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Nutrient Packed Protein Smoothies & How To Build Your Own Guide

BalancedPathCHC.com

WHY SMOOTHIES?



1. It's a full meal - fiber, fats, protein, vitamins & minerals
2. No cooking cleanup – Less mess with smoothie prep!
3. You get their greens in without the kids or spouse noticing!
4. Picky Eaters LOVE them AND eat their veggies!
5. Affordable healthy habit! - These smoothies are made from normal ingredients you can get at the store...and afford!

Balanced Path

In this guide I have added 7 of my most favorite smoothies that I personally make, plus added information on all of them.

Then I give you a basic and simple format to build your own smoothie! They are fun and creative, but so nutrient packed!
Family Approved, including kids!

Let's get to it!



My Favorite Blueberry Banana Breakfast Smoothie

Ingredients

- 3/4 Cup of Coconut Water
- 1 Small Banana
- 1 Cup Blueberries
- 1 Cup Kale
- 1-2 Tbsp Nut Butter
- 1 - 2 Scoops of Protein Powder

Optional

- 2 Tbsp Turmeric
- Flaxseed or Chia seed instead of Nut Butter
- Acai Powder

Simple How To!

Add all ingredients to a blender. For a thicker consistency you can use frozen fruit or if using fresh you can use ice cubes or less liquid.

For a thinner consistency you can add more liquid

Fun Fact!

I use Coconut water for the added electrolytes and hydration, but feel free to use whatever you would like.



Tropical Blast

Ingredients

- 3/4 Cup of Cold Pressed orange juice
- 1/2 Banana
- 1/2 Cup Pineapples
- 1/2 cup Mango
- 1 - 2 Scoops of Protein Powder

Optional

- 2 Tbsp Turmeric
- For a creamy feel, use a milk base, either Cow/Nut/Plant base
- Greek yogurt for richness

Simple How To!

Add ingredients to a blender and blend! For a thicker consistency you can use frozen fruit or less liquid or if using fresh you can use ice cubes! For a thinner consistency you can add more liquid.

Fun Fact!

You can use Coconut water, but either will give you such a FRESH and tropical feel!

Immune boosting and LOADED with electrolytes !



Basic Triple Berry Smoothie

Ingredients

- 3/4 Cup of Keifer or Nut Milk
- 1/2 Cup Strawberries
- 1/2 Cup Blueberries
- 1/2 Cup Raspberries
- 1-2 Tbsp Nut Butter
- 1 Scoop of Protein Powder

Optional

- 1/2 Cup Kale
- small Banana
- Flaxseed or Chia seed
- Acai Powder

Simple How To!

Add all ingredients to a blender. For a thicker consistency you can use frozen fruit or if using fresh you can use ice cubes or less liquid.

For a thinner consistency you can add more liquid.

Fun Fact!

Chia Seeds add great texture after blending for a mix in!



Chocolate PB Banana Goodness

Ingredients

- 3/4 Cup of Milk/Nut Milk
- 1 Small Banana
- 1-2 Tbsp Nut Butter
- 1 Scoop of Chocolate Protein Powder

Optional

- Raspberries gives it a rich flavor
- Chia seeds adds a great texture as a mix in after blending.

Simple How To!

Add all ingredients to a blender. For a thicker consistency you can use frozen fruit or if using fresh you can use ice cubes or less liquid.

For a thinner consistency you can add more liquid.

Fun Fact!

Kids love this one and adding mini chocolate chips makes it fun.



Simple Strawberry Banana

Ingredients

- 3/4 Cup of Nut Milk or Keifer
- 1 Small Banana
- 1/2- 1 Cup Strawberries
- 1-2 Tbsp Nut Butter
- 1 - 2 Scoops of Protein Powder or 1 Cup Greek yogurt

Optional

- 1/2 Cup Greens
- Replace nut butter with flaxseed for more texture
- Greek yogurt for extra Protein and rich flavor.

Simple How To!

Add all ingredients to a blender. For a thicker consistency you can use frozen fruit or if using fresh you can use ice cubes or less liquid.

For a thinner consistency you can add more liquid.

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Fun Fact!

This is my son's favorite!



Sports Recovery Smoothie

Ingredients

- 3/4 Cup of Coconut Water
- 1 Small Banana
- 1/2-1 Cup Pineapples
- 2 Tbsp Turmeric
- 5g (1 scoop) L-glutamine
- 1 - 2 Scoops of Protein Powder

Optional Add Ins

- Blueberries
- Honey (So yummy in this)
- Creatine

Simple How To!

Add all ingredients to a blender. For a thicker consistency you can use frozen fruit or if using fresh you can use ice cubes or less liquid.

For a thinner consistency you can add more liquid

Fun Fact!

I use Coconut water for the added electrolytes and hydration!



Dragon Fruit Powerhouse

Ingredients

- 3/4 Cup of Coconut Water
- 3/4 Cup of Dragon Fruit
- 1/2 Cup Mangos
- 1/2 Cup Pineapples
- 1 - 2 Scoops of Protein Powder

Optional

- Chia Seeds give this such a great texture to add in after blending.
- Replace pineapples with a banana!

Simple How To!

Add all ingredients to a blender. For a thicker consistency you can use frozen fruit or if using fresh you can use ice cubes or less liquid.

For a thinner consistency you can add more liquid

Fun Fact!

This is loaded with antioxidants!



Simple Mango Blueberry Smoothie

Ingredients

- 3/4 Cup of Coconut Water
- 1 Cup Blueberries
- 1/2 - 1 cup Mangos
- 1/2 Greek yogurt
- 1 Scoop of Protein Powder

Optional

- 2 Tbsp Turmeric

Simple How To!

Add all ingredients to a blender. For a thicker consistency you can use frozen fruit or if using fresh you can use ice cubes or less liquid.

For a thinner consistency you can add more liquid.

Fun Fact!

So much immune support and hydration in this smoothie!



*How to Build
A Smoothie Guide!*

Pick your Liquid Base

- Keifer
- Coconut Water
- Nut/Plant/Cow Milk
- Juice

Add Fruits & Veggies

- Banana (staple for many)
 - Berries
 - Mangos
 - Pineapples
 - Apples
 - Passionfruit
 - Avocado
 - and the list goes on
-
- Kale
 - Spinach
 - Carrots
 - Beets

**Truly so many
to choose from!
Get Creative!**

Pick your Protein

- Protein Powder
- Greek Yogurt
- Collagen

Extra Add Ins

- Nut Butters
- Ginger
- Turmeric
- Flax Seeds
- Chia Seeds (Amazing texture as a Topper)
- Steel Cut Oats
- Granola
- Acai Powder (Personal Favorite!)
- Maca Powder
- Cinnamon
- Coconut Oil



Jump Start Your Health!

As you can tell there are so many ways to build a Smoothie! This is just one simple and convenient way to get tons of nutrients in and increase protein intake! From experience 1-3 fruits is a great combination and over time you will find the thick and thinness of your smoothie that you prefer! So many options and I would love to hear from you on how smoothies have helped jump start your health and the unique combos you have created at BalancedPathwithShana@gmail.com



I hope you find this guide useful and enjoyable! Remember that there is no wrong way to make a smoothie! Have fun with it and be creative to find your favorite combos all while nourishing your body. For more resources and tips you can follow Balanced Path on Instagram and Facebook and for services, offers, and plans you can visit www.BalancedPathCHC.com



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CHRISTIAN HEALTH COACHING



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