

Create Your Own Smoothie

To Support Weight Loss/Overall Health

Base + Fruit + Veggie + Additional Ingredients

Instructions: Mix and match the ingredients below to create your own recipe. There is no right way to make a smoothie or shake. Combine and blend whatever sounds good to you!

Choose “unsalted” if you’re concerned about sodium.
 Choose “unsweetened” if you’re concerned about added sugars.



Smoothie Base			
Milks	Nutrition Supplements	Yogurt	Water/Juice
Coconut or Oat Milk	Nutrition drinks	Kefir	100% Fruit Juice
Cow’s Milk	Low carb nutrition drinks	Greek Yogurt	Vegetable Juice
Almond/Soy milk		Almond/Soy Yogurt	Water/Coconut Water

Fruits and Vegetables (fresh, frozen, freeze dried, and/or canned) Don’t forget your veggies!				
Cranberries	Cherries	Blueberries	Apple	Banana Chips
Banana	Mango	Dates	Goji Berries	Pineapple
Apricots	Strawberries	Grapes (try frozen!)	Cantaloupe	Pear
Peach	Raisins	Nectarine	Kiwi	Guava
Raspberries	Papaya	Plums	Prunes	Honeydew melon
Blackberries	Mandarin Oranges	Orange	Kumquat	Clementine
Blood Orange	Tangerine	Persimmon	Watermelon	Pureed Sweet Potato
Pureed Pumpkin	Avocado	Spinach	Kale	Cucumbers
Carrots	Beets	Squash	Wheat Grass	Zucchini

Dark, leafy greens are a great addition to smoothies- they are very nutrient dense!

Additions for Texture and Flavor- Get Creative!

Protein	Fiber	To Add Flavor	Fats*
Pasteurized Egg Whites	Quinoa	Vanilla/Mint/Almond Extract	Coconut Oil
Protein Powder	Oats	Agave Nectar/Honey	Olive/Avocado Oil
Wheat Germ	Seaweed	Coffee/Espresso	Flaxseed Oil
Tofu	Ground Flaxseed	Cocoa Powder or Nibs	Tahini
Cottage Cheese	Fiber Supplement	Cinnamon or Nutmeg	Shredded Coconut
Ricotta Cheese	Oat Bran	Ginger or Cardamom	Nuts/ Nut Butter
	Powdered Greens	Stevia	Pumpkin/Hemp, Sunflower/Chia Seeds

*Fats can keep you full longer, but they also add a greater number of calories. If weight loss is your goal, reduce the amount of extra fat in your smoothie.

*Ingredients in smoothies can easily add up to more calories than an entire meal! Be careful adding too many add-ins if you are trying to lose weight.

*Remember you do not have to drink smoothies if you are trying to lose weight, however they can be a tool.

Sample Smoothie and Shake Blends

You can change individual ingredients to your preferences based on the tables above!

Green Pineapple Crush: 6 oz. vanilla unsweetened coconut milk, ¾ cup plain Greek yogurt, ¾ cup pineapple chunks, 1 cup fresh spinach, 1 Tablespoon coconut oil, 1 scoop ice

Green Smoothie: 1 frozen banana (sliced), 2 cups chopped kale, 1 Tablespoon flax seed, 1 scoop protein powder, ¼ cup unsweetened almond milk, 1/3 cup orange juice

Peach & Greens: 1 cup frozen peaches, 1 cup fresh spinach, 1 cup fresh kale, sprinkle of ginger, 6 oz. water

Tropical Green Smoothie: 1 frozen banana, 1 cup tropical blend frozen fruit, 1 cup spinach, 6 oz. unsweetened coconut water

Triple Berry Green Smoothie: 1 cup frozen berries, 1 cup spinach, sprinkle of ginger and turmeric, 1 Tablespoon honey, 6 oz. juice or water

Beet & Berry: 1 cup unsweetened almond milk, 1 cup frozen berries, 1 small beet (peeled and diced), ¼ cup frozen pineapple, ¼ cup plain nonfat Greek yogurt, 1-2 teaspoons honey, 1 Tablespoon chia seeds