

Smoothies

Chocolate Smoothie

1 cup almond milk
1 scoop protein powder
1 tbsp cocoa powder
1 frozen banana
4-6 ice cubes

Tropical Smoothie

1/2 cup juice
1/2 cup water
1 scoop protein powder
40 grams frozen pineapple
40 g frozen mango
4-6 ice cubes

Strawberry Banana Smoothie

1/2 cup juice
1/2 cup water
1 scoop protein powder
40 grams frozen strawberries
1/2 frozen banana
4-6 ice cubes

PB Banana Oatmeal Smoothie

1 cup almond milk
2 tbsp vanilla protein powder
1/2 frozen banana
1 tbsp nut butter
1/4 cup of oats
1/2 tsp cinnamon
4-6 ice cubes

Bowls

Chocolate Acai Bowl

1/4 cup almond milk
1 scoop protein powder
1/2 frozen banana
1 acai packet
4-6 ice cubes

PB & J Acai Bowl

1/3 cup almond milk
1 scoop protein powder
1/2 frozen banana
1 acai packet
1 tbsp nut butter
1/4 cup frozen berries
4-6 ice cubes

Add Ins

1-2 tbsp PB 2 Powder
1 tbsp chia seeds
1-2 tbsp nut butter
Handful of spinach
1 scoop greens powder
1/4 tsp xanthum gum

Substitutions

1/4 cup of Greek yogurt in place of protein powder