



FUNDAMENTAL
FITNESS

SMOOTHIES



Gut Healing Green Smoothie

2 servings

5 minutes

Ingredients

- 2 1/2 cups Water (cold)
- 2 cups Kale Leaves
- 1/2 Avocado (peeled and pit removed)
- 1 Banana (frozen)
- 1 tbsp Chia Seeds
- 2 tbsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 2 tbsps Raw Honey

Nutrition

Calories	404
Fat	22g
Saturated	2g
Trans	0g
Polyunsaturated	10g
Monounsaturated	7g
Carbs	47g
Fiber	11g
Sugar	24g
Protein	12g
Cholesterol	0mg
Sodium	67mg
Vitamin A	6613IU
Vitamin C	19mg
Calcium	177mg
Iron	4mg

Directions

- 1 Throw all ingredients into a blender and blend until very smooth and creamy. Divide into glasses and enjoy!

Notes

No Kale, Use spinach instead.

No Honey, Use maple syrup, dates or extra banana to sweeten instead.

Likes it Creamy, Use almond milk instead of water for extra creaminess.

Storage, Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.



Orange Immunity Booster Smoothie

2 servings

10 minutes

Ingredients

- 1 cup Pureed Pumpkin
- 1 Banana (frozen)
- 1/2 tsp Turmeric
- 1/4 tsp Cinnamon
- 1 1/2 tsps Ginger
- 1 tbsp Ground Flax Seed
- 3/4 cup Unsweetened Almond Milk
- 2 Navel Orange (peeled and sectioned)
- 1 tbsp Maple Syrup

Nutrition

Calories	220
Fat	3g
Saturated	0g
Trans	0g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	49g
Fiber	11g
Sugar	29g
Protein	5g
Cholesterol	0mg
Sodium	68mg
Vitamin A	15572IU
Vitamin C	89mg
Calcium	272mg
Iron	2mg

Directions

- 1 Throw all ingredients into your blender and blend very well until creamy. Pour into glasses and enjoy!

Notes

No Pureed Pumpkin, Use steamed sweet potato instead.

More Protein, Add protein powder, hemp seeds or nut butter.

No Maple Syrup, Sweeten with raw honey or soaked dates instead.



Pineapple Turmeric Smoothie

2 servings

5 minutes

Ingredients

- 2 cups Unsweetened Almond Milk
- 2 cups Pineapple (diced into chunks)
- 1 tbsp Ginger (peeled and grated)
- 1/2 cup Vanilla Protein Powder
- 1 tsp Turmeric (powder)

Nutrition

Calories	204
Fat	3g
Saturated	0g
Trans	0g
Polyunsaturated	1g
Monounsaturated	2g
Carbs	26g
Fiber	4g
Sugar	16g
Protein	21g
Cholesterol	4mg
Sodium	201mg
Vitamin A	595IU
Vitamin C	79mg
Calcium	588mg
Iron	2mg

Directions

- 1 Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

Notes

Storage, Refrigerate in a sealed jar overnight. Shake before drinking.

No Pineapple, Use mango, peaches or banana instead.



Blueberry Detox Smoothie

2 servings

5 minutes

Ingredients

- 2 cups Frozen Blueberries
- 2 cups Baby Spinach
- 2 Banana (peeled, chopped and frozen)
- 2 tbsps Chia Seeds
- 2 cups Unsweetened Almond Milk

Nutrition

Calories	280
Fat	8g
Saturated	0g
Trans	0g
Polyunsaturated	1g
Monounsaturated	2g
Carbs	53g
Fiber	12g
Sugar	28g
Protein	6g
Cholesterol	0mg
Sodium	188mg
Vitamin A	3459IU
Vitamin C	23mg
Calcium	566mg
Iron	3mg

Directions

- 1 Throw all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

Notes

More Protein, Add protein powder, hemp seeds or nut butter.

Storage, Refrigerate in a mason jar or other air-tight container up to 48 hours. Drink within 24 hours for maximum freshness, nutrition and taste.

Prep Ahead, Portion out all ingredients except almond milk into a ziplock baggie. Store in the freezer until ready to blend with almond milk.



Raspberry Zinger Smoothie

1 serving
10 minutes

Ingredients

- 1 cup Frozen Cauliflower
- 1 cup Frozen Raspberries
- 1 Lemon (juiced)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 1/2 cups Unsweetened Almond Milk

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Protein Powder, Use 1/4 cup hemp seeds per serving instead.

