



YOUR GUIDE TO THE ULIMATE SMOOTHIE

Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	Step 7
start with ice	pick a fruit	pick a veggie	pick a protien	pick a nut or seed	pick a liquid	pick a topping
Use 1-4 cubes for a shake that's thin like a smoothie	Frozen banana	Beets/ beet greens	Whey protein	Almonds	Almond milk (unsweetened)	Oats, granola
	Frozen berries	Dark leafy greens: Kale/Swiss chard/spinach	Rice protein	Flax, Hemp, or Chia	Soy milk (unsweetened)	Cacao nibs, Dark chocolate
Use 5-10 cubes for a shake that's thick like a milk shake	Dates	Pumpkin/ sweet potato	Pea protein	Cashews	Hemp milk (unsweetened)	Pomegranate seeds/ goji berries
	Pineapple/ mango	Cucumber/ celery	Hemp protein	Walnuts	Iced green tea	Coconut
	Powdered fruit supplement	Powdered greens supplement	Other proteins or protein blend	Nut butter	Water	Cinnamon

Ingredients Specifically Selected to:

- Maintain energy levels
- Push endurance and stamina
- Build strength
- Increase mental clarity
- Support immune system
- Boost proper cell functioning
- Focus the mind

Our Personal Favorite:

We chose some of the fruits, vegetables and proteins that work best for our athletes and clients. But your body is unique so feel free to branch out.

For the best mixing, flavor and consistency, follow the steps in order. Just go through each step and select an item (or two) from each column.

Mix and match as you like. You'll end up finding combinations you prefer the most.