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### "Blue" Nettle-Berries Protein Smoothie

**Servings: 2 Cooking** 

Times Total Time: 5

minutes **Nutrition** 

### **Facts**

- ← Serving size: 1/2 of a recipe (10 oz)
- Percent daily values based on the Reference Daily Intake
   (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.

### **Amount per Serving**

- ← Calories 98
- ← Calories From Fat (11%) 11

### % Daily Value

- ← Total Fat 1g 2%
- ← Saturated Fat 5g 23%
- ← Cholesterol 2mg <1%
- ← Sodium 24mg 1%
- ← Potassium 524mg 15%
- ← Total Carbohydrates 11g 5%
- ← Fiber 8g 41%
- ← Sugar 32g
- ← Protein 6g 12%



- 2 cups fresh nettle (tightly packed)
- 1/2 large banana
- 1 cup blueberries, chopped
- 1 scoop of grass fed collagen

protein powder

- 1 cup almond milk
- 1 cup cold water
- 10 drops Stevia
- Sort through your fresh nettle and remove any large stems.
- 2. Blanch the nettle to remove the "sting." Bring a pot of water to boil. Drop the leaves in the boiling water for two minutes. Strain.
- 3. Add nettle to the blender with all other ingredients. Blend until smooth well.
- 4. Serve.



### **Absolute Green Protein Smoothie**

**Servings: 3 Cooking** 

Times Total Time: 5

minutes **Nutrition** 

### Facts

- ← Serving size: 1/3 of a recipe (9 ounces).
- Percent daily values based on the Reference Daily Intake
   (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.

### Amount per Serving

- ← Calories 42
- ← Calories From Fat (19%) 8

- ← Total Fat 1g 1%
- ← Saturated Fat 0.1g <1%
- ← Cholesterol 1mg <1%
- ← Sodium 65mg 3%
- ← Potassium 387mg 11%
- ← Total Carbohydrates 5g 2%
- ← Fiber 2g 8%
- ← Sugar 2g
- ← Protein 3g 6%



- 1 1/2 cups of spinach
- 1/2 cup curly green kale leaves
- 1 cucumber, peeled and chopped
- 1 cup celery leaves
- 2 Tbsp grated fresh ginger
- 1 scoop of grass fed collagen

- protein powder
- 1 cup cold water
  1 packet of stevia
- 1 packet of stevia sweetener granulated
- 1 cup crushed ice cubes
- Combine all ingredients from the list above (except ice cubes) in a blender.
- 2. Blend until smooth.
- 3. Add ice cubes; blend until smooth.
- 4. Serve immediately.



**Servings: 2 Cooking** 

**Times** Total Time: 5

minutes **Nutrition** 

### **Facts**

- ← Serving size: 1/2 of a recipe (10 ounces).
- Percent daily values based on the Reference Daily Intake
   (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.

### **Amount per Serving**

- ← Calories 48
- ← Calories From Fat (6%) 3

- ← Total Fat 0,34g <1%
- ← Saturated Fat 0.2g <1%
- ← Cholesterol 0mg 0%
- ← Sodium 297mg 12%
- ← Potassium 256mg 7%
- ← Total Carbohydrates 8g 3%
- ← Fiber 4g 14%
- ← Sugar 43g
- ← Protein 1.5g 3%



- 2 cups almond milk
- 1 cup pumpkin puree, unsweetened
- 1 cup baby spinach leaves, chopped
- 1 scoop of grass fed collagen protein powder
- 1/2 cup water
- Ice cubes (optional)
- 1. Combine all the ingredients in your high-speed blender.
- 2. Blend until silky smooth.
- 3. Serve in a chill glasses.
- 4. Enjoy!



# Arugula, Lettuce & Avocado Smoothie

**Servings: 2 Cooking** 

Times Total Time: 5

minutes Nutrition

#### **Facts**

- ← Serving size: 1/2 of a recipe (13 ounces).
- Percent daily values based on the Reference Daily Intake
   (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.

### **Amount per Serving**

- ← Calories 94
- ← Calories From Fat (40%) 38

- ← Total Fat 5g 7%
- ← Saturated Fat 2,82g 14%
- ← Cholesterol 1mg <1%
- ← Sodium 54mg 2%
- ← Potassium 553mg 16%
- ← Total Carbohydrates 8g 4%
- ← Fiber 4g 16%
- ← Sugar 4g
- ← Protein 6g 12%



- 2 cups fresh arugula
- 1 head of lettuce
- 1 scoop of grass fed collagen protein powder
- 1/2 cup water

- 1/4 cup coconut milk (unsweetened)
- 2 tsp fresh lemon juice
- ice cubes (optional)
- Combine all ingredients in a blender and blend until smooth.
- 2. Pour in a chilled glass, and add ice cubes (if used).
- 3. Serve immediately.

# **Black Hurrican Ginger Kale Smoothie**

**Servings: 2 Cooking** 

Times Total Time: 5

minutes **Nutrition** 

### **Facts**

- ← Serving size: 1/2 of a recipe
   (9 ounces)
- Percent daily values based on the Reference Daily Intake
   (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.

### **Amount per Serving**

- ← Calories 71
- ← Calories From Fat (22%) 16

- ← Total Fat 2g 3%
- ← Saturated Fat 0.2g 1%
- ← Cholesterol 1.2mg <1%
- ← Sodium 37mg 2%
- ← Potassium 325mg 9%
- ← Total Carbohydrates 9g 4%
- ← Fiber 2g 8%
- ← Sugar 3g
- ← Protein 4.5g 8%



- 1 cup fresh kale leaves
- 1 cup water
- 1/2 cup almond milk (unsweetened)
- 2 Tbsp raw almonds, peeled
- 1 scoop of grass fed collagen protein powder
- 2 Tbsp stevia sweetener

- granulated
- 1/2 banana fresh or frozen (optional)
- 1 pinch of ground black pepper
- 2 tsp finely minced ginger
- 1 cup Ice cubes
- Combine all ingredients from the list above in your fastspeed blender or food processor.
- 2. Blend until smooth well.
- 3. Serve and enjoy!

