



Tips for Making Super Smoothies

- Freeze your fruit – including your bananas and avacados (peeled and cut into pieces prior to freezing) or add ice to your smoothies to make them refreshing
- Blend the ingredients before adding your protein. Do not over-blend the protein. Just lightly blend it to stir it into your drink, otherwise you damage the protein molecules
- Ground flaxseeds are preferable, however, if you do not like the texture, you can use 1 tablespoon of flaxseed oil instead. You can also try adding Chia (Salba), which are high in omega-3s, calcium and fiber
- Keep your ground flaxseeds or flaxseed oil in a tightly sealed container in the freezer. If you shake tastes “fishy”, it is likely that your flaxseeds or flaxseed oil has gone rancid and they will need to be thrown out
- You may add water or ice to any smoothie to thin it out. Do not add more juice or soy milk since it will increase the calorie content of your drink
- Add 2 tablespoons of lecithin to any smoothie to boost your memory and muscle-enhancing acetylcholine
- To increase the fibre content of your smoothies, add 1-2 tablespoons of wheat or oat bran (if you can tolerate it) or more chia
- Add 4 grams of L-glutamine powder to any smoothie to enhance growth hormone, tissue healing and repair, especially in the gut
- Note: calorie count may vary depending on the choice of protein powder

* Adapted from “The Hormone Diet”, by Natasha Turner, ND



Pure Energy Smoothie

1 serving whey protein powder or alternative protein powder
¼ cup raspberries
¼ cup sliced strawberries
¼ cup blueberries
2 tablespoons ground flaxseeds or Salba (Chia)
¾ cup low-fat plain soy milk (you can substitute with almond milk or rice milk, but it will yield less protein)
4 ice cubes

Place all the ingredients in a blender and blend at high speed until smooth

Nutrition Information:

Calories 313 | Carbohydrates 30.5 g | Protein 26.8 g | Fat 9.3 g | Fibre 9g

Blueberry-Avacado Smoothie

1 serving whey protein powder or alternative protein powder
¾ cup blueberries, frozen
¼ cup peeled and sliced avocado, frozen
1 tablespoon Salba or ground flaxseeds
Water to desired consistency

Place all ingredients in a blender, add desired amount of water and blend at high speed until smooth

Nutrition Information:

Calories 313 | Carbohydrates 25.5 g | Protein 29 g | Fat 10.5 g | Fibre 9.2 g



Anti-aging Smoothie

1 serving whey protein powder or alternative protein powder
½ cup raspberries
½ cup blueberries
½ cup sliced strawberries
¼ cup blackberries
1 cup water
2 teaspoons flaxseed oil

Place all ingredients in a blender and blend at high speed until smooth

Note: you may also use 1 ½ cups of a frozen four berry mixture instead of adding the four berries separately

Nutrition Information:

Calories 340 | Carbohydrates 30.4 g | Protein 26.9 g | Fat 11.87 g | Fibre 9.3 g

Super Satisfying Shake

1 serving whey protein powder or alternative protein powder
½ small banana, sliced, or ½ cup diced pineapple
¼ cup strawberries
¼ sliced mango
1 tablespoon Salba or ground flaxseeds
1 cup water
1 teaspoon flaxseed oil

Nutrition Information:

Calories 355 | Carbohydrates 31.3 g | Protein 27.6 g | Fat 13.2 g | Fibre 6.6 g



Serotonin-Surge Smoothie

- 1 serving whey protein powder or alternative protein powder
- $\frac{3}{4}$ small banana, sliced
- 1 tablespoon almond butter
- 2 teaspoon salba or flaxseed oil
- 1 teaspoon cocoa powder
- $\frac{3}{4}$ cup low-fat plain soy milk (or alternative)

Place all ingredients in a blender and blend at high speed until smooth

Note: you can make this smoothie without the cocoa and the flax/salba for a quick, easy and light protein shake, especially if you are not super hungry

Nutrition Information:

Calories 389 | Carbohydrates 34.5 g | Protein 33.8 g | Fat 12.5 g | Fibre 8.0 g

Anti-inflammatory Smoothie

- 1 serving whey protein powder or alternative protein powder
- $\frac{1}{2}$ cup blueberries
- $\frac{1}{2}$ cup raspberries
- $\frac{1}{2}$ small banana
- $\frac{1}{4}$ cup diced pineapple
- 2 tablespoons ground flaxseed or Salba
- 3 ice cubes
- $\frac{1}{2}$ cup pomegranate juice

Place all ingredients in a blender and blend at high speed until smooth

Nutrition Information:

Calories 343 | Carbohydrates 35.72 g | Protein 29.5 g | Fat 9.7 g | Fibre 10.5 g