Nutrition

Calories	312
Fat	10g
Saturated	0g
Trans	0g
Polyunsaturated	4g
Monounsaturated	2g
Carbs	36g
Fiber	16g
Sugar	12g
Protein	27g
Cholesterol	4mg
Sodium	317mg
Vitamin A	874IU
Vitamin C	100mg
Calcium	925mg
Iron	4mg



Green Apple Cinnamon Smoothie

2 servings

10 minutes

Ingredients

- 2 Apple (peeled, cored and chopped)
- 4 Kiwi (peeled and sliced)
- 2 tbsps Ground Flax Seed
- 1 tsp Cinnamon
- 2 cups Unsweetened Almond Milk
- 4 cups Baby Spinach

Directions

1

Place apple, kiwi, ground flax, cinnamon and almond milk in a blender and blend well. Then add in baby spinach and blend again. Pour and enjoy!

Nutrition

Calories	260
Fat	6g
Saturated	0g
Trans	0g
Polyunsaturated	3g
Monounsaturated	2g
Carbs	52g
Fiber	13g
Sugar	32g
Protein	6g
Cholesterol	0mg
Sodium	215mg
Vitamin A	6347IU
Vitamin C	153mg
Calcium	591mg
Iron	3mg



Chocolate Cauliflower Shake

2 servings

5 minutes

Ingredients

2 cups Frozen Cauliflower
2 Banana (frozen)
2 tbsps Almond Butter
1/4 cup Cacao Powder
1/2 cup Chocolate Protein Powder
2 cups Unsweetened Almond Milk
1 tbsp Maca Powder

Nutrition

Calories	450
Fat	16g
Saturated	2g
Trans	0g
Polyunsaturated	3g
Monounsaturated	7g
Carbs	50g
Fiber	17g
Sugar	20g
Protein	31g
Cholesterol	4mg
Sodium	235mg
Vitamin A	593IU
Vitamin C	67mg
Calcium	695mg
Iron	4mg

Directions

- 1 In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Make it Mocha, Replace half of the almond milk with chilled coffee.

Likes it Sweeter, Add pitted medjool dates.

No Maca Powder, Leave it out or use cinnamon instead.



Bloat-Fighting Tropical Smoothie

1 serving

5 minutes

Ingredients

- 1/2 cup Papaya (chopped)
- 1/2 cup Pineapple (chopped)
- 1/2 Cucumber (chopped)
- 2 1/2 Ice Cubes
- 1/4 cup Mint Leaves
- 1/2 cup Baby Spinach
- 1 tbsp Chia Seeds
- 1/2 cup Water

Directions

1

Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

Notes

Likes it Sweet, Add raw honey.

More Protein, Add hemp seeds or a scoop of vanilla protein powder.

Nutrition

Calories	162
Fat	5g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	31g
Fiber	7g
Sugar	16g
Protein	4g
Cholesterol	0mg
Sodium	27mg
Vitamin A	2574IU
Vitamin C	94mg
Calcium	159mg
Iron	3mg



Lemon Tart Smoothie

1 serving
10 minutes

Ingredients

- 1 Lemon (juiced)
- 1 Banana (frozen)
- 1 cup Frozen Cauliflower
- 2 tbsps Coconut Butter
- 1/4 cup Vanilla Protein Powder
- 1 1/2 cups Unsweetened Almond Milk

Nutrition

Calories	489
Fat	26g
Saturated	18g
Trans	0g
Polyunsaturated	1g
Monounsaturated	2g
Carbs	48g
Fiber	15g
Sugar	20g
Protein	27g
Cholesterol	4mg
Sodium	322mg
Vitamin A	846IU
Vitamin C	85mg
Calcium	830mg
Iron	3mg

Directions

- 1 Place all ingredients in your blender and blend until smooth. Enjoy!

Notes

What is Coconut Butter?, The ground up meat of the whole coconut. Also sometimes called coconut manna. Cashew butter can be used instead.

No Protein Powder, Use 1/4 cup hemp seeds per serving instead.



Blueberry Protein Smoothie

1 serving

5 minutes

Ingredients

- 1/4 cup Vanilla Protein Powder
- 1 tbsp Ground Flax Seed
- 1 cup Frozen Blueberries
- 1 cup Baby Spinach
- 1 cup Water (cold)

Nutrition

Calories	207
Fat	4g
Saturated	0g
Trans	0g
Polyunsaturated	2g
Monounsaturated	1g
Carbs	23g
Fiber	7g
Sugar	13g
Protein	22g
Cholesterol	4mg
Sodium	69mg
Vitamin A	2884IU
Vitamin C	12mg
Calcium	190mg
Iron	2mg

Directions

1

Throw all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Blueberries, Use any type of frozen berry instead.

