

# Choose Your Smoothie Meal

**Step 1:** Crave a smoothie.

**Step 2:** Pick a protein.

**Step 3:** Grab some fruits and veggies.

FRUITS*	VEGETABLES
Berries	Kale
Banana	Spinach
Cherries (pitted)	Carrot
Mango	Pumpkin
Peaches	Beets
Apple	Celery
Pineapple	Cucumbers

\*Using frozen fruits may eliminate the need for ice.

PRIMARY PROTEIN SOURCES*
Plain low- or non-fat Greek yogurt
Reduced or non-fat cottage cheese
Soy yogurt
Silken tofu
Protein powder (whey, soy, pea)
Milk (regular, soy, chocolate)

\*Portion sizes will vary. Aim for 15-20 grams of protein from the primary protein source as other ingredients may contribute small amounts.

**Step 4:** Round it out with a healthy fat.

HEALTHY FATS
Nut/seed butters (peanut, almond, cashew, sunflower, soy)
Nuts/seeds
Flaxseed/oil
Chia seeds
Avocado

**Step 6:** Optional extras

CALORIC	NON-CALORIC
Honey	Salt
Honey	Almond extract
Maple syrup	Vanilla extract
Almond milk	Cinnamon
Coconut water	Water
Juice	Ice

**Step 5:** Need more carbohydrates?

QUALITY CARBOHYDRATES
Oatmeal (dried or cooked)
Sweet potato (cooked)
Dates
Extra fruit

**Final step: blend and enjoy!**

# Sample Smoothie Ideas

	Cherry Almond	Banana Peanut Butter	Tropical Blend
Protein	Plain low-fat Greek yogurt	Reduced fat cottage cheese	Soy yogurt
Fruits & Veggies	Frozen dark cherries Kale	Banana	Pineapple Frozen mango Spinach
Healthy Fats	Chia seeds	Peanut butter Flax seeds	Avocado
Extra Carbs	Dried oatmeal	Dates	None
Add-ons	Almond extract Honey Salt	Cinnamon Honey	Ice

## Tips:

- A pinch of salt can cut the tart flavor of plain yogurt and reduce the need for more sugar.
- Cottage cheese is a higher sodium option and a good choice post-endurance workout.
- If you use kiwi, pineapple, or papaya, avoid saving any extra for later – these fruits contain enzymes that denature proteins (ie the dairy will curdle if not consumed immediately!).
- Aim for a total of 20-30 grams protein in a meal smoothie, along with at least 2 fruits or vegetables.
- The extra carbohydrate options are necessary for endurance athletes to replace glycogen stores.