# **Boosting Protein Smoothie**

Servings: 2

### **Cooking Times**

Total Time: 25 minutes

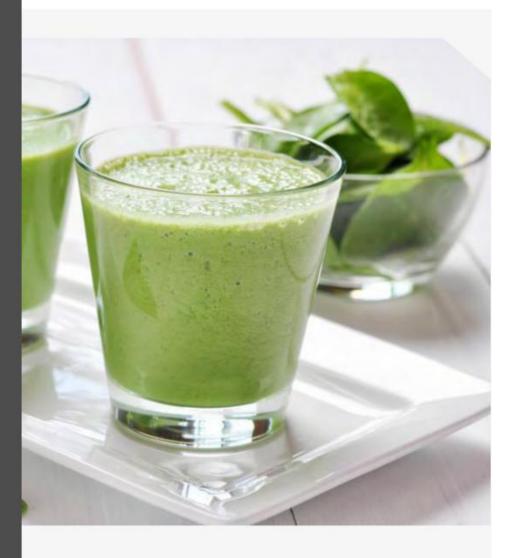
### **Nutrition Facts**

- ← Serving size: 1/2 of a recipe(11 ounces).
- Percent daily values based on the Reference Daily Intake
   (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.

### Amount per Serving

- ← Calories 66
- ← Calories From Fat (17%) 11

- ← Total Fat 1.5g 2%
- ← Saturated Fat 0.1g <1%
- ← Cholesterol 1.2mg <1%
- ← Sodium 237mg 10%
- ← Potassium 653mg 19%
- ← Total Carbohydrates 8.5g 4%
- ← Fiber 5g 19%
- ← Sugar 0.5g
- ← Protein 4.6g 9%



- 1 cup of spinach
- 1 fennel bulb (very young)
- 1 scallion (finely chopped)
- 1 cup Greek yogurt (plain and unsweetened)
- 1 scoop of grass fed collagen protein powder
- 1/4 tsp cinnamon
- 1 pinch of salt
- 1. Place all ingredients from the list in a high-speed blender.
- 2. Blend until smooth and creamy.
- 3. Serve.



# **Celery Accelerator Smoothie**

**Servings: 2 Cooking** 

Times Total Time: 5

minutes **Nutrition** 

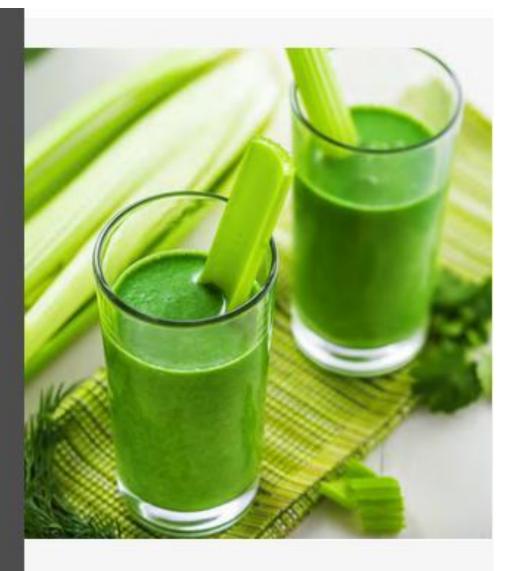
### **Facts**

- ← Serving size: 1/2 of a recipe (14 ounces).
- Percent daily values based on the Reference Daily Intake
   (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.

### **Amount per Serving**

- ← Calories 67
- ← Calories From Fat (23%) 16

- ← Total Fat 2g 3%
- ← Saturated Fat 1g 4%
- ← Cholesterol 6mg 2%
- ← Sodium 85mg 4%
- ← Potassium 510mg 15%
- ← Total Carbohydrates 8g 4%
- ← Fiber 4g 15%
- ← Sugar 3g
- ← Protein 4g 8%



- 1 celery stalk, chopped
- 1 Tbs fresh parsley, chopped
- 1 cup baby spinach
- 1 small cucumber, chopped
- 1 scoop grass fed collagen
- protein powder
- 1 cup water
- Ice cubes, optional
- 1. In a blender, add all the ingredients.
- 2. Blend until well combined.
- 3. Serve cold.

# **Celery & Romaine Lettuce Smoothie**

**Servings: 2 Cooking** 

Times Total Time: 5

minutes Nutrition

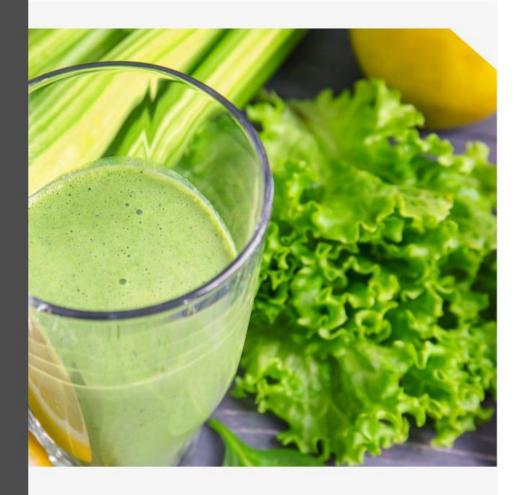
### **Facts**

- ← Serving size: 1/2 of a recipe (13 ounces).
- Percent daily values based on the Reference Daily Intake
   (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.

