



LOW CALORIE

# 50 HEALTHY SMOOTHIE RECIPES

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NUTRIENT-PACKED

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UNDER 350 CALORIES 50

# SMOOTHIE RECIPES

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## DISCLAIMER

The information provided in this ebook, including nutritional values such as calories, protein, carbohydrates, and fats and health-related content, is intended for general informational purposes only. All recipes and nutritional breakdowns have been carefully calculated using commonly available ingredients; however, actual values may vary based on the specific brands, quantities, and preparation methods used.

This ebook is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always consult a qualified healthcare provider or registered dietitian before making significant changes to your diet or nutrition routine, especially if you have underlying health conditions, allergies, or are pregnant or breastfeeding.

While every effort has been made to ensure accuracy, the author and publisher assume no responsibility or liability for any errors, omissions, or outcomes resulting from the use of the information provided.

By using this ebook, you acknowledge and accept full responsibility for your dietary choices and results.



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# LET'S MAKE 50 NUTRIENT-PACKED SMOOTHIES!

## WELCOME

Whether you're looking to fuel a workout, recover after training, or simply nourish your body with whole food options – this ebook is your go-to guide for quick, delicious, and nutrient-packed smoothies.

Inside these pages, you'll find 50 unique recipes crafted specifically with fitness goals, energy levels, and real nutrition in mind. Each smoothie has been designed to support:

- Muscle recovery and protein intake
- Focus and mental clarity
- Fat-burning and metabolism
- Gut health and digestion
- Clean, whole-food nourishment

Exact measurements (cups and grams) are included, with prep time, serving size, and complete macronutrient breakdowns – so you can track and personalize with confidence.



➤ 50 delicious recipes, each equal to or under 350 calories

➤ Easy-to-follow instructions with universal measurements

➤ Macronutrient and calorie breakdown to help you hit your daily goals

➤ A mix of food sources - from avocados, beetroot and bananas to chia seeds, protein powder and more



## 1 BERRY PROTEIN BOOST



PREP  
5 MIN

SERVINGS  
1

### INGREDIENTS

- 1 cup (150g) frozen mixed berries
- 1/2 banana (60g)
- 1 scoop (30g) vanilla protein powder
- 1 cup (240ml) unsweetened almond milk
- 1 tbsp (15g) chia seeds
- 1 tsp (5ml) honey (optional)

### INSTRUCTIONS

- Add almond milk to the blender.
- Add in berries, banana, protein powder, chia seeds, and honey.
- Blend on high until smooth (about 45–60 seconds).
- Pour into a glass and enjoy.

PROTEIN  
25g

CARBS  
44g

FATS  
8g

KCAL  
350

## 2 GREEN GODDESS CLEANSE



PREP  
5 MIN

SERVINGS  
1

### INGREDIENTS

- 1 cup (30g) fresh spinach
- 1/2 avocado (75g)
- 1 small green apple (100g), chopped
- 1/2 cucumber (75g)
- 1 tbsp (15ml) fresh lemon juice
- 1 cup (240ml) coconut water
- Ice cubes (optional)

### INSTRUCTIONS

- Add coconut water and lemon juice to the blender.
- Add all remaining ingredients.
- Blend on high until smooth.
- Serve cold with ice if desired.

PROTEIN  
3g

CARBS  
34g

FATS  
13g

KCAL  
240

## 3 TROPICAL MUSCLE FUEL



PREP  
5 MIN

SERVINGS  
1

### INGREDIENTS

- 1/2 cup (85g) frozen mango chunks
- 1/2 cup (75g) frozen pineapple
- 1/2 banana (60g)
- 1 scoop (30g) vanilla or unflavored whey protein
- 1 cup (240ml) unsweetened coconut milk
- 1 tbsp (10g) ground flaxseed

### INSTRUCTIONS

- Combine coconut milk and fruit in a blender.
- Add protein powder and flaxseed.
- Blend until smooth.
- Serve immediately.

PROTEIN  
25g

CARBS  
32g

FATS  
12g

KCAL  
340

## 4 CHOCOLATE BANANA RECOVERY



PREP  
5 MIN

SERVINGS  
1

### INGREDIENTS

- 3/4 banana (90g)
- 1 scoop (30g) chocolate protein powder
- 1 tsp (5g) peanut butter
- 1 cup (240ml) unsweetened oat milk
- 1 tsp (5ml) pure maple syrup (optional)

### INSTRUCTIONS

- Add all ingredients to a blender.
- Blend until creamy.
- Pour and enjoy.