No Protein Powder, Use hemp seeds instead



Post Workout Green Smoothie

1 serving

5 minutes

Ingredients

- 2 tbsps Protein Powder (vanilla)
- 1 cup Water (cold)
- 1/4 Avocado
- 1/2 Banana (frozen)
- 1 cup Baby Spinach

Nutrition

Calories	183
Fat	8g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	20g
Fiber	6g
Sugar	8g
Protein	12g
Cholesterol	2mg
Sodium	52mg
Vitamin A	2924IU
Vitamin C	19mg
Calcium	120mg
Iron	1mg

Directions

- 1 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

No Spinach, Use kale instead.

No Protein Powder, Add a few spoonfuls of hemp seeds.



Liquid Gold Green Smoothie

2 servings

5 minutes

Ingredients

- 1 Avocado (peeled and pitted)
- 2 Banana (frozen)
- 2 tbsps Cocoa Powder
- 2 1/2 cups Unsweetened Almond Milk
- 1 tbsp Maple Syrup
- 2 cups Baby Spinach

Directions

1

Throw all ingredients into your blender. Blend very well until completely smooth. Divide into glasses and enjoy!

Notes

More Protein, Add a scoop of protein powder or hemp seeds.

Nutrition

Calories	348
Fat	19g
Saturated	3g
Trans	0g
Polyunsaturated	3g
Monounsaturated	12g
Carbs	48g
Fiber	14g
Sugar	21g
Protein	6g
Cholesterol	0mg
Sodium	235mg
Vitamin A	3659IU
Vitamin C	29mg
Calcium	629mg
Iron	3mg



Blueberry Energy Smoothie

2 servings

10 minutes

Ingredients

- 1/2 cup Cashews
- 1/4 cup Hemp Seeds
- 2 cups Water
- 2 cups Baby Spinach
- 1 1/2 cups Frozen Blueberries

Nutrition

Calories	373
Fat	26g
Saturated	4g
Trans	0g
Polyunsaturated	11g
Monounsaturated	11g
Carbs	28g
Fiber	6g
Sugar	12g
Protein	13g
Cholesterol	0mg
Sodium	37mg
Vitamin A	2868IU
Vitamin C	11mg
Calcium	93mg
Iron	5mg

Directions

- 1 Combine cashews, hemp seeds and water in a blender. Blend until very smooth.
- 2 Add in baby spinach and frozen blueberries. Blend again until smooth. Divide into glasses and enjoy!

Notes

Make it Sweeter, Add in a few soaked dates to sweeten it up.



Detox Green Smoothie

2 servings

10 minutes

Ingredients

- 4 cups Kale Leaves
- 1 Cucumber (chopped)
- 1 Lemon (juiced)
- 2 Pear (peeled and chopped)
- 1 tbsp Ginger (grated)
- 1 tbsp Ground Flax Seed
- 1 1/2 cups Water
- 5 Ice Cubes

Nutrition

Calories	220
Fat	2g
Saturated	0g
Trans	0g
Polyunsaturated	1g
Monounsaturated	0g
Carbs	48g
Fiber	11g
Sugar	21g
Protein	7g
Cholesterol	0mg
Sodium	119mg
Vitamin A	13204IU
Vitamin C	39mg
Calcium	225mg
Iron	4mg

Directions

- 1 Throw all ingredients together in a blender. Blend until smooth. Be patient! No one likes clumps in their smoothies. It may take 1 minute or longer to get a great, smoothie-consistency.
- 2 Divide between glasses and enjoy!

Notes

No Kale, Use spinach.

No Pear, Use apples.

Metabolism Boost, Add 1/4 tsp cayenne pepper.

Make it Sweeter, Add 1/2 cup frozen pineapple or mango.

More Protein, Add a scoop of protein powder or hemp seeds.



Lucky Green Smoothie

2 servings

10 minutes

Ingredients

- 1 1/2 cups Frozen Mango
- 2 Lime (juiced)
- 2 cups Baby Spinach (packed)
- 2 tbsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 3 1/2 cups Water

Directions

- 1 Throw all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

Notes

- No Mango, Add frozen pineapple or banana instead.
- More Protein, Add a scoop of your favourite clean protein powder.