### **Amount per Serving**

- ← Calories 66
- ← Calories From Fat (20%) 13

- ← Total Fat 1.5g 2%
- ← Saturated Fat 0.2g <1%
- ← Cholesterol 1.2mg <1%
- ← Sodium 103mg 4%
- ← Potassium 645mg 18%
- ← Total Carbohydrates 7g 3%
- ← Fiber 4g 16%
- ← Sugar 2g
- ← Protein 6g 11%



- 2 stalks of celery
- 3 cups romaine lettuce
- 1 cup baby spinach
- 1 cup kale
- 1 cup fennel bulb, shredded
- 1 scoop of grass fed collagen protein powder
- 2 tsp spirulina
- 2 cups water
- Ice cubes
- 1. In a food processor or a blender add the celery, romaine lettuce, baby spinach, kale, fennel bulb, spirulina, water and ice cubes.
- 2. Blend until well incorporated.
- 3. Serve and enjoy.

### Chilli Cocoa-Coffee Protein Smoothie

Servings: 3

### **Cooking Times**

Preparation Time: 10 minutes

Inactive Time: 2 hours

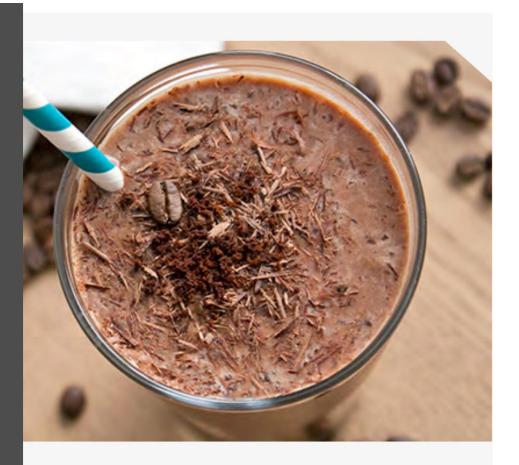
### **Nutrition Facts**

- ← Serving size: 1/3 of a recipe(9 ounces).
- ← Percent daily values based on the Reference Daily Intake
   (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.

### **Amount per Serving**

- ← Calories 319
- ← Calories From Fat (86%) 273

- ← Total Fat 33g 51%
- ← Saturated Fat 19g 88%
- ← Cholesterol 1mg <1%
- ← Sodium 35mg 1%
- ← Potassium 423mg 12%
- ← Total Carbohydrates 6g 2%
- ← Fiber 1g 3%
- ← Sugar 0.3g
- ← Protein 5g 10%



- 2 cups coconut milk, unsweetened
- 1 cup water
- 2 tsp instant coffee granules
- 1 scoop of grass fed collagen protein powder
- 1 packet of stevia sweetener

- granulated
- 1 tsp cocoa powder, unsweetened
- 1/2 tsp vanilla extract
- 1. Combine all ingredients together in a freezer-safe bowl.
- 2. Stir well and place and freeze for 2 hours.
- 3. Remove from the freezer and place into high-speed blender.
- 4. Blend until smooth and creamy.
- 5. Serve

## **Coconut Queen Smoothie with Protein Powder**

### Servings: 2

### **Nutrition Facts**

- ← Serving size: 1/2 of a recipe(8 ounces)
- ← Percent daily values based on the Reference Daily Intake
   (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.

### **Amount per Serving**

- ← Calories 247
- ← Calories From Fat (76%) 189

- ← Total Fat 23g 35%
- ← Saturated Fat 12g 60%
- ← Cholesterol 1mg <1%
- ← Sodium 55mg 2%
- ← Potassium 629mg 18%
- ← Total Carbohydrates 8g 3%
- ← Fiber 5g 20%
- ← Sugar 1g
- ← Protein 7g 13%



- 2 cups fresh spinach (chopped)
- 1/2 avocado (diced)
- 1 cup coconut milk (canned)
- 1/2 cup water
- 1 scoop of grass fed collagen
- protein powder
- 2 Tbs Slivered almonds for garnish
  - 2 Tbsp stevia sweetener granulated (or to taste)
- Blend all ingredients together in a high- speed blender until smooth.
- 2. Pour into a cups and top with slivered almonds.
- 3. Enjoy!

# Coriander, Spinach, and Ginger Smoothie

**Servings: 3 Cooking** 

Times Total Time: 5

minutes Nutrition

### **Facts**

- ← Serving size: 1/3 of a recipe (10.5 ounces)
- Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.

### **Amount per Serving**

- ← Calories 46
- ← Calories From Fat (17%) 8

- ← Total Fat 1g 1%
- ← Saturated Fat 0.1g <1%
- ← Cholesterol 1mg <1%</p>
- ← Sodium 27mg 1%
- ← Potassium 309mg 9%
- ← Total Carbohydrates 7g 3%
- ← Fiber 2g 7%
- ← Sugar 3g
- ← Protein 3g 6%



- 1 cup spinach, fresh
- 1/2 cup coriander, fresh
- 1/2 banana frozen or fresh
- 1 cucumber
- 1 scoop of grass fed collagen protein powder
- · 2 cups water
- 2-inch ginger, grated
- 2 Tbsp Stevia (more or less to taste)
- 1. Blend spinach, coriander, and water until smooth.
- Add all remaining ingredients and blend again until combined well.
- 3. Serve.

# **Dandelion Dragon Protein Smoothie**

**Servings: 4 Cooking** 

Times Total Time: 5

minutes Nutrition

### **Facts**

- ← Serving size: 1/4 of a recipe(10 ounces)
- Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.

