

HOW TO MAKE

A HEALTHY SMOOTHIE

Ellen Baxley, RDN itsybitsybites.net

In each smoothie, you want the base to be: 1 cup of fruit, 1-2 cups of veggies, and a protein source. Then you add extra ingredients for added nutrition and taste. Pick from each of the options below to make it easy. Don’t drink the smoothie all at once, drink it throughout the day or over the course of a few hours if possible.



1 cup or 1 small

**FRUIT**

Berries

Mango

Pineapple

Apple

Banana

Spinach

Kale

Beets (cooked and peeled)

Lettuce (romaine, arugula, etc.)



1-2 cups

**VEGGIES**



**1 tablespoon** of any of the following: honey, chia seeds, hemp seeds, flax seed, wheat germ. **½ tsp of:** cinnamon, ginger, cocoa powder, vanilla, matcha powder, acai powder

8 oz. low fat organic milk

6oz of plain Greek yogurt

1 scoop organic protein powder

1/3 cup of nuts

1 serving

**PROTEIN**



If you want your smoothie thicker you can add ½ avocado, banana or Greek yogurt. If you want it less thick add coconut water, plain water, or milk. See the next page for some tasty recipes

Any from this list

**HEALTHY FLAVOR**

**WEEK ONE**

**WEEK THREE**

**Mon-Tues Apple-ginger green juice**

2 cups spinach

3 celery

cucumber

ginger

apple

**Wed-Thurs Great detoxifier**

1 Beet root

1 carrot

1 apple

Juice from ½ lemon

**Fri-Sat Confetti Smoothie**  
1 large handful of kale

1 cup of strawberries

1 banana

1 Carrot

Flavored greek yogurt of choice

1 spoonful of honey, wheat germ, and ground flax seed

**WEEK FOUR**

**Mon-Tues Banana Oatmeal Breakfast Smoothie**

1/4 cup oatmeal

3/4 cup milk

1 tablespoon peanut butter (or nut/seed butter of your choosing)

1 banana

4-5 ice cubes

**Wed-ThursTropical Tumeric Smoothie**

1 cup coconut, almond or dairy milk, unsweetened

1/2 medium fresh or frozen banana

1/2 cup fresh or frozen mango chunks

1/2 tsp each ground turmeric ginger, cinnamon and cardamom

1 tsp maple syrup OR honey, only if your fruit is not fully ripe and naturally sweet

1 - 2 tbsp chia or hemp seeds

3 ice cubes, if you find it is too thick

**Fri-Sat favorite smoothie**

Blend 1 cup berries, 1 banana, 1 orange, big handful of spinach or kale, yogurt, honey

**Mon-Tues Minty Greens**  
1 cup fresh kale  
1 cup fresh spinach  
1/2 cup fresh spearmint leaves  
1/2 cup fresh or frozen pineapple  
1/2 cup fresh or frozen mango

**Wed-Thurs Pomegranate Beet Smoothie**  
Serves 1 so 4x recipe for 2 days each girl  
1/2 cup pomegranate   
6-8 frozen strawberries  
Hunk of beet\* (like the size of your thumb)  
A few spinach leaves  
4 walnut halves

**Fri-Sat** **Immune builder**

1 cup frozen berries

Handful of spinach

½ cup coconut water

1/3 avocado

**WEEK TWO**

**Mon-Thurs Power smoothie**

Kale

spinach

carrots

red apples

beet

lemon

ginger

cucumber

**Fri-Sat favorite smoothie**

Berries

Banana

Yogurt

Honey