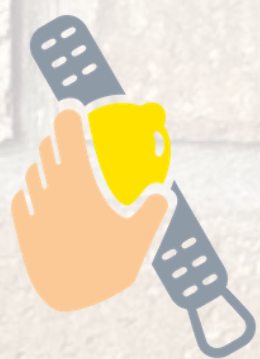


A smiling woman with dark hair, wearing a white tank top and dark shorts, stands against a brick wall. She is holding a clear plastic blender cup filled with a thick purple smoothie, with a pink straw inserted. A white towel is draped over her shoulders.

How To Build a Better Smoothie

A Comprehensive Guide



Wellness Simplified

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1 Nutrient Powerhouses

PROTEIN

Choose 1



100g silken tofu

1/2 cup liquid
pasteurized eggs



1/2 cup greek yogurt,
ricotta, skyr, cottage
cheese

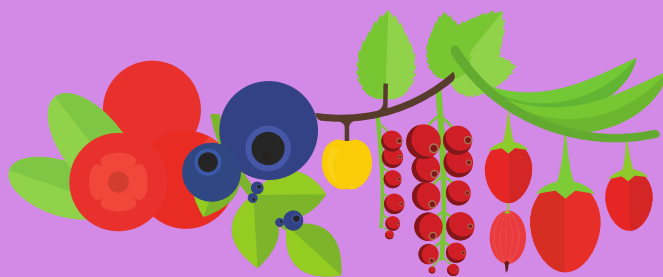


1 scoop protein
powder
(whey, hydrolyzed
collagen, plant-based)



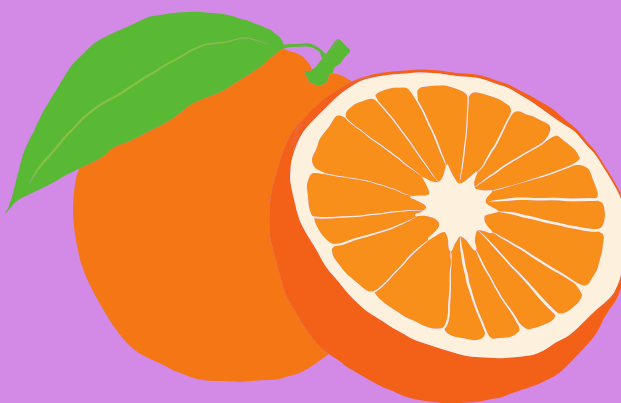
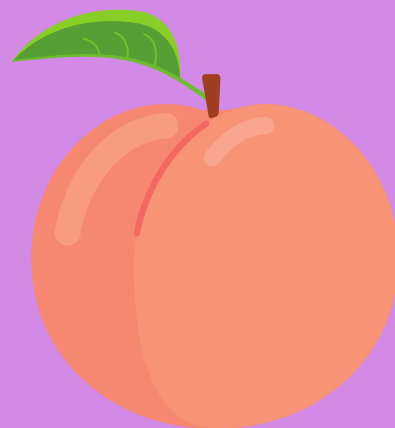
FRUIT

Choose 1 or more
1-1 1/2 cups (frozen / fresh)



mixed berries

peaches



orange

1-2 figs



pineapple

Others: mango, apple, banana,
dragonfruit, kiwi, acai puree,
goji berries, medjool dates

VEGETABLES

Choose 1 or more
1/2 - 1 cup
*(frozen is preferable as it is easier
to digest & less bossy in flavour!)*



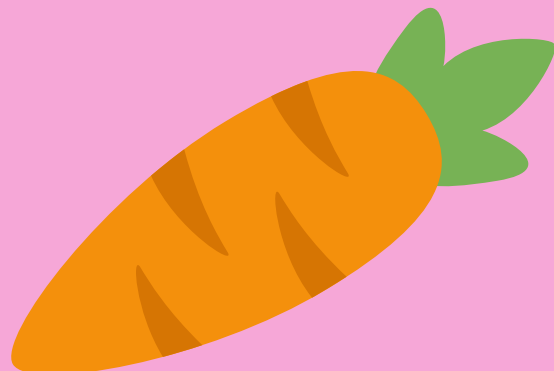
fennel

cauliflower



microgreens

carrots



swiss chard

Others: arugula, watercress,
beets, kale, spinach, cucumber,
pureed sweet potato, zucchini.