### **Amount per Serving**

- ← Calories 124
- ← Calories From Fat (61%) 75

- ← Total Fat 9g 14%
- ← Saturated Fat 6g 29%
- ← Cholesterol 1mg <1%
- ← Sodium 40mg 2%
- ← Potassium 427mg 12%
- ← Total Carbohydrates 8g 3%
- ← Fiber 3g 12%
- ← Sugar 3g
- ← Protein 3.5g 7%



- 2 cups raw dandelion greens
- 1/2 avocado (fresh diced)
- 1 cucumber
- 1/2 banana fresh or frozen
- 1 scoop of grass fed collagen 2 Tbsp stevia sweet-
- protein powder
- 1/2 cups coconut milk (canned)
- · 2 cups cold water
  - 2 Tbsp stevia sweetener granulated
- 1. Combine all ingredients together in your fast-speed blender.
- 2. Blend until combined well and smooth.
- 3. Serve.



# **Green Avocado Spectrum Smoothie**

Servings: 2

**Cooking Times** 

Total Time: 10 minutes

**Nutrition Facts** 

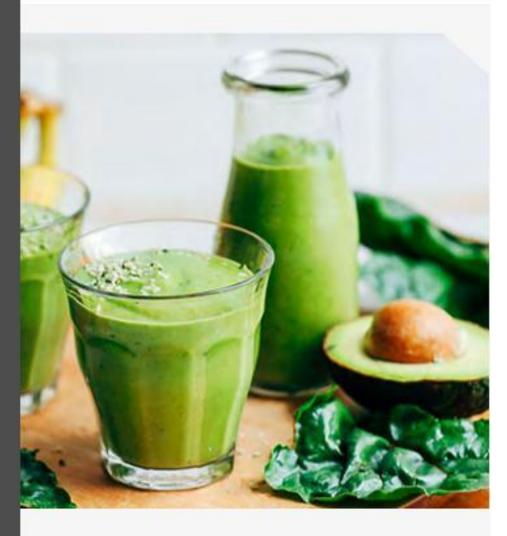
← Serving size: 1/2 of a recipe(8.5 ounces)

- Percent daily values based on the Reference Daily Intake
   (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.

### **Amount per Serving**

- ← Calories 401
- ← Calories From Fat (81%) 333

- ← Total Fat 40g 61%
- ← Saturated Fat 14g 78%
- ← Cholesterol 1mg <1%
- ← Sodium 47mg 2%
- ← Potassium 863mg 25%
- ← Total Carbohydrates 9g 5%
- ← Fiber 8g 31%
- ← Sugar 1g
- ← Protein 7g 14%



- 1 avocado (diced)
- 1 cup coconut milk
- 1/2 cup fresh spinach (chopped)
- 1 cup fresh peppermint leaves, chopped
- 1 scoop of grass fed collagen protein powder
- 5 drops liquid stevia
- ice cubes (optional)
- 1. Wash the mint and spinach, halve and peel the avocado.
- Place all ingredients in your high-speed blender, and blend until smooth.
- 3. Serve in chilled glasses with ice cubes.

## **Green Salad Paradise Smoothie**

Servings: 2

### **Cooking Times**

Total Time: 10 minutes

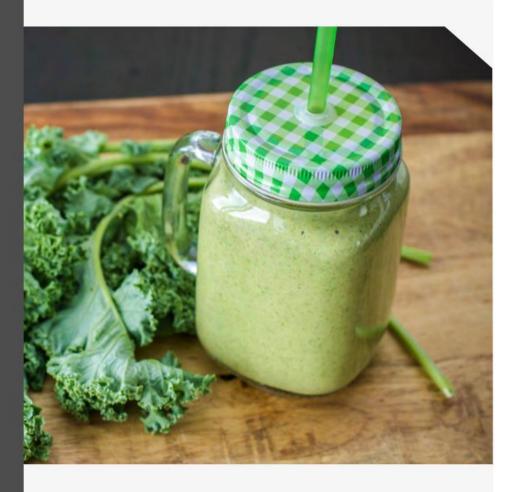
### **Nutrition Facts**

- ← Serving size: 1/2 of a recipe(11 ounces)
- Percent daily values based on the Reference Daily Intake
   (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.

### Amount per Serving

- ← Calories 169
- ← Calories From Fat (65%) 110

- ← Total Fat 13g 20%
- ← Saturated Fat 11g 54%
- ← Cholesterol 1mg <1%
- ← Sodium 79mg 3%
- ← Potassium 518mg 15%
- ← Total Carbohydrates 9g 4%
- ← Fiber 2.5g 9%
- ← Sugar 4g
- ← Protein 5g 10%



- 1 cup fresh spinach (chopped)
- 1/3 cup kale (stems removed and coarsely chopped)
- 1 small head lettuce
- 2 stalks celery
- 1 scoop of grass fed collagen

- protein powder
- 1 lime, peeled
- 1/2 banana frozen
- 1 cup coconut milk canned
- 2 Tbsp stevia sweetener granulated
- 1. Place all ingredients above in your high-speed blender.
- 2. Blend until smooth and creamy.
- 3. Serve and enjoy!

# **Hemp Green Beast Smoothie**

Servings: 3

### **Cooking Times**

Total Time: 5 minutes

### **Nutrition Facts**

- ← Serving size: 1/3 of a recipe (8.5 ounces)
- Percent daily values based on the Reference Daily Intake
   (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.

