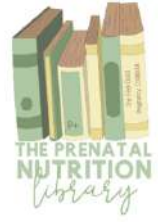


LOW CARB

Smoothies



- Add ice to all recipes!
- Blend all ingredients until desired consistency
 - the more ice+ blend time, the thicker the smoothie
- Add liquid ingredients away from the blade, and the smoothie will blend easier.
 - for example, if you have a smaller blender where the lid is the blade, add liquid to the cup FIRST, and when you flip it to blend, it falls through all the ingredients to blend.
- Peanut butter or similar consistency ingredients are better to be added towards the blade or in the middle of the ingredients
- Keep leafy greens frozen OR buy already frozen to avoid food waste in the fridge!
- See protein powder note for pregnancy-approved recommendations.



SIMPLE BERRY

19 g carb | 26 g Protein

- 5 Strawberries
- 1 tsp Honey
- 1 cup plain Greek Yogurt



DAIRY FREE BLISS

11 g carb | 20 g Protein

- 1/4 Avocado
- 1 Scoop Protein Powder*
- 1/2 Cup
 - Spinach
 - Blackberries
 - Almond Milk

*See protein powder note for recommendations



YOU GO GLEN COCO

21 g carb | 17 g Protein

- 1 tsp Coconut flakes
- 1 tbs Cocoa Powder
- 1 tbs Peanut Butter
- Vanilla Extract
- 3 tbs Hemp Hearts
- 1 cup almond milk



CHOCOLATE QUEEN

19 g carb | 15 g Protein

- 1/4 Cup frozen mix berries
- 1/2 Cup Greek yogurt
- 1/4 Avocado
- 1 tbs Pecan
- 1 tbs Cocoa Powder
- 1/4 tsp Vanilla Extract
- 2 tbs Whipping Cream



ISLAND FRESH

22 g carb | 9 g Protein

- 1/2 cup:
 - Spinach
 - Kale
- 1/4 cup Avocado
- 1/4 cup Mango
- 1/8 cup Pineapple, crushed
- Fresh Ginger



FRESH TASTE

10 g carb | 24 g Protein

- 1 tsp Lemon Juice + Zest
- 1 Cup Arugula
- 3 Sprigs Fresh Parsley
- 3 tbs Hemp Hearts
- Fresh Mint
- 2/3 Cup unsweetened coconut milk
- 1/4 Avocado
- 1/2 Scoop Protein Powder



RASPBERRY CREAM

18 g carb | 21 g Protein

- 3/4 Cup Milk
- 1 Scoop collagen powder
- 1/2 Cup Raspberries

