

30

Keto

SMOOTHIE RECIPES

— AND —

CALENDAR





TABLE OF CONTENTS

"Blue" Nettle-Berries Protein Smoothie	1	Invigorate Kale and Celery Smoothie	17
Absolute Green Protein Smoothie	2	Magic Verdure Protein Smoothie	18
Almond-Pumpkin Protein Star Smoothie	3	Morning Kick Bok Choy Protein Smoothie	19
Arugula, Lettuce & Avocado Smoothie	4	Napa Cabbage Protein Smoothie	20
Black Hurricane Ginger Kale Smoothie	5	Power Almond Protein Smoothie	21
Boosting Protein Smoothie	6	Robust Celery, Endive Protein Smoothie	22
Celery Accelerator Smoothie	7	Seasoned Protein Smoothie	23
Celery & Romaine Lettuce Smoothie	8	Smooth Butternut Squash & Zucchini	24
Chilli Cocoa-Coffee Protein Smoothie	9	Spicy Kale Protein Smoothie	25
Coconut Queen with Protein Powder	10	Stamina Parsley and Celery Smoothie	26
Coriander, Spinach, and Ginger Smoothie	11	Vegan Green Monster Smoothie	27
Dandelion Dragon Protein Smoothie	12	Verdure Coconut Smoothie	28
Green Avocado Spectrum Smoothie	13	Zucchini Smoothie with Fennel	29
Green Salad Paradise Smoothie	14	Zucchini-Cucumber Protein Smoothie	30
Hemp Green Beast Smoothie	15	MONTHLY SMOOTHIE CALENDAR	31
Instant Coffee Smoothie	16	DISCLAIMER	32



“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**

1. 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

% Daily Value

- ← 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 sweetener granulated*
- *1 cup crushed ice cubes*

1. 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.

Almond-Pumpkin Protein Star 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 48
- ← Calories From Fat (6%) 3

% Daily Value

- ← 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

% Daily Value

- ← 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)

1. 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

% Daily Value

- ← 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

1. Combine all ingredients from the list above in your fast-speed 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

% Daily Value

- ← 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

% Daily Value

- ← 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

% Daily Value

- ← 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

% Daily Value

- ← 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

% Daily Value

- ← 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)**

1. 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

% Daily Value

- ← Total Fat 1g 1%
- ← Saturated Fat 0.1g <1%
- ← Cholesterol 1mg <1%
- ← 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.
2. 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

% Daily Value

- ← 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
- 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

% Daily Value

- ← 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.
2. 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

% Daily Value

- ← 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

% Daily Value

- ← 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)

1. 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

% Daily Value

- ← 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**

1. Combine coffee, half-and-half, stevia, cocoa powder, grass-fed 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

% Daily Value

- ← 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

% Daily Value

- ← 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
- 1 spring onion (only green parts), chopped
- 3 celery stalks
- 1/2 avocado
- 1 scoop of grass fed collagen protein powder
- Juice a 1/2 lemon
- 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

% Daily Value

- ← 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

% Daily Value

- ← 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

% Daily Value

- ← 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

% Daily Value

- ← 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.
2. 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

% Daily Value

- ← 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

% Daily Value

- ← 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

% Daily Value

- ← 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**
- **1 1 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

% Daily Value

- ← 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

% Daily Value

- ← Total Fat 2g 3%
- ← Saturated Fat 0.1g <1%
- ← 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

% Daily Value

- ← 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**

1. 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!

It is the same ketogenic weight loss plan that helped Kim Kardashian lose 70 pounds of fat, and after today, the price will go up to \$97...

So, if you want to save and lose up to 30 pounds in 30 days, use the page below :-)

[Watch the Ketogenic Diet presentation HERE so you can SAVE 60% \(today IS THE LAST DAY\)!](#)