### **Amount per Serving**

- ← Calories 86
- ← Calories From Fat (24%) 20

- ← Total Fat 2.5g 4%
- ← Saturated Fat 0.3g 1%
- ← Cholesterol 1mg <1%
- ← Sodium 29mg 1%
- ← Potassium 366mg 10%
- ← Total Carbohydrates 11g 5%
- ← Fiber 4g 16%
- ← Sugar 4g
- ← Protein 4g 7%



- 1 1/4 cup fresh spinach (chopped)
- 1 cup cucumber
- 1 head radicchio
- 1 banana, frozen or fresh
- 1 scoop of grass fed collagen protein powder
- 1 Tbs Hemp seeds

- 1/4 tsp turmeric powder
- 1/4 tsp cinnamon powder
- 1 cup water
- 1 cup almond milk (unsweetened)
- Add all ingredients to your high-speed blender and blend until smooth well.
- 2. Serve in a glasses, sprinkle with hemp seeds and enjoy!



## **Instant Coffee Smoothie**

### Servings: 4

### **Nutrition Facts**

- ← Serving size: 1/4 of a recipe(10 ounces)
- Percent daily values based on the Reference Daily Intake
   (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.

### **Amount per Serving**

- ← Calories 82
- ← Calories From Fat (68%) 56

- ← Total Fat 6.5g 10%
- ← Saturated Fat 4g 19%
- ← Cholesterol 17mg 6%
- ← Sodium 60mg 3%
- ← Potassium 395mg 11%
- ← Total Carbohydrates 4.5g 2%
- ← Fiber 2g 6%
- ← Sugar 0.2g
- ← Protein 3.5g 7%



- 2 cups cold espresso-style coffee
- 3/4 cup half-and-half
- 3-4 Tbsp stevia sweetener granulated
- 2 Tbs unsweetened cocoa
- 1 scoop of grass fed collagen protein powder
- 1 tsp ground cinnamon
- Combine coffee, half-and-half, stevia, cocoa powder, grassfed collagen protein powder and cinnamon in a high-speed blender.
- 2. Blend about one minute on high-speed mode.
- 3. Pour into glasses or cups and serve.

# **Invigorate Kale and Celery Smoothie**

Servings: 2

### **Cooking Times**

Total Time: 10 minutes

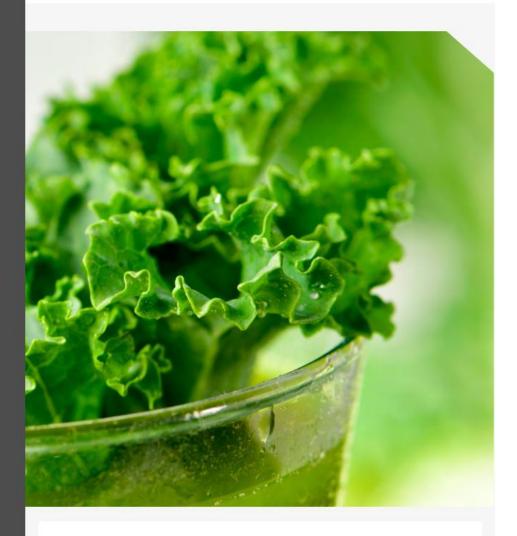
#### **Nutrition Facts**

- ← Serving size: 1/2 of a recipe (10.5 ounces)
- Percent daily values based on the Reference Daily Intake
   (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.

### **Amount per Serving**

- ← Calories 91
- ← Calories From Fat (15%) 14

- ← Total Fat 2g 2%
- ← Saturated Fat 0.2g 1%
- ← Cholesterol 1mg <1%
- ← Sodium 85mg 4%
- ← Potassium 593mg 17%
- ← Total Carbohydrates 10g 4%
- ← Fiber 3g 13%
- ← Sugar 4g
- ← Protein 6g 11%



- 2 cups raw kale, chopped
- 2 celery stalks, chopped
- 1/2 banana
- 1/2 cup water
- 1/2 cup Greek yogurt (plain)
- 1 scoop of grass fed collagen
- protein powder
- 1 Tbsp lemon juice, freshly squeezed
- 1 cup ice cubes
- 1. Place all ingredients on the list above in your fast-speed blender.
- 2. Blend until smooth well.
- 3. Serve immediately.

# **Magic Verdure Protein Smoothie**

Servings: 2

### **Cooking Times**

Total Time: 10 minutes

### **Nutrition Facts**

- ← Serving size: 1/2 of a recipe(12 ounces)
- Percent daily values based on the Reference Daily Intake
   (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.

### **Amount per Serving**

- ← Calories 84
- ← Calories From Fat (44%) 37

- ← Total Fat 4.5g 7%
- ← Saturated Fat 1g 3%
- ← Cholesterol 1mg <1%
- ← Sodium 85mg 4%
- ← Potassium 439mg 13%
- ← Total Carbohydrates 8g 3%
- ← Fiber 4g 15%
- ← Sugar 3g
- ← Protein 4g 8%



- 1 cup green cabbage, shredded Juice a 1/2 lemon
- 1 spring onion (only green parts), chopped
- 3 celery stalks
- 1/2 avocado
- 1 scoop of grass fed collagen
   protein powder
- 1 1/2 cup water
  - 2 Tbsp stevia sweetener granulated (or to taste)
  - Ice cubes
- 1. Place all ingredients in a high-speed blender and blend until smooth.
- 2. Serve in a chilled glasses with ice.
- 3. Enjoy!