PROTEIN  
24g

CARBS  
28g

FATS  
10g

KCAL  
345



## 5 SPICED CARROT CAKE



⌚ PREP  
6 MIN

🥤 SERVINGS  
1

### INGREDIENTS

- 1/2 cup (60g) shredded carrots
- 1/2 frozen banana (60g)
- 1 scoop (30g) vanilla protein powder
- 1/2 tsp (1g) cinnamon
- 1/4 tsp (0.5g) ground nutmeg
- 1 tbsp (15g) walnuts
- 1 cup (240ml) unsweetened almond milk

### INSTRUCTIONS

- Add almond milk and protein powder to the blender.
- Add remaining ingredients.
- Blend until smooth.

PROTEIN  
21g

CARBS  
19g

FATS  
13g

KCAL  
290

## 6 VANILLA MATCHA ENERGIZER



⌚ PREP  
5 MIN

🥤 SERVINGS  
1

### INGREDIENTS

- 1 tsp (2g) matcha green tea powder
- 1 scoop (30g) vanilla protein powder
- 1/2 banana (60g)
- 1/4 avocado (50g)
- 1 cup (240ml) unsweetened almond milk
- 1/2 tsp (2.5ml) vanilla extract

### INSTRUCTIONS

- Add almond milk and matcha to blender.
- Add in all other ingredients.
- Blend until smooth and frothy.
- Enjoy cold.

PROTEIN  
22g

CARBS  
18g

FATS  
12g

KCAL  
280



## 7 CINNAMON ROLL SMOOTHIE



PREP  
5 MIN

SERVINGS  
1

### INGREDIENTS

- 1/2 frozen banana (60g)
- 1 scoop (30g) vanilla protein powder
- 1/2 tsp (1g) ground cinnamon
- 1 tbsp (15g) Greek yogurt
- 1 cup (240ml) unsweetened cashew milk
- 1 tsp (5ml) honey (optional)

### INSTRUCTIONS

- Combine all ingredients in a blender.
- Blend until smooth.
- Serve cold.

PROTEIN  
22g

CARBS  
17g

FATS  
9g

KCAL  
250

## 8 BLUEBERRY ALMOND ANTIOXIDANT



PREP  
5 MIN

SERVINGS  
1

### INGREDIENTS

- 1 cup (150g) frozen blueberries
- 1 tbsp (16g) almond butter
- 1/2 banana (60g)
- 1 tbsp (10g) hemp seeds
- 1 cup (240ml) unsweetened almond milk

### INSTRUCTIONS

- Add all ingredients into a blender.
- Blend until creamy and thick.
- Serve immediately.

PROTEIN  
10g

CARBS  
28g

FATS  
20g

KCAL  
320



## 9 STRAWBERRY OAT DREAM



PREP  
5 MIN

SERVINGS  
1

### INGREDIENTS

- 1/2 cup (75g) frozen strawberries
- 1/2 banana (60g)
- 1/4 cup (20g) rolled oats
- 1 scoop (30g) vanilla protein powder
- 1 cup (240ml) unsweetened oat milk
- 1 tsp (5ml) honey (optional)

### INSTRUCTIONS

- Add all ingredients to the blender.
- Blend until smooth and creamy.

PROTEIN  
23g

CARBS  
38g

FATS  
8g

KCAL  
340

## 10 CREAMY MOCHA SHAKE



PREP  
5 MIN

SERVINGS  
1

### INGREDIENTS

- 1/2 cup (120ml) cold brew coffee
- 1/2 frozen banana (60g)
- 1 scoop (30g) chocolate protein powder
- 1 tbsp (15g) Greek yogurt
- 1/2 cup (120ml) unsweetened almond milk
- 1/4 tsp (1g) cinnamon

### INSTRUCTIONS

- Add coffee, milk, banana, and protein to blender.
- Add yogurt and cinnamon.
- Blend until creamy and thick.

PROTEIN  
24g

CARBS  
18g

FATS  
12g

KCAL  
295



## 11 PEACHY KEEN CREAM



 PREP  
5 MIN

 SERVINGS  
1

### INGREDIENTS

- 1 cup (150g) frozen peach slices
- 1/2 frozen banana (60g)
- 1 scoop (30g) vanilla protein powder
- 1 tbsp (15g) Greek yogurt
- 1 cup (240ml) unsweetened almond milk

### INSTRUCTIONS

- Add all ingredients to a blender.
- Blend until creamy.

PROTEIN  
23g

CARBS  
28g

FATS  
10g

KCAL  
300

## 12 CHERRY ALMOND RE-CHARGE



 PREP  
5 MIN

 SERVINGS  
1

### INGREDIENTS

- 1 cup (150g) frozen dark cherries
- 1 scoop (30g) vanilla protein powder
- 1 tbsp (16g) almond butter
- 1/2 cup (120ml) unsweetened almond milk
- 1/2 cup (120ml) water

### INSTRUCTIONS

- Add liquids to blender first.
- Add all other ingredients.
- Blend until smooth.

