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## SMOOTHIE BOOK

Healthy, nutritious and delicious smoothie recipes





# THE SMOOTHIE DIET

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**Plan And Recipes**





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### LEAN GREEN SMOOTHIE MACHINE

Final recipes may vary from images shown.

A quick and easy nutritious drink to whip up in spring.

#### INGREDIENTS

- 1 handful of baby spinach or lettuce
- 2 stalks kale, stalk cut off and leaves cut into small pieces
- 1 green pear
- ½ green apple
- ½ avocado
- ½ cucumber
- Juice of 1 lemon
- ½ bunch parsley or mint
- 2 stalks celery
- ½ cup filtered water

#### METHOD

Place ingredients in a blender and pulse until well combined.  
Pour into a glass, add some ice and serve.  
Supercharge it with 1 tbsp chia or hemp seeds and 1 heaped tsp spirulina.

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### SUMMER LOVE

Final recipes may vary from images shown.

Packed with vitamins A and C for skin health and digestive enzymes for optimal gut function, this juice is the perfect addition to your healthy summer eating plan.

#### INGREDIENTS

- 2 mango cheeks
- 1 orange
- 1 papaya, deseeded
- 1 cup of pineapple chunks
- 100-200ml mineral water

#### METHOD

Feed the mango, oranges and papaya alternately through a juicer.  
Feed in the pineapple chunks last.  
Pour into a glass and top up with mineral water.

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Final recipes may vary from images shown.

### ISOWHEY BLUEBERRY & CHOCOLATE SMOOTHIE

A moreish smoothie that's packed with antioxidant-rich blueberries.

#### INGREDIENTS

200mL low-fat milk  
½ cup blueberries  
1 heaped scoop IsoWhey  
Ivory Coast Chocolate  
1-2 tbsp flaxseed meal  
Ice

#### METHOD

Place ingredients in a blender and pulse until well combined.  
Pour into a chilled glass and enjoy.



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### WELLNESS WARRIOR SMOOTHIE

Final recipes may vary from images shown.

This smoothie has so many amazing benefits. It is like a nutritious meal in a glass – and it tastes amazing.

#### INGREDIENTS

- 3 stalks of kale  
(discard the tough stalk and use the leaves)
- 3 leaves of Cos lettuce
- 1 cup coconut water
- 1 small frozen banana
- A small handful of goji berries or blueberries
- 1 tsp hemp seeds
- 1 tsp chia seeds
- 1 tsp bee pollen
- 1 tsp maca powder
- 1 tsp spirulina

#### METHOD

- Add all ingredients to a blender and blitz until smooth.
- Pour into a large glass and enjoy.

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### ISOWHEY STRAWBERRY SMOOTHIE

Final recipes may vary from images shown.

A classic smoothie combination that never fails to impress.

#### INGREDIENTS

200mL low-fat milk  
½ cup - 1 cup fresh or frozen strawberries  
1½ scoops IsoWhey Strawberry Smoothie  
1-2 tablespoons flaxseed meal  
Ice (if using fresh strawberries)

#### METHOD

Place ingredients in a blender and pulse until well combined.  
Pour into a chilled glass and enjoy.

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### SUPER PROTEIN SMOOTHIE

Help fight off those mid-morning sugar cravings with this protein-packed powerhouse.

#### INGREDIENTS

Protein powder  
Fruit (bananas, mixed berries, pear, mangoes)  
Acai berry frozen puree  
Chia seeds  
Almond Butter  
LSA

#### OPTIONS

Add a good scoop of yoghurt to boost your good bowel flora and digestive health, and you can even throw in a handful of oats for extra fibre.

#### METHOD

Start off by grabbing your blender and adding in your favourite milk - low-fat organic cow's milk is a good choice - or almond, rice or lactose-free milk if you find the bovine variety difficult to digest. Then add in the remaining hard-working essentials.



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### RISE & SHINE SMOOTHIE

Start your morning right with a healthy smoothie, full of essential fruit and vegies.

#### INGREDIENTS

- 2 medium carrots, chopped
- 1 medium apple, cored
- 2 large handfuls of raw baby spinach
- 1 tablespoon freshly grated ginger root
- 4 to 6 ounces of filtered water

#### METHOD

Add all the ingredients except for the spinach to your blender, and hit the “pulse” button a few times.