# **Morning Kick Bok Choy Protein Smoothie**

Servings: 3

### **Cooking Times**

Total Time: 5 minutes

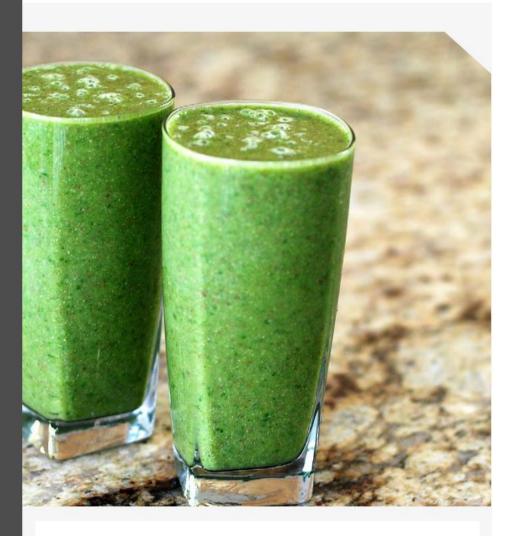
#### **Nutrition Facts**

- ← Serving size: 1/3 of a recipe (11.5 ounces)
- Percent daily values based on the Reference Daily Intake
   (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.

### **Amount per Serving**

- ← Calories 154
- ← Calories From Fat (50%) 77

- ← Total Fat 9g 14%
- ← Saturated Fat 7g 36%
- ← Cholesterol 1mg <1%
- ← Sodium 62mg 3%
- ← Potassium 624mg 18%
- ← Total Carbohydrates 10g 5%
- ← Fiber 3g 12%
- ← Sugar 5.5g
- ← Protein 5g 10%



- 2 cups Bok choy, fresh
- 1 cup of raw kale leaves thinly sliced
- 1 cucumber
- 1 banana
- 1 scoop of grass fed collagen
- protein powder
- 1 cup coconut milk canned
- 1 cup water
- Stevia (optional)
- 1. Dump all ingredients in your blender; blend on high speed until smooth and combine well.
- 2. If you want more sweet smoothie, add Stevia (optional).
- 3. Ready! Serve.

# Napa Cabbage Protein Smoothie

**Servings: 3 Cooking** 

Times Total Time: 5

minutes Nutrition

### **Facts**

- ← Serving size: 1/3 of a recipe (10 ounces)
- Percent daily values based on the Reference Daily Intake
   (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.

### Amount per Serving

- ← Calories 153
- ← Calories From Fat (50%) 77

- ← Total Fat 9g 14%
- ← Saturated Fat 3.5g 17%
- ← Cholesterol 4mg 1%
- ← Sodium 36.5mg 2%
- ← Potassium 316mg 9%
- ← Total Carbohydrates 11g 5%
- ← Fiber 3g 12%
- ← Sugar 8g
- ← Protein 4.5g 9%



- 2 cups Napa cabbage, fresh
- 1/2 cup avocado, diced
- 1 cup almond milk, unsweetened
- 2 cup water

- 1/2 banana, frozen or fresh
- 1 scoop of grass fed collagen protein powder
- 1 cup crushed ice
- 1. Blend all ingredients above in a high-speed blender until smooth.
- 2. Serve immediately.

### **Power Almond Protein Smoothie**

### Servings: 2

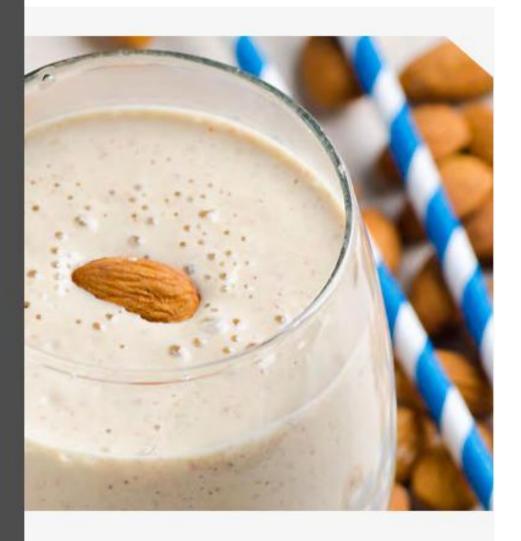
### **Nutrition Facts**

- ← Serving size: 1/2 of a recipe (9.5 ounces).
- Percent daily values based on the Reference Daily Intake
   (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.

### **Amount per Serving**

- ← Calories 139
- ← Calories From Fat (59%) 82

- ← Total Fat 10g 15%
- ← Saturated Fat 1.3g 6%
- ← Cholesterol 1mg <1%
- ← Sodium 62mg 3%
- ← Potassium 638mg 18%
- ← Total Carbohydrates 8g 3%
- ← Fiber 5.5g 21%
- ← Sugar 1g
- ← Protein 6g 12%



- 2 cups fresh spinach, finely chopped
- 1 cup kale (finely chopped)
- 1/2 avocado (diced finely)
- 1 scoop of grass fed collagen protein powder
- 1/2 cup water

- 1 1/2 cup almond milk, unsweetened
- 1 Tbs almond butter (plain, unsalted)
- 1 cup crushed ice (5-6 cubes)
- 1. Place all ingredients in your fast-speed blender.
- 2. Blend until desired consistency is reached.
- 3. Add crushed ice cubes and serve.

# Robust Celery, Endive Protein Smoothie

Servings: 2

### **Cooking Times**

Total Time: 10 minutes

### **Nutrition Facts**

- ← Serving size: 1/2 of a recipe (10.5 ounces).
- Percent daily values based on the Reference Daily Intake
   (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.