PROTEIN  
22g

CARBS  
26g

FATS  
14g

KCAL  
320

## 13 ZESTY PINEAPPLE MINT



 PREP  
5 MIN

 SERVINGS  
1

### INGREDIENTS

- 1 cup (150g) frozen pineapple
- 4–5 fresh mint leaves
- 1/2 banana (60g)
- 1 scoop (30g) vanilla protein powder
- 1 cup (240ml) coconut water

### INSTRUCTIONS

- Blend all ingredients until frothy.
- Serve immediately.

PROTEIN  
21g

CARBS  
28g

FATS  
8g

KCAL  
280

## 14 PUMPKIN PIE POWER



 PREP  
5 MIN

 SERVINGS  
1

### INGREDIENTS

- 1/2 cup (120g) canned pumpkin puree
- 1/2 frozen banana (60g)
- 1 scoop (30g) vanilla protein powder
- 1/2 tsp (1g) pumpkin pie spice
- 1 cup (240ml) unsweetened almond milk

### INSTRUCTIONS

- Combine all ingredients in blender.
- Blend until smooth and thick.

PROTEIN  
22g

CARBS  
18g

FATS  
9g

KCAL  
260

## 15 KIWI SPINACH GLOW



⌚ PREP  
5 MIN

🥤 SERVINGS  
1

### INGREDIENTS

- 1 kiwi (75g), peeled
- 1/2 green apple (75g), chopped
- 1 cup (30g) fresh spinach
- 1 scoop (30g) vanilla protein powder
- 1 cup (240ml) unsweetened almond milk
- Ice cubes (optional)

### INSTRUCTIONS

- Blend all ingredients until smooth.
- Add ice if desired.

PROTEIN  
21g

CARBS  
22g

FATS  
8g

KCAL  
250

## 16 MOCHA MACA POWER



⌚ PREP  
5 MIN

🥤 SERVINGS  
1

### INGREDIENTS

- 1/2 banana (60g)
- 1 scoop (30g) chocolate protein powder
- 1 tsp (5g) maca powder
- 1/2 cup (120ml) cold brew coffee
- 1/2 cup (120ml) unsweetened almond milk
- 1 tsp (5ml) maple syrup (optional)

### INSTRUCTIONS

- Add liquids to the blender first.
- Add in remaining ingredients.
- Blend on high until smooth.

PROTEIN  
23g

CARBS  
20g

FATS  
10g

KCAL  
290



## 17 PAPAYA DIGESTION AID



 PREP  
5 MIN

 SERVINGS  
1

### INGREDIENTS

- 1 cup (140g) fresh or frozen papaya chunks
- 1/2 frozen banana (60g)
- 1/2 tsp (2g) fresh grated ginger
- 1 scoop (30g) vanilla protein powder
- 1 cup (240ml) coconut water
- Juice of 1/2 lime (10ml)

### INSTRUCTIONS

- Add coconut water and lime juice to blender.
- Add remaining ingredients and blend until smooth.

PROTEIN  
21g

CARBS  
21g

FATS  
6g

KCAL  
250

## 18 ALMOND JOY FIT SHAKE



 PREP  
5 MIN

 SERVINGS  
1

### INGREDIENTS

- 1 tbsp (16g) almond butter
- 1 tbsp (10g) shredded unsweetened coconut
- 1 scoop (30g) chocolate protein powder
- 1/2 banana (60g)
- 1 cup (240ml) unsweetened almond milk

### INSTRUCTIONS

- Add all ingredients to a blender.
- Blend until smooth and creamy.

PROTEIN  
22g

CARBS  
19g

FATS  
18g

KCAL  
330



## 19 BEET BERRY PERFORMANCE



⌚ PREP  
6 MIN

🥤 SERVINGS  
1

### INGREDIENTS

- 1/2 cup (75g) cooked beetroot
- 1/2 cup (75g) frozen strawberries
- 1/2 banana (60g)
- 1 scoop (30g) unflavored or berry protein powder
- 1 cup (240ml) unsweetened almond milk
- 1 tsp (5ml) honey (optional)

### INSTRUCTIONS

- Blend all ingredients until smooth.
- Serve immediately.

PROTEIN  
22g

CARBS  
24g

FATS  
7g

KCAL  
270

## 20 CREAMY CASHEW & DATE SHAKE



⌚ PREP  
7 MIN

🥤 SERVINGS  
1

### INGREDIENTS

- 2 pitted Medjool dates (30g)
- 1 tbsp (16g) cashew butter
- 1 scoop (30g) vanilla vegan protein powder
- 1/2 banana (60g)
- 1 cup (240ml) unsweetened cashew milk
- Pinch of cinnamon

### INSTRUCTIONS

- Soften dates in warm water for 5 minutes if needed.
- Blend all ingredients until creamy and smooth.