Next, add the spinach and blend on high for 30 seconds or until the smoothie is creamy.

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### THE HANGOVER CURE

Ginger, fennel and mint are known intestinal calmatives to relieve stomach aches and nausea so we've packed them into this yummy recipe.

#### INGREDIENTS

- 2 green apples
- 2 celery stalks
- ¼ cup of fresh mint
- ½ fennel
- 2cm-piece of ginger

#### METHOD

Feed all the ingredients alternatively through a juicer and then serve over ice

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### FERTILITY SMOOTHIE

Final recipes may vary from images shown.

This smoothie is rich in B vitamins, zinc and essential fatty acids to support a healthy hormone balance as well as antioxidants and vitamin E.

#### INGREDIENTS

- 1 tsp honey
- 1 tsp lecithin powder
- 1 tsp LSA powder (finely ground linseed, sunflower seeds and almonds)
- 1 tsp wheat germ (powder or oil)
- 1 tsp yoghurt (acidophilus-cultured)
- 1 egg (medium size, organic)
- ½ medium banana (or ½ cup of strawberries or mango pieces)
- 250ml low-fat cow's milk, soy milk, nut milk or rice milk (preferred)

#### OPTIONS

Add 1 tablespoon of low-fat ice-cream, sorbet or gelato.

Carob powder is also nutritious and can add flavour and texture.

#### METHOD

Just blend and serve.



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### ISOWHEY BANANA, MIXED BERRIES & VANILLA SMOOTHIE

Final recipes may vary from images shown.

A delicious and refreshing smoothie perfect for hot summer days.

#### INGREDIENTS

200mL water  
1 cup frozen berries  
½ frozen banana (peel before you put in the freezer)  
1½ scoops IsoWhey Madagascan Vanilla  
1 tablespoon natural yoghurt  
1 tablespoon LSA mix (linseed, sunflower seed, almond)  
Ice

#### METHOD

Place ingredients in a blender and pulse until well combined.  
Pour into a chilled glass and enjoy.

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### SUPERFOOD SMOOTHIE

This is packed with antioxidants to give you plenty of get-up-and-go.

#### INGREDIENTS

- 1 scoop protein powder (chocolate or vanilla)
- 1 tbs cacao powder
- 1 tsp maca
- 1 tsp acai berry powder
- 1 cup frozen organic strawberries
- 1 banana
- 250ml almond milk or water

#### METHOD

Place all the ingredients in a blender, blend until completely mixed and serve in a tall glass.

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### THE DETOX SMOOTHIE

If you're on a detox, look no further - this non-dairy breakfast smoothie is bursting with antioxidants and omega-3.

#### INGREDIENTS

- 1 banana
- Handful of almonds
- Handful of blueberries
- Handful of organic oats
- Sprinkling of chia seeds
- 1 cup of rice milk
- Some ice cubes

#### METHOD

Place all the ingredients in a blender, blend until completely mixed and serve in a tall glass.



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### ISOWHEY MANGO AND VANILLA SMOOTHIE

A quick mango smoothie, that's perfect for breakfast on-the-go.

#### INGREDIENTS

200mL low-fat milk  
½ mango  
1½ scoops IsoWhey Madagascar Vanilla  
1-2 tbsp flaxseed meal  
1 tablespoon of Chia seeds  
Ice

#### METHOD

Place ingredients in a blender and pulse until well combined.  
Pour into a chilled glass and enjoy.

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### THE GREEN POWER SMOOTHIE

This drink will keep you going for hours and contains good levels of tryptophan, antioxidants, vitamin D, iodine and many essential nutrients for weight loss and detoxification.

#### INGREDIENTS

- 1 cup oat milk
- 1 cup coconut water
- 1 tsp spirulina
- 2 tsp flaxseed meal
- 1 tbsp organic coconut oil
- ¼ cup frozen berries
- 1 tsp probiotics
- 2 tbsp organic natural yoghurt A
- pinch if cinnamon
- 2 drops stevia for sweetness

#### METHOD

Place all ingredients into a blender and blitz until smooth.  
Serve in a chilled glass and enjoy.

**Above all else, get creative and have fun with it. If you liked these recipes, check out more on my buddy Drew's [The Smoothie Diet™](#) e-book. Click the image below to watch a FREE video presentation**