chilled, slushy texture.
4. Taste and adjust lime or sweetness if needed.
5. Pour into a glass. Serve immediately cold.



# GRAPEFRUIT AVOCADO CREAM

## INGREDIENTS

- 1 grapefruit, segmented
- 1 ripe avocado
- ½ banana
- 1 cup milk or almond milk
- 1–2 teaspoons honey (optional)
- Ice cubes
- Optional: lime juice

## CALORIES

290

## PROTEIN

6g

## DIRECTIONS

1. Scoop avocado and add to blender.
2. Add grapefruit segments, banana, and milk.
3. Blend until smooth and creamy.
4. Add ice for a thicker, chilled texture.
5. Taste and sweeten lightly if needed.
6. Serve immediately cold.