PROTEIN  
21g

CARBS  
28g

FATS  
14g

KCAL  
340



## 21 CUCUMBER MELON HYDRATOR



 PREP  
6 MIN

 SERVINGS  
1

### INGREDIENTS

- 1/2 cup (75g) honeydew melon, cubed
- 1/2 cup (75g) cucumber, peeled and chopped
- 1/2 banana (60g)
- 1 scoop (30g) vanilla protein powder
- 1/2 cup (120ml) coconut water
- 1/2 cup (120ml) unsweetened almond milk
- Squeeze of fresh lime (5ml)

### INSTRUCTIONS

- Add coconut water, almond milk, and lime juice to blender.
- Add remaining ingredients.
- Blend until smooth and refreshing.

PROTEIN  
22g

CARBS  
20g

FATS  
6g

KCAL  
240

## 22 FIG & FLAX FIBER FUEL



 PREP  
7 MIN

 SERVINGS  
1

### INGREDIENTS

- 2 dried figs (40g), soaked if hard
- 1 tbsp (10g) ground flaxseed
- 1/2 frozen banana (60g)
- 1 scoop (30g) vanilla protein powder
- 1/2 cup (120ml) unsweetened almond milk
- 1/2 cup (120ml) water

### INSTRUCTIONS

- Soak figs in warm water for 5–10 minutes if needed.
- Add all ingredients to blender.
- Blend until figs are fully broken down and texture is smooth.

PROTEIN  
21g

CARBS  
28g

FATS  
10g

KCAL  
310

## 23 CITRUS SUNRISE SMOOTHIE



⌚ PREP  
5 MIN

🥤 SERVINGS  
1

### INGREDIENTS

- 1 orange (130g), peeled and sectioned
- 1/4 cup (60g) frozen mango
- 1/4 cup (60g) frozen pineapple
- 1 scoop (30g) vanilla or citrus protein powder
- 1 cup (240ml) coconut water
- 1 tsp (2g) chia seeds

### INSTRUCTIONS

- Add coconut water and fruit to blender.
- Add protein and chia seeds.
- Blend until smooth and serve immediately.

PROTEIN  
21g

CARBS  
26g

FATS  
5g

KCAL  
260

## 24 NUTTY BLUE MATCHA



⌚ PREP  
5 MIN

🥤 SERVINGS  
1

### INGREDIENTS

- 1/2 banana (60g)
- 1 scoop (30g) vanilla protein powder
- 1/2 tsp (1g) blue spirulina (blue matcha) powder
- 1 tbsp (16g) almond butter
- 1 cup (240ml) unsweetened almond milk
- 1/4 tsp (1ml) vanilla extract

### INSTRUCTIONS

- Add all ingredients to a blender.
- Blend until creamy blue perfection.

PROTEIN  
22g

CARBS  
20g

FATS  
14g

KCAL  
300



## 25 APPLE PIE REFUEL



 PREP  
6 MIN

 SERVINGS  
1

### INGREDIENTS

- 1/2 apple (75g), chopped
- 1/2 frozen banana (60g)
- 1 scoop (30g) vanilla protein powder
- 1/2 tsp (1g) cinnamon
- 1 tbsp (10g) oats
- 1 cup (240ml) unsweetened oat milk

### INSTRUCTIONS

- Add all ingredients into blender.
- Blend until thick and smooth.
- Add a dash of cinnamon on top if desired.

PROTEIN  
23g

CARBS  
28g

FATS  
9g

KCAL  
310

## 26 AVOCADO LIME REFRESH



 PREP  
5 MIN

 SERVINGS  
1

### INGREDIENTS

- 1/2 avocado (75g)
- 1/2 banana (60g)
- Juice of 1/2 lime (10ml)
- 1 scoop (30g) vanilla or unflavored protein powder
- 1 cup (240ml) unsweetened almond milk
- Ice cubes (optional)

### INSTRUCTIONS

- Add almond milk and lime juice to the blender.
- Add the remaining ingredients.
- Blend until thick and silky.
- Serve with a wedge of lime if desired.