Nutrition

Calories	238
Fat	13g
Saturated	1g
Trans	0g
Polyunsaturated	9g
Monounsaturated	2g
Carbs	27g
Fiber	5g
Sugar	18g
Protein	10g
Cholesterol	0mg
Sodium	37mg
Vitamin A	4176IU
Vitamin C	67mg
Calcium	116mg
Iron	3mg



Mango Oat Smoothie

2 servings

5 minutes

Ingredients

2 cups Frozen Mango
1 Banana
1/4 cup Oats
2 cups Unsweetened Almond Milk
2 tbsps Hemp Seeds
1/4 Lemon (juiced)

Nutrition

Calories	276
Fat	9g
Saturated	1g
Trans	0g
Polyunsaturated	5g
Monounsaturated	2g
Carbs	47g
Fiber	7g
Sugar	30g
Protein	8g
Cholesterol	0mg
Sodium	165mg
Vitamin A	2323IU
Vitamin C	68mg
Calcium	485mg
Iron	2mg

Directions

- 1 Throw all ingredients into a blender. Blend well until smooth.
- 2 Divide into glasses and enjoy!

Notes

No Banana, Sweeten with raw honey, maple syrup or soaked dates instead.

Storage, Refrigerate in a mason jar or other air-tight container up to 48 hours.

More Protein, Add more hemp seeds, a scoop of protein powder or spoonful of nut butter.

More Fibre, Add ground flax seed.

More Like Mango Lassi, Reduce almond milk and add greek yogurt.



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Green Smoothie Bowl

2 servings

10 minutes

Ingredients

- 2 Banana (chopped and frozen)
- 4 cups Baby Spinach
- 1 1/2 cups Water
- 2 Ice Cubes
- 2 Kiwi (peeled and chopped)
- 2 tbsps Unsweetened Coconut Flakes
- 2 tbsps Slivered Almonds
- 2 tbsps Hemp Seeds

Directions

1

Add frozen bananas, baby spinach, water and ice cubes to the blender. Blend until smooth. Divide between bowls and top with kiwi, coconut flakes, slivered almonds and hemp seeds. Enjoy right away!

Nutrition

Calories	290
Fat	13g
Saturated	4g
Trans	0g
Polyunsaturated	4g
Monounsaturated	1g
Carbs	43g
Fiber	8g
Sugar	22g
Protein	9g
Cholesterol	0mg
Sodium	60mg
Vitamin A	5763IU
Vitamin C	91mg
Calcium	129mg
Iron	3mg



Kiwi Green Smoothie

2 servings

5 minutes

Ingredients

- 2 Kiwi (small, peeled)
- 1 Banana (frozen)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 2 1/2 cups Baby Spinach
- 2 cups Water
- 4 Ice Cubes

Nutrition

Calories	249
Fat	5g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	31g
Fiber	8g
Sugar	14g
Protein	23g
Cholesterol	4mg
Sodium	75mg
Vitamin A	3614IU
Vitamin C	80mg
Calcium	268mg
Iron	3mg

Directions

1

Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

Notes

No Chia Seeds, Use flax seed instead.

No Protein Powder, Use hemp seeds instead.



Tropical Ginger Smoothie

2 servings

10 minutes

Ingredients

- 1 1/2 cups Pineapple (diced)
- 2 tbsps Ground Flax Seed
- 1 tbsp Ginger (peeled and grated)
- 4 cups Baby Spinach
- 1 cup Water
- 8 Ice Cubes
- 1/2 cup Blueberries

Nutrition

Calories	135
Fat	3g
Saturated	0g
Trans	0g
Polyunsaturated	2g
Monounsaturated	1g
Carbs	26g
Fiber	6g
Sugar	16g
Protein	4g
Cholesterol	0mg
Sodium	52mg
Vitamin A	5718IU
Vitamin C	80mg
Calcium	100mg
Iron	2mg

Directions

- 1 Throw all ingredients EXCEPT blueberries into the blender. Blend for a minute or until smooth.
- 2 Pour 3/4 of the mix into a glass (or a mason jar if you are on-the-go), leaving some space at the top.
- 3 Add blueberries to leftover mix and blend again for about 30 seconds. Spoon the blueberry mix on top of the green mix. Enjoy!



