



CLEAN & DELICIOUS

Basic Smoothie Making Formula

1 cup liquid + thickener + 1 cup frozen fruit + 1 cup leafy greens (or half cup frozen greens)
+ ½ scoop protein powder + 1-2 flavor boosters

1. Liquid

use 1-1.5 cups
PICK ONE

- Filtered water
- Almond milk (unsweetened)
- Soymilk (unsweetened)
- Cows milk
- Coconut water
- Coconut milk
- Rice milk
- Hemp milk

2. Thickener

PICK ONE

- ½ frozen banana
- 1/8th avocado
- ½ cup frozen mango
- 1/3 cup silken tofu
- Ice cubes

3. Frozen fruit

use 1 cup
MIX AND MATCH

- Strawberries
- Raspberries
- Blueberries
- Blackberries
- Peaches
- Mango
- Cherries
- Pears
- Pineapple
- Kiwi

4. Dark leafy greens

PICK ONE

- Kale
- Spinach
- Collards
- Dandelion greens (bitter)
- Swiss chard
- Beet greens
- Mixed greens

5. Protein powder

½ - 1 scoop
PICK ONE

Choose the cleanest protein you can find.

- Jay Robb whey protein powder
- Sun Warrior and Vega plant based protein powder

6. Flavor boosters

PICK 1-2

SUPER FOODS - 1 TBSP.

- Amazing Grass Chocolate Greens
- Cacao nibs
- Goji berries

FATS - 1 TBSP. EACH

- Coconut oil
- Almond butter
- Peanut butter
- Flax seeds
- Chia seeds

SWEETENERS AND SPICES

- Cinnamon
- Ginger
- Dates
- Honey
- Stevia
- Maple syrup

Remember this is not an exact science so use it as a base and give yourself permission to play!

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