

EAT LOVE GUT HEALTH



Build Your Own Smoothie Guide



Base (Choose 2-3)

- Leafy Greens (Spinach, Kale)
- Riced Cauliflower
- Banana
- Berries
- Sweet Potato Cubes
- _____
- _____

Protein (Choose 1)

- *Plant-based
- Whey isolate
- Collagen
- _____
- _____

Fat (Choose 1, optional)

- 1/2 avocado (small)
- Nut butter
- Raw Nuts
- Greek / Plain Yogurt
- _____
- _____

Liquid (Choose 1)

- Nut Milk (Almond, Cashew)
- Oat Milk
- Hemp Milk
- Kefir
- Cow / Goat Milk
- _____
- _____



Functional Foods

- Chia
- Flax
- Cinnamon
- Hemp
- Turmeric
- Cacao nibs
- *GBX Seed Fiber
- _____
- *GBX Superfood
- _____
- Ginger

Sweeteners (use sparingly, optional)

- Medjool Date
- Local Honey
- Liquid Stevia
- Pure Maple Syrup
- _____



Chocolate Mint



Directions: In a high speed blender, add 1 handful fresh spinach, 1 small frozen banana, 8oz oat milk, 1 serving chocolate mint protein powder (add 1 drop peppermint extract if you don't have a mint-flavored protein powder), 1 tablespoon cacao nibs, 1 serving seed fiber, 1 tablespoon pure maple syrup. **meal replacement*

Nutrition: 450 cal, 27 gm pro, 60gm carb, 13 gm fiber, 12 gm fat

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Functional Foods

- | | |
|--|--|
| <input type="checkbox"/> Chia | <input type="checkbox"/> Flax |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Hemp |
| <input type="checkbox"/> Turmeric | <input checked="" type="checkbox"/> Cacao nibs |
| <input checked="" type="checkbox"/> <u>*GBX Seed Fiber</u> | <input type="checkbox"/> _____ |
| <input type="checkbox"/> <u>*GBX Superfood</u> | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Ginger | |

Sweeteners (use sparingly, optional)

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- Local Honey
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- Pure Maple Syrup
- _____



PB&J Delight

Directions: In a high speed blender, add 1/2 cup frozen riced cauliflower, 1 cup frozen berries, 8oz oat milk, 1 serving vanilla protein powder, 1 scoop collagen peptides, 1 tablespoon nut butter, 1 medjool date, cinnamon to taste. **meal replacement*

Nutrition: 500 calories, 35 gm pro, 60 gm carb, 15 gm fiber, 12 gm fat



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- _____
- _____

Fat (Choose 1, optional)

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- Nut butter
- Raw Nuts
- Greek / Plain Yogurt
- _____
- _____

Liquid (Choose 1)

- Nut Milk (Almond, Cashew)
- Oat Milk
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Functional Foods

- | | |
|---|-------------------------------------|
| <input type="checkbox"/> Chia | <input type="checkbox"/> Flax |
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| <input type="checkbox"/> Ginger | |

Sweeteners (use sparingly, optional)

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- Local Honey
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- Pure Maple Syrup
- _____