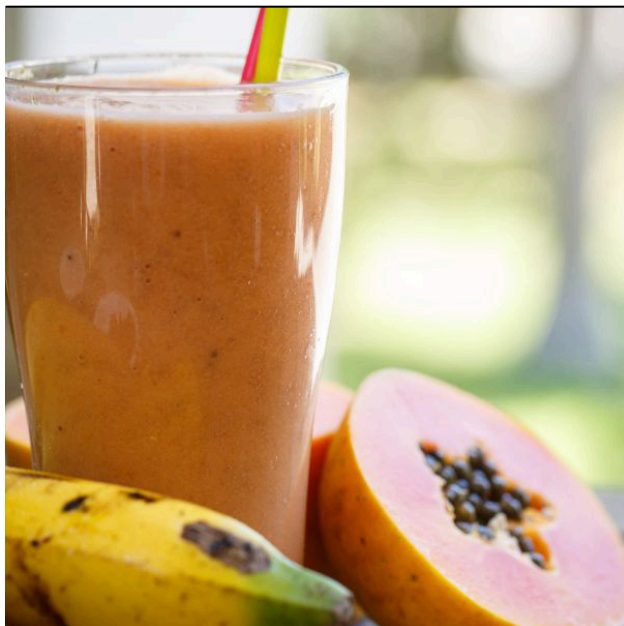
PROTEIN  
22g

CARBS  
18g

FATS  
17g

KCAL  
320

## 27 PAPAYA GLOW SMOOTHIE



 PREP  
6 MIN

 SERVINGS  
1

### INGREDIENTS

- 1/2 cup (75g) ripe papaya
- 1/2 cup (75g) frozen pineapple
- 1/2 banana (60g)
- 1 scoop (30g) vanilla protein powder
- 1/2 cup (120ml) coconut water
- 1/2 cup (120ml) unsweetened almond milk

### INSTRUCTIONS

- Combine all ingredients in a blender.
- Blend until smooth.
- Enjoy chilled for best taste.

PROTEIN  
21g

CARBS  
26g

FATS  
8g

KCAL  
290

## 28 BLACK FOREST SMOOTHIE



 PREP  
5 MIN

 SERVINGS  
1

### INGREDIENTS

- 1/2 cup (75g) frozen dark cherries
- 1/2 banana (60g)
- 1 scoop (30g) chocolate protein powder
- 1 tbsp (15g) plain Greek yogurt
- 1 cup (240ml) unsweetened almond milk
- 1 tsp (2g) cacao nibs (optional topping)

### INSTRUCTIONS

- Add all ingredients to blender.
- Blend until thick and smooth.
- Sprinkle cacao nibs on top if desired.

PROTEIN  
24g

CARBS  
25g

FATS  
10g

KCAL  
310



## 29 SWEET POTATO PIE



 PREP  
6 MIN

 SERVINGS  
1

### INGREDIENTS

- 1/2 cup (100g) cooked, chilled sweet potato
- 1/2 frozen banana (60g)
- 1 scoop (30g) vanilla protein powder
- 1/2 tsp (1g) cinnamon
- 1/4 tsp (0.5g) nutmeg
- 1 cup (240ml) unsweetened almond milk

### INSTRUCTIONS

- Add sweet potato and milk to blender.
- Add the rest of the ingredients.
- Blend until creamy and smooth.

PROTEIN  
22g

CARBS  
30g

FATS  
9g

KCAL  
330

## 30 PINEAPPLE BASIL BALANCE



 PREP  
5 MIN

 SERVINGS  
1

### INGREDIENTS

- 1/2 cup (75g) frozen pineapple
- 1/2 banana (60g)
- 3 fresh basil leaves
- 1 scoop (30g) vanilla protein powder
- 1 cup (240ml) unsweetened coconut milk
- 1 tsp (5ml) fresh lemon juice

### INSTRUCTIONS

- Add coconut milk and lemon juice to blender.
- Add the fruit, basil, and protein.
- Blend well and enjoy chilled.

PROTEIN  
21g

CARBS  
22g

FATS  
10g

KCAL  
270

## 31 MANGO TURMERIC TONIC



 PREP  
5 MIN

 SERVINGS  
1

### INGREDIENTS

- 1/2 cup (85g) frozen mango
- 1/2 banana (60g)
- 1/2 tsp (1g) ground turmeric
- 1 pinch black pepper (enhances curcumin absorption)
- 1 scoop (30g) vanilla protein powder
- 1 cup (240ml) unsweetened almond milk

### INSTRUCTIONS

- Add almond milk to blender first.
- Add all remaining ingredients.
- Blend until bright, smooth, and creamy.

