

# Superfood Smoothie



## Simple Formula Checklist

Smoothie Name: *Superfood Green Smoothie* Make Again:

Date: *7/10/2021*

Yes / No

5 Ingredient Categories (Circle what you like)	Notes															
<p><b>1. Protein</b></p> <table border="0"> <tr> <td><u>Bone Broth (Liquid) (1/2-1 cup)</u></td> <td>Nuts, Peas, Beans (1/4-1/2 cup)</td> </tr> <tr> <td>Cottage Cheese (1/2 cup)</td> <td>Ricotta Cheese (1/2 cup)</td> </tr> <tr> <td>Kefir Cheese (1/2 cup)</td> <td>Yogurt - Greek (1/2 cup)</td> </tr> <tr> <td>Nut Butters (1-2 tbsp.)</td> <td>Yogurt - Plain (1/2 cup)</td> </tr> <tr> <td>Nut Milk (Liquid) (1/2-1 cup)</td> <td>Whey (Liquid) (1/2-1 cup)</td> </tr> </table>	<u>Bone Broth (Liquid) (1/2-1 cup)</u>	Nuts, Peas, Beans (1/4-1/2 cup)	Cottage Cheese (1/2 cup)	Ricotta Cheese (1/2 cup)	Kefir Cheese (1/2 cup)	Yogurt - Greek (1/2 cup)	Nut Butters (1-2 tbsp.)	Yogurt - Plain (1/2 cup)	Nut Milk (Liquid) (1/2-1 cup)	Whey (Liquid) (1/2-1 cup)	<p><i>Used 1/2 c Chicken Bone Broth</i></p>					
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### 5-Step Superfood Smoothie Formula

Add ingredients in the following order:

- |             |                          |
|-------------|--------------------------|
| (1) Liquid* | (4) Fruits/Veggies/Fiber |
| (2) Protein | (5) Flavor Boosters      |
| (3) Fats    |                          |

\* 1/2-1 cup liquid depending on desired thickness. Optional liquids: Black Tea, Coffee, Green Tea, Herb Tea, Juice, Milk, Water