How To Build a Smoothie

A Comprehensive Guide



② *Finishing Touches*



LIQUID

Choose 1
~ 1 cup



cow or
plant-based
milk

coconut water



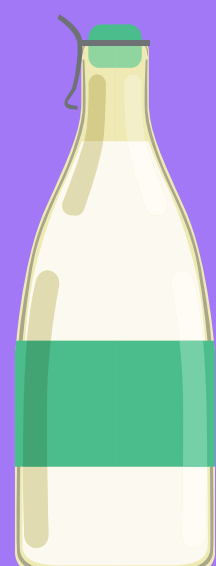
white/green/black
tea



coffee



kefir



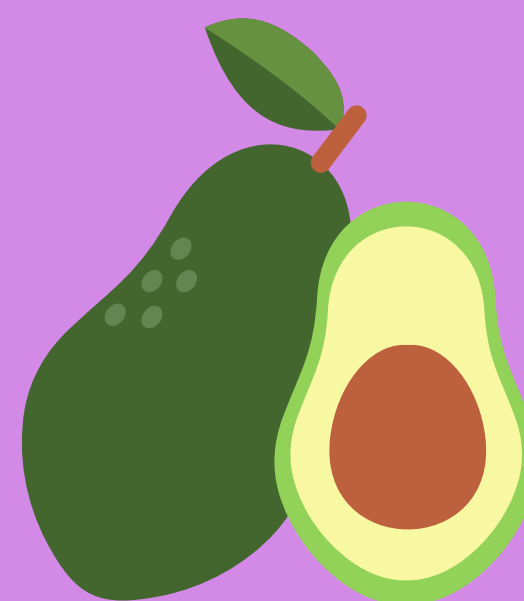
BOOSTERS

Choose 1 or more



1 tbsp nut butter

1/2 avocado



1/2 tsp turmeric



1 tsp spirulina



1 tbsp chia seed



Others: 1 tbsp hemp/flax seeds, 2 tsp flax/mct oil, 1 tsp chlorella/maca, 2 tbsp soaked raw nuts

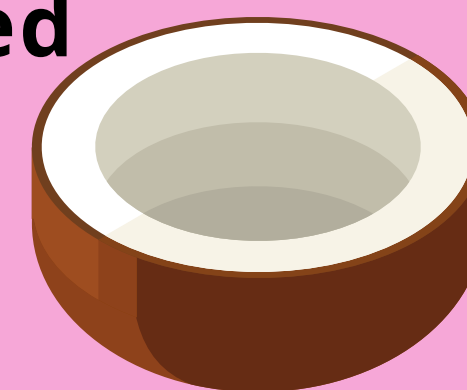
FLAVOUR PUNCH

Choose 1 or more

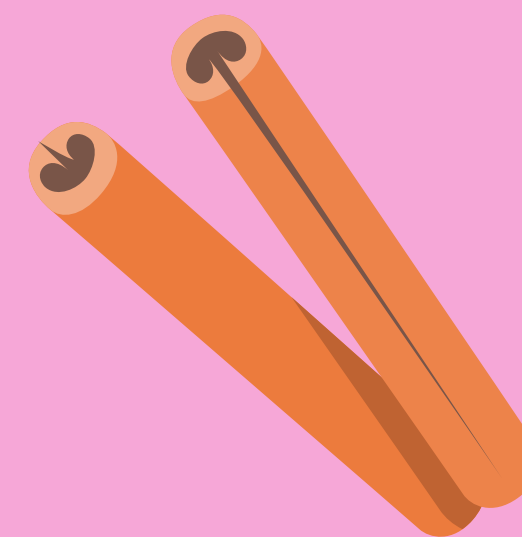


1 tbsp raw cacao

1 tbsp unsweetened
shredded coconut



1/4 tsp cinnamon



1 tsp matcha



1/2 tsp ginger



Others: 1/4 cup herbs (mint, basil, parsley), 1/4 tsp vanilla/cayenne/ cardamom, 1 tsp citrus zest,

Green Goddess

100g silken tofu

½ apple

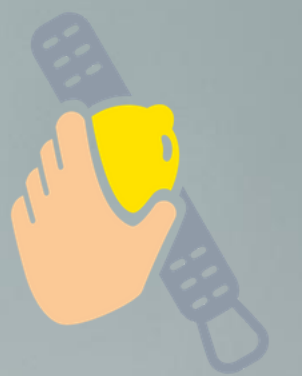
½ frozen banana

½ cup frozen chopped spinach + watercress

1 cup unsweetened almond milk

1 tbsp chia seeds

½ avocado



Wellness Simplified



Blueberry Blast

½ cup pasteurized liquid eggs

1 cup frozen wild blueberries

1 dried medjool date

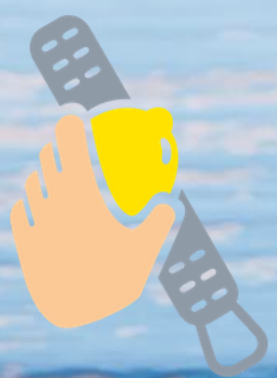
½ cup frozen fennel

1 cup kefir

1 tbsp tahini

1 tsp maca

½ tsp cinnamon



Wellness Simplified

Morning Sunshine

2 tbsp collagen powder
½ cup frozen pineapple chunks
½ orange
½ frozen banana
½ cup frozen cauliflower
1 cup unsweetened soy milk
½ tsp ginger
½ tsp turmeric
1 tbsp unsweetened coconut

