



Make sure your Smoothies, Juices and Shakes are always healthy ones!

Here are some great suggestions to choose from, to get you started →

💡 Whether making a juice to go with a meal, or a smoothie / shake as a meal replacement, a key to a healthy drink is also what's NOT in it: Give preference to organic ingredients, and avoid items likely to cause food intolerances, such as gluten, soy, dairy, eggs, corn, and peanuts, as well as anything artificial or high-sugar impact.

❓ Why are we adding fat to a shake / juice / smoothie, to make it healthy?
We all need healthy fats, our bodies use them daily for several important functions.
For some people, if not most, removing fats from your diet to help lose weight, might have the opposite effect: Telling you body there's a (nutritional) fat scarcity may put your body in fat storage mode — this includes lowering your metabolism.
On the other hand, healthy fats make your body go "OK, there's enough fat for our needs coming in regularly, so, there's really no need to store it!"

1

SELECT YOUR NUTRITIOUS FRUITS AND VEGGIES

You don't need a lot of variety, just make sure they suit your own taste; a couple of each is enough for great nutritional variety in your drink (around 10% Fruit, 90% Veggies). As a rule of thumb, in both cases, the darker ones will have more antioxidants and flavonoids.

2

ADD FIBER TO STAY FULL

If your stomach is growling soon after your morning shake or smoothie, you missed the fiber! Fiber helps you feel full and burn fat, not to mention manage your blood glucose and cholesterol levels. Also with regular healthy bowel movement.

3

ADD AN HEALTHY FAT FOR FUEL

Burning fat keeps you going for longer, with little to no crash. Fat fuels your muscles and brain, and is needed as raw material for many substances, like hormones. Also, despite what 1980's nutrition gurus told us, in order to burn fat, you have to eat fat!

4

ADD PROTEIN FOR POWER

Ever had a crash, or felt very hungry soon after your morning smoothie? That's because it didn't contain enough protein! Every smoothie or shake should contain 20-25 grams of protein for satiation, and sustained energy.

FRUITS AND VEGGIES: 1



- Blueberries
- Raspberries
- Strawberries
- Apple
- Spinach
- Kale
- Chard
- Pumpkin
- Butternut squash



FIBER: 2

(If there's already lots of fiber from your veggies, you're OK, skip this. If not, make sure you add it, then)



- Leafy Greens
- Flaxseed
- Chia Seed
- Cacao Nibs
- Cooked oats, or oat-based cereal

HEALTHY FAT: 3



- Almond Butter
- Cashew Butter
- Coconut Oil or Coconut Butter
- Full-fat, unsweetened, nut Milk
- Full-fat Greek Yogurt
- Avocado

PROTEIN: 4



- Pea
- Chia
- Chlorella
- Brown rice
- A good protein powder