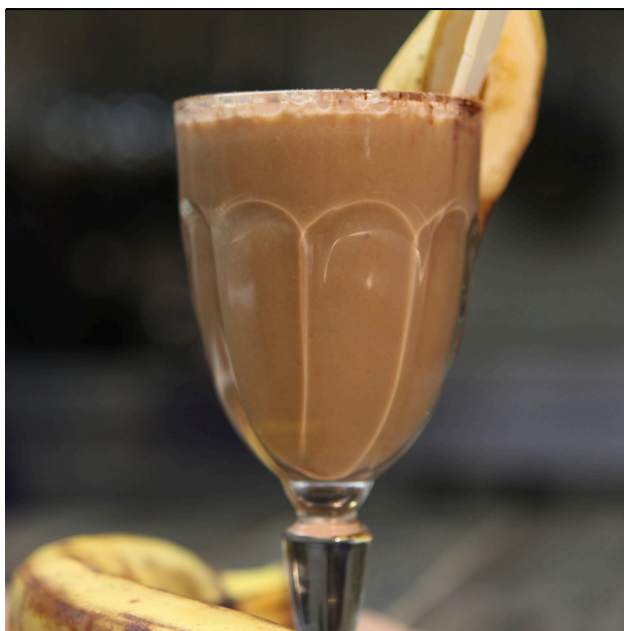
PROTEIN  
23g

CARBS  
25g

FATS  
9g

KCAL  
290

## 32 CHOCOLATE ORANGE POWER



 PREP  
6 MIN

 SERVINGS  
1

### INGREDIENTS

- 1/2 orange (75g), peeled and seeded
- 1/2 frozen banana (60g)
- 1 scoop (30g) chocolate protein powder
- 1/2 cup (120ml) unsweetened oat milk
- 1/2 cup (120ml) water
- Zest of 1/4 orange (optional, for extra zing)

### INSTRUCTIONS

- Add all ingredients to a blender.
- Blend until silky.
- Garnish with a sprinkle of zest if desired.

PROTEIN  
22g

CARBS  
24g

FATS  
8g

KCAL  
280



## 33 GINGER PEACH VITALITY



 PREP  
5 MIN

 SERVINGS  
1

### INGREDIENTS

- 1 cup (150g) frozen peach slices
- 1/2 banana (60g)
- 1/2 tsp (2g) fresh grated ginger
- 1 scoop (30g) vanilla protein powder
- 1/2 cup (120ml) unsweetened almond milk
- 1/2 cup (120ml) water

### INSTRUCTIONS

- Add all ingredients to a blender.
- Blend until smooth and creamy.
- Serve immediately.

PROTEIN  
22g

CARBS  
26g

FATS  
8g

KCAL  
290

## 34 GOLDEN GLOW SMOOTHIE



 PREP  
6 MIN

 SERVINGS  
1

### INGREDIENTS

- 1/2 cup (75g) frozen pineapple
- 1/2 orange (75g), peeled and chopped
- 1/4 avocado (50g)
- 1/2 tsp (1g) ground turmeric
- 1 pinch black pepper
- 1 scoop (30g) vanilla or unflavored protein powder
- 1 cup (240ml) unsweetened coconut milk

### INSTRUCTIONS

- Combine all ingredients in a blender.
- Blend until vibrant and creamy.
- Enjoy chilled.

PROTEIN  
21g

CARBS  
24g

FATS  
12g

KCAL  
310



## 35 MINT CHOCOLATE GREEN



PREP  
5 MIN

SERVINGS  
1

### INGREDIENTS

- 1 cup (30g) fresh spinach
- 1/2 frozen banana (60g)
- 1 scoop (30g) chocolate protein powder
- 1/4 tsp (1ml) peppermint extract
- 1 cup (240ml) unsweetened almond milk
- 1 tsp (2g) cacao nibs (optional topping)

### INSTRUCTIONS

- Add spinach and almond milk to blender first.
- Add remaining ingredients.
- Blend until creamy and green.
- Top with cacao nibs if desired.

PROTEIN  
24g

CARBS  
20g

FATS  
10g

KCAL  
300

## 36 BLACKBERRY REFRESHER



PREP  
5 MIN

SERVINGS  
1

### INGREDIENTS

- 1 cup (150g) frozen blackberries
- 4–5 fresh basil leaves
- 1/2 banana (60g)
- 1 scoop (30g) vanilla protein powder
- 1 cup (240ml) unsweetened almond milk
- 1/2 cup (120ml) water

### INSTRUCTIONS

- Add all ingredients to a blender.
- Blend until smooth and fragrant.
- Pour into a glass and serve chilled.

PROTEIN  
22g

CARBS  
25g

FATS  
8g

KCAL  
280



## 37 MANGO LASSI POWER



 PREP  
5 MIN

 SERVINGS  
1

### INGREDIENTS

- 1/2 cup (85g) frozen mango chunks
- 1/2 cup (120g) plain Greek yogurt
- 1/2 banana (60g)
- 1 scoop (30g) vanilla protein powder
- 1/4 tsp (0.5g) ground cardamom (optional for authenticity)
- 1 cup (240ml) unsweetened almond milk

### INSTRUCTIONS

- Combine all ingredients in a blender.
- Blend until thick and creamy.
- Sprinkle with extra cardamom if desired and serve.

