

Fruit and Berry Smoothie Ideas

Nutrition Facts

Protein:

1 scoop Real Strawberry flavored Whey Protein (ProteinFactory.com): 110cal, 27g protein

-Or-

1 rounded scoop Optimum Nutrition Whey Protein: 120cal, 24g protein

Complex carbs:

2Tbsp Bob's Red Mill 7 grain cereal: 70cal, 0.5g fat (0sat, 0trans), 14g carb (1.5g fiber), 3g protein

-Or-

1/4c Old Fashioned oats: 75cal, 1.5g fat (<0.5sat, 0trans), 19g carb (0.5g sugar, 2g fiber), 2.5g protein

Fruits & berries (www.nutritiondata.com):

- 1 med banana: 105cal, 27g carb (14g sugar, 3g fiber), 1g protein
- 1 med kiwi: 46cal, 11g carb (7g sugar, 2g fiber), 1g protein
- 1cup sliced strawberries: 53cal, 13g carb (8g sugar, 3g fiber), 1g protein
- 1oz blueberries: 16cal, 4g carb (3g sugar, 1g fiber)
- 1oz blackberries: 12cal, 3g carbs (1g sugar, 1g fiber)

Sweetener/Other:

- 1tsp Blue Agave: 12cal, 3g carb (3g sugar); low glycemic sweetener
- 1tsp Splenda Sugar Blend: 20cal, 4g carb (4g sugar)
- 2Tbsp skim milk: 12 cal, 1.7g carb (1.5g sugar), 1g protein
 - Soy milk or almond milk make nice alternatives to dairy

“Meal Replacement” smoothies

To help ensure that we “eat” a *minimum* of 5 meals per day, adjust quantities of your favorite fruits, berries, ect. to meet approximately 1/6 (to 1/5) of your daily caloric need. A perfect meal on the go for any busy person!

Banana Berry Smoothie

1/2 med banana
1/2cup sliced strawberries
1oz blueberries
1oz blackberries
1 scoop protein
2Tbsp Bob's Red Mill 7 grain cereal
2Tbsp almond milk

Kiwi Strawberry Banana Smoothie

1/2 med banana
1/2cup sliced strawberries
1 med kiwi
1 scoop protein
1/4c Old Fashioned oats
2Tbsp skim milk