### **Amount per Serving**

- ← Calories 109
- ← Calories From Fat (57%) 62

- ← Total Fat 7g 11%
- ← Saturated Fat 5.5g 28%
- ← Cholesterol 1.2mg <1%
- ← Sodium 76mg 3%
- ← Potassium 575mg 16%
- ← Total Carbohydrates 7g 3%
- ← Fiber 4g 15%
- ← Sugar 3g
- ← Protein 5g 10%



- 2 celery stalk, chopped
- 1/2 endive head, cut into strips
- 1 cucumber, chopped
- 1 scoop of grass fed collagen protein powder
- 1 cup coconut milk unsweetened
- 1/2 cup water

- 2 Tbsp mint leaves (fresh, chopped)
- 2 Tbsp basil leaves, fresh and chopped
- 1 Tbsp lemon juice freshly squeezed
- crushed ice cubes (to taste)
- 1. Wash well and chop the celery root and the endive.
- Combine all ingredients above with crushed ice cubes in your fast-speed blender.
- 3. Blend until smooth and combined well.
- 4. Serve immediately.

## **Seasoned Protein Smoothie**

Servings: 2

### **Cooking Times**

Total Time: 10 minutes

### **Nutrition Facts**

- ← Serving size: 1/2 of a recipe (8.5 ounces).
- Percent daily values based on the Reference Daily Intake
   (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.

### **Amount per Serving**

- ← Calories 140
- ← Calories From Fat (48%) 67

- ← Total Fat 8g 13%
- ← Saturated Fat 1g 6%
- ← Cholesterol 1mg <1%
- ← Sodium 47mg 2%
- ← Potassium 568mg 16%
- ← Total Carbohydrates 11g 4%
- ← Fiber 5.5g 22%
- ← Sugar 4g
- ← Protein 5g 9%



- 2 cups fresh spinach, coarsely chopped
- 1 ripe bananas, fresh or frozen
- 1/2 avocado (fresh diced)
- 2 cups almond milk (unsweetened)
- 1 scoop of grass fed collagen protein powder

- 1/2 tsp ground cinnamon
- 1/2 tsp ground cloves
- 1/2 tsp ground nutmeg
- 3 Tbsp Stevia granulated
- 1 tsp vanilla extract
- 1. Combine all the ingredients in your fast-speed blender.
- 2. Run the blender until all ingredients are thoroughly blended and smooth.
- 3. Serve.

## **Smooth Butternut Squash and Zucchini Smoothie**

**Servings: 2 Cooking** 

Times Total Time: 5

minutes Nutrition

#### **Facts**

- ← Serving size: 1/2 of a recipe(11 ounces)
- Percent daily values based on the Reference Daily Intake
   (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.

### **Amount per Serving**

- ← Calories 85
- ← Calories From Fat (14%) 12

- ← Total Fat 1.5g 2%
- ← Saturated Fat 0.2g 1%
- ← Cholesterol 1mg <1%
- ← Sodium 36mg 2%
- ← Potassium 532mg 15%
- ← Total Carbohydrates 11g 4%
- ← Fiber 3g 13%
- ← Sugar 6g
- ← Protein 5g 9%



- 1/2 cup butternut squash, steamed
- 1 cup zucchini
- 1/2 cup kale, chopped
- 1/2 banana, frozen
- 1 scoop of grass fed collagen protein powder
- 1/2 cup almond milk
- 1/2 tsp cinnamon (optional)
- 1 cup cold water
- Ice cubes (optional)
- 1. Place all ingredients in a high-speed blender.
- 2. Blend until smooth and creamy.
- 3. Sprinkle with additional cinnamon and serve immediately.

# **Spicy Kale Protein Smoothie**

Servings: 2

### **Cooking Times**

Total Time: 5 minutes

### **Nutrition Facts**

- ← Serving size: 1/2 of a recipe (10 ounces).
- ← Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.

### **Amount per Serving**

- ← Calories 133
- ← Calories From Fat (50%) 66

- ← Total Fat 8g 12%
- ← Saturated Fat 1g 5%
- ← Cholesterol 1mg <1%
- ← Sodium 38mg 2%
- ← Potassium 520mg 15%
- ← Total Carbohydrates 9g 4%
- ← Fiber 5g 19%
- ← Sugar 2.5g
- ← Protein 5g 10%



- 1 avocado
- 1 cup Kale (chopped, tough stems discarded)
- 1/2 banana (frozen)
- 1 scoop of grass fed collagen protein powder
- 11 cup almond milk
- 1/2 cup water
- 2 Tbsp stevia sweetener

- granulated (or to taste)
- 1 Tbs ground flax seeds
- 1 Tbs fresh ginger root, peeled
- dash or two cayenne pepper
- 1. Add all ingredients from the list above into a fast-speed blender and blend until smooth.
- 2. Serve and sprinkle the cayenne on top for garnish.
- 3. Enjoy!

# **Stamina Parsley and Celery Smoothie**

Servings: 3

### **Cooking Times**

Total Time: 5 minutes

### **Nutrition Facts**

- ← Serving size: 1/3 of a recipe(12 ounces)
- Percent daily values based on the Reference Daily Intake
   (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.

### **Amount per Serving**

- ← Calories 46
- ← Calories From Fat (20%) 9.5

- ← Total Fat 1g 2%
- ← Saturated Fat 0.1g <1%
- ← Cholesterol 1mg <1%
- ← Sodium 62mg 3%
- ← Potassium 421.5mg 12%
- ← Total Carbohydrates 6g 2%
- ← Fiber 3g 9%
- ← Sugar 3g
- ← Protein 3.5g 6%



- 1 cup celery, chopped
- 1 cup parsley, chopped
- 1 cucumber, peeled
- 1 scoop of grass fed collagen protein powder
- 1-inch ginger, fresh

- 1 lemon, peeled
- 2 cups water
- Stevia sweetener granulated (optional)
- Ice cubes
- 1. Blend all ingredients above in your fast-speed blender.
- 2. Serve in chilled glasses with ice cubes.

# Vegan Green Monster Smoothie

### Servings: 2

### **Nutrition Facts**

- ← Serving size: 1/2 of a recipe (12 ounces)
- Percent daily values based on the Reference Daily Intake
   (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.