PROTEIN  
28g

CARBS  
26g

FATS  
11g

KCAL  
330

## 38 HAZELNUT MOCHA MUSCLE SHAKE



 PREP  
5 MIN

 SERVINGS  
1

### INGREDIENTS

- 1/2 cup (120ml) chilled brewed coffee
- 1 scoop (30g) chocolate protein powder
- 1/2 frozen banana (60g)
- 1 tbsp (15g) hazelnut butter
- 1/2 cup (120ml) unsweetened almond milk

### INSTRUCTIONS

- Add coffee and almond milk to blender.
- Add the rest of the ingredients.
- Blend until smooth and creamy.

PROTEIN  
25g

CARBS  
22g

FATS  
16g

KCAL  
350

## 39 CRANBERRY CLEANSER



 PREP  
6 MIN

 SERVINGS  
1

### INGREDIENTS

- 1/2 cup (60g) frozen cranberries
- 1/2 orange (75g), peeled and chopped
- 1/2 banana (60g)
- 1 scoop (30g) unflavored or vanilla protein powder
- 1 cup (240ml) unsweetened oat milk
- 1 tsp (5ml) maple syrup (optional for sweetness)

### INSTRUCTIONS

- Blend all ingredients until completely smooth.
- Add more milk for a thinner texture if needed.
- Serve cold.

PROTEIN  
22g

CARBS  
24g

FATS  
7g

KCAL  
270

## 40 TROPICAL GREENS DETOX



 PREP  
6 MIN

 SERVINGS  
1

### INGREDIENTS

- 1/2 cup (75g) frozen pineapple
- 1/2 cup (85g) frozen mango
- 1/2 cucumber (75g), sliced
- 1 cup (30g) kale or spinach
- 1 scoop (30g) vanilla protein powder
- 1 cup (240ml) coconut water

### INSTRUCTIONS

- Add all ingredients to the blender.
- Blend until vibrant and smooth.
- Serve immediately for a refreshing detox boost.

PROTEIN  
21g

CARBS  
26g

FATS  
8g

KCAL  
290



## 41 PEAR VANILLA BLEND



 PREP  
5 MIN

 SERVINGS  
1

### INGREDIENTS

- 1 ripe pear (170g), chopped
- 1/2 banana (60g)
- 1 scoop (30g) vanilla protein powder
- 1/2 tsp (2.5ml) vanilla extract
- 1/2 cup (120g) plain Greek yogurt
- 1 cup (240ml) unsweetened almond milk

### INSTRUCTIONS

- Add all ingredients to a blender.
- Blend until smooth and creamy.
- Pour and enjoy.

PROTEIN  
24g

CARBS  
29g

FATS  
9g

KCAL  
310

## 42 PISTACHIO MATCHA FUEL



 PREP  
5 MIN

 SERVINGS  
1

### INGREDIENTS

- 1 tsp (2g) matcha green tea powder
- 1 tbsp (15g) pistachios
- 1/2 frozen banana (60g)
- 1 scoop (30g) vanilla or unflavored protein powder
- 1/2 cup (120g) plain Greek yogurt
- 3/4 cup (180ml) unsweetened almond milk

### INSTRUCTIONS

- Add all ingredients to blender.
- Blend on high until smooth and slightly frothy.
- Serve immediately.

PROTEIN  
25g

CARBS  
18g

FATS  
16g

KCAL  
330

## 43 CHOCO-CHILI SMOOTHIE



PREP  
5 MIN

SERVINGS  
1

### INGREDIENTS

- 1 scoop (30g) chocolate protein powder
- 1 tbsp (6g) unsweetened cocoa powder
- 1/4 tsp (0.5g) cayenne pepper
- 1/2 banana (60g)
- 1 tbsp (16g) almond butter
- 1 cup (240ml) unsweetened almond milk

### INSTRUCTIONS

- Add all ingredients to a blender.
- Blend on high until smooth and creamy.
- Taste test and add extra spice if desired.

PROTEIN  
24g

CARBS  
20g

FATS  
15g

KCAL  
330

## 44 BANANA CHAI RECOVERY



PREP  
6 MIN

SERVINGS  
1

### INGREDIENTS

- 1/2 banana (60g)
- 1 scoop (30g) vanilla protein powder
- 1/2 tsp (1g) ground cinnamon
- 1/4 tsp (0.5g) ground ginger
- 1/8 tsp (0.25g) ground cardamom
- 1/2 cup (120ml) unsweetened almond milk
- 1/2 cup (120ml) brewed, cooled chai tea

### INSTRUCTIONS

- Brew chai tea and let it cool.
- Add all ingredients to blender and blend until smooth.
- Serve chilled or over ice.

