



Super Smoothie eGuide

One of the easiest and quickest ways to get more nutrition into your diet is by adding smoothies to your day. Smoothies can offer antioxidants, fiber, vitamins, minerals and also support weight loss, immunity and overall energy levels. Follow these guidelines to build your own sensational smoothie or try any of my FitKim™ approved recipes below!

Depending on the size of your smoothie, here are my guidelines to create your own super smoothie!

Base (30%)

- Bananas
- Greek Yogurt
- 100% Organic Pumpkin
- Almond or Coconut Milk
- Coconut Water

Fruits (25%)

- Berries
- Mangos
- Pineapple
- Apples

Veggies (25%)

- Spinach
- Spring Mix



- Romaine
- Cucumbers
- Arugula

SuperFoods (20%)

- Flax Seeds
- Chia Seeds
- Hemp Seeds
- Goji100
- Acai100
- Almond Butter



FitKim's Green Smoothie

Need to lose weight or get more greens in your diet? Try this 120 calorie green smoothie and watch the fat melt off!

Ingredients:

1 fresh or frozen Banana

- 2 handfuls of fresh Spinach
- 1 Apple, quartered
- 4 Cucumber slices, peeled
- 1 Tsp. Cinnamon
- 1 Tsp. Honey
- 1 cup Coconut Water or Milk
- Ice Cubes (3 or more)
- Water as desired
- *Bonus: Add 1 packet of GenEssentials Greens to get a boost of 3-5 servings of green leafy vegetables!*

Directions:

1. Place all ingredients in a high-powered blender.
2. Add enough water to reach desired consistency.
3. Blend for 30-45 seconds, pour in a glass and enjoy!

Servings: 2 Prep Time: 3 minutes Cook Time: 0 minutes

Nutritional Content per serving:

Calories: 120 Protein: 2g Carbs: 30g Fats: 0g Sugar: 20g Fiber: 4g



Breakfast in a Blender

Don't skip the most important meal of the day-breakfast! This recipe can be used as a complete meal replacement too.

Ingredients:

- ¼ cup Milk (I use almond milk)
- ½ Banana (fresh or frozen)
- ½ cup frozen Berries or other fruit
- ¼ cup organic Oats
- 1 Tbsp. Chia Seed, Flax Seed or Almond Butter
- 1 scoop grass-fed 100% whey Protein Powder
- Ice Cubes (3 or more)
- Water as desired



Directions:

1. Place all ingredients in a high-powered blender.
2. Add enough water to cover almost all of the dry ingredients.
3. Blend for 30-45 seconds and enjoy!

Servings: 1 Prep Time: 3 minutes Cook Time: 0 minutes

Nutritional Content per serving:

Calories: 373 Protein: 29g Carbs: 47g Fats: 9g Sugar: 19g Fiber: 7g



Chocolate Shake

Do you love chocolate but want to eat healthy? Then try my chocolate shake recipe-it's delicious!!!

Ingredients:

- 2 Ice Cubes
- 1/2 cup fresh or frozen Strawberries
- ½ a fresh or frozen Banana
- 1 scoop grass-fed 100% whey Protein Powder (I used chocolate)
- ¾ cup (or so) of dark chocolate Almond Milk

Directions:

1. Place all ingredients in a high-powered blender.
2. Add enough milk to reach desired consistency.
3. Blend for 45-60 seconds, pour in a glass and enjoy!

Servings: 1 Prep Time: 3 minutes Cook Time: 0 minutes

Nutritional Content per serving:

Calories: 265 Protein: 30g Carbs: 33g Fats: 2g Sugar: 23g Fiber: 4g



SuperFood Smoothie

This smoothie is full of healthy antioxidants to help fight aging and disease!

Ingredients:

- 1 cup frozen or fresh Blueberries
- 1 cup frozen or fresh Mango
- 2 handfuls of fresh Spinach, Arugula or Romaine
- 1 scoop all natural Protein or Hemp Powder
- 1 Tbsp. Ground Flax Seed or Chia Seeds
- 1 cup Water or Almond Milk
- 1-3 ounces of Goji100, Acai100 or Mangosteen100
- Water as desired



Directions:

1. Place all ingredients in a high-powered blender.
2. Add enough water to reach desired consistency.
3. Blend for 30-45 seconds, pour in a glass and enjoy!

Servings: 1 Prep Time: 3 minutes Cook Time: 0 minutes

Nutritional Content per serving:

Calories: 269 Protein: 15g Carbs: 38g Fats: 5g Sugar: 18g Fiber: 7g



Immunity Boosting Blast

This smoothie has a powerful blend of Vitamin C & E, probiotics, anti-viral and anti-bacterial ingredients!