### **Amount per Serving**

- ← Calories 88
- ← Calories From Fat (17%) 15

- ← Total Fat 2g 3%
- ← Saturated Fat 0.1g <1%</p>
- ← Cholesterol 1.2mg <1%
- ← Sodium 55mg 2%
- ← Potassium 654mg 19%
- ← Total Carbohydrates 11g 4%
- ← Fiber 3.5g 13%
- ← Sugar 4g
- ← Protein 6g 11%



- 1 cup fresh spinach
- 1 1/2 cups kale, loosely packed, stems removed
- 1 cucumber, peeled and sliced
- 1 endive, chopped
- 1 small banana, fresh or frozen

- 1 scoop of grass fed collagen protein powder
- 1 1/2 cup almond milk (or coconut milk)
- 1. Place all ingredients from the list above in your fast-speed blender.
- 2. Blend until smooth well.
- 3. Serve.

## **Verdure Coconut Smoothie**

Servings: 3

### **Cooking Times**

Total Time: 10 minutes

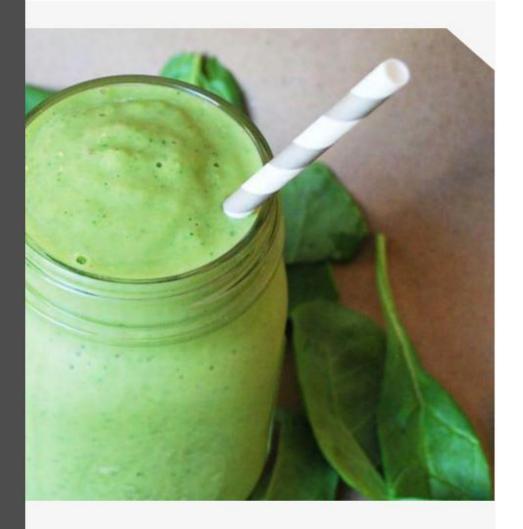
### **Nutrition Facts**

- ← Serving size: 1/2 of a recipe(11 ounces)
- ← Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.

### **Amount per Serving**

- ← Calories 76
- ← Calories From Fat (17%) 13

- ← Total Fat 2g 2%
- ← Saturated Fat 0.5g 2%
- ← Cholesterol 1mg <1%
- ← Sodium 228mg 9%
- ← Potassium 749mg 21%
- ← Total Carbohydrates 9g 4%
- ← Fiber 3.5g 14%
- ← Sugar 4g
- ← Protein 6g 11%



- 1 cup of kale
- 1 cup of spinach
- 1/2 cup celery finely chopped •
- 1 scoop of grass fed collagen protein powder
- 1 1/4 cup of coconut milk canned
- 3 Tbsp stevia sweetener
- 1/2 cup ice cubes
- Add all the above ingredients from the list into a fast-speed blender.
- 2. Blend until you have a nice smoothie density.
- 3. Serve with ice cubes into a chilled glass.

## **Zucchini Smoothie with Fennel**

Servings: 3

### **Cooking Times**

Total Time: 5 minutes

### **Nutrition Facts**

- ← Serving size: 1/3 of a recipe (11.5 ounces).
- Percent daily values based on the Reference Daily Intake
   (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.

### **Amount per Serving**

- ← Calories 38
- ← Calories From Fat (13%) 5

### % Daily Value

- ← Total Fat 1g <1%
- ← Saturated Fat 0.1g <1%
- ← Cholesterol 0mg 0%
- ← Sodium 45mg 2%
- ← Potassium 524mg 15%
- ← Total Carbohydrates 6g 2%
- ← Fiber 3g 11%
- ← Sugar 4g
- ← Protein 2.5g 4%



- 1 cup fennel bulb, shredded
- 2 cups zucchini, peeled, chopped
- 5 Tbs fresh parsley, chopped
- 2 stalks celery, chopped
- 1 small cucumber, chopped
- 1 scoop of grass fed collagen

protein powder

- 1 cup water
- Ice cubes
- Mint leaves, to garnish
- 1. In a food processor or blender, add all ingredients.
- 2. Blend until well incorporated.
- 3. Garnish with mint leaves.
- 4. Serve cold.

## **Zucchini-Cucumber Protein Smoothie**

**Servings: 4 Cooking** 

Times Total Time: 5

minutes Nutrition

### **Facts**

- ← Serving size: 1/4 of a recipe (11.5 ounces).
- Percent daily values based on the Reference Daily Intake
   (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.

### **Amount per Serving**

- ← Calories 117.5
- ← Calories From Fat (54%) 64

### % Daily Value

- ← Total Fat 8g 12%
- ← Saturated Fat 1g 5%
- ← Cholesterol 1mg <1%
- ← Sodium 31mg 1%
- ← Potassium 707mg 20%
- ← Total Carbohydrates 10g 4%
- ← Fiber 6g 25%
- ← Sugar 3g
- ← Protein 4.5g 9%



- 2 zucchini (medium)
- 1 cucumber, peeled and cut into chunks
- 1/2 avocado (fresh diced)
- 1 cup raw spinach
- 1 scoop of grass fed collagen

protein powder

- 1 cup of water
- 1 Tbsp lemon juice (freshly squeezed)
- 2 Tbsp stevia sweetener granulated
- 1. Put all ingredients in a high-speed blender.
- 2. Blend until become smooth.
- 3. Serve immediately.

By now, I hope that you have already figured out that the ketogenic diet is the way to go if you want for results – **up to 1 pound per day!** 

And because you have ready this ebook all the way to the end, today you can get started and get THE KETOGENIC DIET PROGRAM WITH 60% OFF!

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