PROTEIN  
22g

CARBS  
18g

FATS  
9g

KCAL  
270



## 45 RASPBERRY COCOA



PREP  
5 MIN

SERVINGS  
1

### INGREDIENTS

- 1 cup (125g) frozen raspberries
- 1 tbsp (6g) unsweetened cocoa powder
- 1/2 banana (60g)
- 1 scoop (30g) chocolate protein powder
- 1 cup (240ml) unsweetened almond milk
- 1 tsp (5ml) maple syrup (optional)

### INSTRUCTIONS

- Add all ingredients to a blender.
- Blend until creamy and rich.
- Serve immediately.

PROTEIN  
24g

CARBS  
24g

FATS  
10g

KCAL  
310

## 46 BEET BERRY BUILDER



PREP  
6 MIN

SERVINGS  
1

### INGREDIENTS

- 1/2 cup (85g) cooked or steamed beets (cooled)
- 1/2 cup (75g) frozen mixed berries
- 1/2 banana (60g)
- 1 scoop (30g) vanilla or berry protein powder
- 1 cup (240ml) unsweetened almond milk
- 1 tsp (5ml) lemon juice

### INSTRUCTIONS

- Add almond milk and lemon juice to blender.
- Add remaining ingredients.
- Blend until vibrant and smooth.

PROTEIN  
23g

CARBS  
24g

FATS  
7g

KCAL  
280



## 47 COCONUT CHAI CHILL



⌚ PREP  
6 MIN

🥤 SERVINGS  
1

### INGREDIENTS

- 1 scoop (30g) vanilla protein powder
- 1/2 frozen banana (60g)
- 1/2 tsp (1g) ground cinnamon
- 1/8 tsp (0.25g) ground cloves
- 1/8 tsp (0.25g) ground nutmeg
- 1/2 cup (120ml) brewed, cooled chai tea
- 1/2 cup (120ml) light coconut milk (from carton or can)

### INSTRUCTIONS

- Brew chai tea and let cool.
- Combine all ingredients in blender.
- Blend until creamy and spiced.

PROTEIN  
22g

CARBS  
19g

FATS  
12g

KCAL  
290

## 48 DRAGON FRUIT COOLER



⌚ PREP  
5 MIN

🥤 SERVINGS  
1

### INGREDIENTS

- 3/4 cup (135g) frozen dragon fruit (pitaya)
- 1/2 banana (60g)
- 1/2 cup (75g) frozen pineapple
- 1 scoop (30g) vanilla protein powder
- 1 cup (240ml) unsweetened coconut water
- 1 tsp (5ml) lime juice

### INSTRUCTIONS

- Add coconut water and lime juice to the blender.
- Add all remaining ingredients.
- Blend until smooth and creamy.

PROTEIN  
22g

CARBS  
25g

FATS  
6g

KCAL  
270

## 49 PISTACHIO PEAR PUNCH



PREP  
5 MIN

SERVINGS  
1

### INGREDIENTS

- 1 small ripe pear (150g), cored and chopped
- 1 tbsp (10g) shelled pistachios
- 1/2 banana (60g)
- 1 scoop (30g) vanilla protein powder
- 1/2 tsp (2.5ml) cinnamon
- 1 cup (240ml) unsweetened almond milk

### INSTRUCTIONS

- Add almond milk and protein powder to the blender.
- Add pear, banana, pistachios, and cinnamon.
- Blend until smooth and creamy.

PROTEIN  
23g

CARBS  
29g

FATS  
11g

KCAL  
315

## 50 FIG & WALNUT POWER BLEND



PREP  
7 MIN

SERVINGS  
1

### INGREDIENTS

- 2 dried figs (40g), chopped
- 1/2 banana (60g)
- 1 tbsp (7g) ground walnuts
- 1 scoop (30g) vanilla protein powder
- 1 cup (240ml) unsweetened oat milk
- 1/2 tsp (2.5ml) vanilla extract

### INSTRUCTIONS

- Soak figs in warm water for 5 minutes (optional for easier blending).
- Add all ingredients to blender.
- Blend until smooth and creamy.

PROTEIN  
22g

CARBS  
27g

FATS  
12g

KCAL  
320



# THANKYOU LET'S BEGIN!

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## KEEP IT SMOOTH!

Thank you for choosing this smoothie recipe ebook as a part of your health and fitness journey.

I hope these 50 recipes inspire you to blend with purpose, fuel your body with intention, and enjoy every sip along the way.

To your health, energy, and continued success — cheers!

YOU'VE  
GOT THIS!