Ingredients:

- 1/2 cup plain Greek yogurt
- 1/2 cup Almond Milk
- 1-2 small navel Oranges, peeled and pulled apart into wedges
- 1 kiwi, peeled
- 1 cup raw Spinach or Kale
- 1 ounce Sea Buckthorn100
- 1 ounce Mangosteen100
- 1 Tbsp. raw Honey
- 1 Tsp. Cayenne
- A few Ice Cubes
- Water as desired



Directions:

1. Place all ingredients in a high-powered blender.
2. Add enough water to reach desired consistency.
3. Blend for 30-45 seconds, pour in a glass and enjoy!

Servings: 2 Prep Time: 3 minutes Cook Time: 0 minutes

Nutritional Content per serving:

Calories: 155 Protein: 8g Carbs: 32g Fats: 2g Sugar: 25g Fiber: 4g



Strawberry Banana Smoothie

Pressed for time but want a healthy breakfast or snack? Check out how quick this strawberry banana smoothie recipe is! Fat free too 😊.

Ingredients:

- ½-1 scoop grass-fed 100% whey Protein Powder (I used chocolate)
- 2/3 cup fresh or frozen Strawberries
- 4 Ice Cubes
- ½ a fresh or frozen Banana
- Water as desired



Directions:

1. Place all ingredients in a high-powered blender.
2. Add enough water to reach desired consistency.
3. Blend for 30-45 seconds, pour in a glass and enjoy!

Servings: 1 Prep Time: 3 minutes Cook Time: 0 minutes

Nutritional Content per serving:

Calories: 191 Protein: 25g Carbs: 21g Fats: 0g Sugar: 11g Fiber: 3g



Tropical Breeze Delight

Being from Michigan, I know how much the weather can impact your mood! Try this smoothie for an instant pick-me-up☺.

Ingredients:

- 1 Banana
- 1 cup Coconut Water
- Full cup of Mango, Pineapple and Strawberries – fresh or frozen
- Ice Cubes – if using Fresh Fruit
- Water as desired

Directions:

1. Place all ingredients in a high-powered blender.
2. Add enough water to reach desired consistency.
3. Blend for 30-45 seconds, pour in a glass and enjoy!

Prep Time: 2 minute Cook Time: 0 minutes Serves: 1

Nutritional Content per serving:

Calories: 218 Protein: 1g Carbs: 54g Fats: 0g Sugar: 36g Fiber: 5g



Triple Berry Blast

You will love the thick and creamy consistency of this amazing smoothie! I love how simple the ingredients are yet they are loaded with nutrition.

Ingredients:

- 1 plain Greek Yogurt
- 4 Ice Cubes
- 2 cup mixed Berries –
Fresh or Frozen
- 1 cup Almond milk

Directions:

1. Place all ingredients in a high-powered blender.
2. Add enough water to reach desired consistency.
3. Blend for 30-45 seconds, pour in a glass and enjoy!



Prep Time: 1 minute Cook Time: 5 minutes Serves: 2

Nutritional Content per serving:

Calories: 160 Protein: 13g Carbs: 23g Fats: 3g Sugar: 16g Fiber: 4g



Quick Whey Protein Shake

Want to find the best way to maximize your hard workouts? Whip up this whey protein shake in no time!

Ingredients:

- ½ cup Milk (almond, rice, regular, etc)
- 5 Ice Cubes
- ½ Banana
- 1 scoop 100% grass-fed Whey Protein powder (chocolate or vanilla)
- Water, as needed

Directions:

1. Place the first four ingredients in a blender, add enough water to reach desired consistency.
2. Blend for 30-45 seconds.
3. Pour into a large glass and enjoy immediately.

Servings: 1 Prep Time: 2 minutes Cook Time: 0 minutes

Nutritional Content per serving:

Calories: 193 Protein: 26g Carbs: 18g Fats: 1g Sugar: 11g Fiber: 2g



Cucumber Mint Frappe

This is absolutely my new favorite obsession! I cannot believe something so healthy can taste so good. Try it!

Ingredients:

- 1 Banana
- 1 Cucumber (peel at least ½ of it)
- 1 Apple (peel at least ½ of it)
- ¼ cup fresh Mint
- ¼ cup fresh Basil
- 1 cup Coconut Water or Almond Milk
- ½ cup Ice (if desired)

Directions:

1. Place the first four ingredients in a blender, and Add enough water to reach desired consistency.
2. Blend for 30-45 seconds.
3. Pour into a large glass and enjoy immediately.

Servings: 2 Prep Time: 4 minutes Cook Time: 0 minutes

Nutritional Content per serving:

Calories: 122 Protein: 1g Carbs: 31g Fats: 0g Sugar: 21g Fiber: 4g



For more delicious recipes, visit www.FitKim.com today!

