

Clean & Lean Revolution



BUILD A GREEN SMOOTHIE CHART

PROTEIN Choose One 65 Calories	FRUIT Choose One 52 calories	HEALTHY FAT Add Avocado 90 calories AND Choose One Healthy Fat 100 calories OR omit avocado and add two	CHIA & FLAX SEEDS Choose One 30 calories	GREENS Add Spinach AND One or More 15 calories	BLEND WITH	ADD-ON Choose One or More
1 scoop PurePea Vanilla Protein	2/3 cup whole fresh organic fruit, berries preferred	1/3 avocado	1/2 T chia seeds	*Handful of spinach, kale, Swiss chard or Mustard Greens	2 cups Filtered water	1/4 to 1 tsp cinnamon, nutmeg, curry or turmeric
1 scoop rice protein	2/3 cup frozen organic fruit, berries preferred	2 tsp coconut oil	2 tsp ground flax	Handful: watercress, basil, cilantro, parsley, mint or dill		1 tsp fresh grated ginger
1 scoop whey protein (this is dairy)	1 medium apple	2 tsp almond, cashew or walnut butter		1 T PaleoGreen (if ordered), optional		
	1 small pear	2 tsp flax oil or extra virgin olive oil		1/2 cucumber or bok choy, broccoli, cauliflower, carrot, etc.		

*Whole Foods sells frozen, organic loose leaf spinach, kale, Swiss chard and mustard greens. These are prewashed, stemmed and prepped!

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HOW TO MODIFY THE CALORIES

If you need to further modify these smoothies to meet your individual calorie needs (to increase calories, not decrease calories – no one should drop below 1200 calories), feel free to add the following to your smoothie: instead of blending your smoothie with water, blend it with 1 cup unsweetened almond milk (averages 30-40 calories) or 1 cup coconut water, plain (averages 145 calories). I have included the average calories for the recommend portion at the top of each column. You can further adjust your smoothie calorie load using this information as well.

CAN I ADD....?

These smoothies do taste green and are meant to offer a power punch of bioactive compounds and phytonutrients. If you MUST add a little banana, you can. 1/3 of a banana is around 35 calories. Simply add 1/3 of banana to the recipe. Do not adjust the other ingredients.

SMOOTHIE RECIPE EXAMPLES

PEACH-CUCUMBER-KALE SMOOTHIE

1 scoop protein powder
 2/3 cup peaches
 1/3 avocado
 2 tsp flax oil
 2 tsp ground flax
 Handful of kale (no stems)
 1/2 cucumber
 Blend with water

BLUEBERRY –AVOCADO- SPINACH SMOOTHIE

1 scoop protein powder
 2/3 cup blueberries

1/3 avocado
 2 tsp coconut oil
 1/2 T chia seeds
 Handful of spinach
 1 T PaloeGreens (optional)
 Blend with water

RASPBERRY – FLAX – SPINACH SMOOTHIE

1 scoop protein powder
 2/3 cup raspberries
 *4 tsp extra virgin olive oil
 2 tsp ground flax
 Handful of spinach

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Blend with water

*notice that since I didn't add avocado to this, I doubled the recommended healthy fat portion

APPLE – ALMOND BUTTER – PARSLEY SMOOTHIE

1 scoop protein powder

1 medium apple

*4 tsp almond butter

½ T chia seeds

Handful of spinach

Handful of parsley

¼ tsp ground nutmeg

*notice that since I didn't add avocado to this, I doubled the recommended healthy fat portion