Winter Berry Smoothie

2 servings

10 minutes

Ingredients

- 1 1/2 cups Unsweetened Almond Milk
- 1 tbsp Ground Flax Seed
- 1 tbsp Hemp Seeds
- 1 Navel Orange (peeled and sectioned)
- 1 1/2 cups Frozen Berries
- 2 cups Baby Spinach

Directions

1

Place all ingredients together in a blender. Blend until smooth. Pour into glasses and enjoy! (Pour into a mason jar if you are on the go.)

Nutrition

Calories	168
Fat	6g
Saturated	0g
Trans	0g
Polyunsaturated	3g
Monounsaturated	2g
Carbs	27g
Fiber	8g
Sugar	17g
Protein	6g
Cholesterol	0mg
Sodium	146mg
Vitamin A	3361IU
Vitamin C	80mg
Calcium	427mg
Iron	3mg



Peanut Butter Banana Oat Smoothie

2 servings

5 minutes

Ingredients

- 1/2 cup Oats (quick or traditional)
- 1/4 cup All Natural Peanut Butter
- 2 Banana
- 1 cup Unsweetened Almond Milk

Nutrition

Calories	389
Fat	20g
Saturated	4g
Trans	0g
Polyunsaturated	5g
Monounsaturated	10g
Carbs	48g
Fiber	7g
Sugar	18g
Protein	12g
Cholesterol	0mg
Sodium	88mg
Vitamin A	326IU
Vitamin C	10mg
Calcium	258mg
Iron	2mg

Directions

1

Throw all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

Notes

No Banana, Sweeten with raw honey, maple syrup or a few soaked dates.

No Peanut Butter, Use any nut or seed butter.

Storage, Store in a mason jar with lid in the fridge up to 48 hours.

More Protein, Add hemp seeds or a scoop of protein powder.

More Fibre, Add ground flax seed.



Banana Cinnamon Smoothie

2 servings

5 minutes

Ingredients

- 1/2 cup Vanilla Protein Powder
- 2 tbsps Ground Flax Seed
- 2 tbsps Chia Seeds
- 2 Banana (frozen)
- 4 Ice Cubes
- 2 cups Water
- 1/2 tsp Cinnamon

Nutrition

Calories	287
Fat	7g
Saturated	0g
Trans	0g
Polyunsaturated	2g
Monounsaturated	1g
Carbs	36g
Fiber	9g
Sugar	14g
Protein	24g
Cholesterol	4mg
Sodium	44mg
Vitamin A	78IU
Vitamin C	10mg
Calcium	227mg
Iron	2mg

Directions

- 1 Add all ingredients to blender and blend until smooth. Pour into a glasses and enjoy!

Notes

No Protein Powder, Use hemp seeds with vanilla extract instead.

Leftovers, Store in a mason jar with a lid in the fridge up to 24 hours. Shake well before drinking.

Make it Green, Add spinach.



Glowing Green Mango Energy Smoothie

2 servings

10 minutes

Ingredients

- 4 cups Baby Spinach
- 1/2 Cucumber
- 1 Lime (juiced)
- 1 Lemon (juiced)
- 1 Apple (skin removed and diced)
- 1 1/2 cups Frozen Mango
- 2 cups Water

Directions

- 1 Place all ingredients together in a blender. Blend until smooth. Enjoy!

Nutrition

Calories	158
Fat	1g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	40g
Fiber	6g
Sugar	29g
Protein	4g
Cholesterol	0mg
Sodium	58mg
Vitamin A	7105IU
Vitamin C	84mg
Calcium	120mg
Iron	2mg



Pumpkin Pie Protein Smoothie

2 servings

10 minutes

Ingredients

- 2 cups Unsweetened Almond Milk
- 1 cup Pureed Pumpkin
- 2 Banana (frozen)
- 1 tsp Vanilla Extract
- 1 tsp Pumpkin Pie Spice
- 1/2 cup Vanilla Protein Powder

Nutrition

Calories	270
Fat	4g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	2g
Carbs	40g
Fiber	9g
Sugar	19g
Protein	23g
Cholesterol	4mg
Sodium	206mg
Vitamin A	19642IU
Vitamin C	16mg
Calcium	609mg
Iron	3mg

Directions

1

Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

Notes

No Pumpkin Pie Spice, Use cinnamon instead.

Toppings, Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

Warm it Up, To serve this warm, whisk together the almond milk, pureed pumpkin, and vanilla in a small sauce pan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.