

Superfood Smoothie



Simple Formula Checklist

Smoothie Name:

Make Again:

Date:

Yes / No

| 5 Ingredient Categories (Circle what you like) | Notes | | | | | | | | | | | | | | | |
|---|---|---------------------------------|----------------------------------|--|----------------------------------|---|---------------------------------------|--------------------------------|--|------------------------------------|--------|------------|--------|--------|--------------|--|
| <p>1. Protein</p> <table border="0"> <tr> <td>Bone Broth (<i>Liquid</i>) (1/2-1 cup)</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 (<i>Liquid</i>) (1/2-1 cup)</td> <td>Whey (<i>Liquid</i>) (1/2-1 cup)</td> </tr> </table> | Bone Broth (<i>Liquid</i>) (1/2-1 cup) | 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 (<i>Liquid</i>) (1/2-1 cup) | Whey (<i>Liquid</i>) (1/2-1 cup) | | | | | | |
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| <p>2. Carbohydrates (1-2 cups)</p> <table border="0"> <tr> <td>Apples</td> <td>Cruciferous Veggies</td> <td>Melons</td> </tr> <tr> <td>Bananas</td> <td>Cucumbers</td> <td>Other Fruits</td> </tr> <tr> <td>Berries</td> <td>Grapes</td> <td>Other Veggies</td> </tr> <tr> <td>Carrots</td> <td>Greens</td> <td>Pineapples</td> </tr> <tr> <td>Celery</td> <td>Mangos</td> <td>Stone Fruits</td> </tr> </table> | Apples | Cruciferous Veggies | Melons | Bananas | Cucumbers | Other Fruits | Berries | Grapes | Other Veggies | Carrots | Greens | Pineapples | Celery | Mangos | Stone Fruits | |
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| <p>3. Fats</p> <table border="0"> <tr> <td>Avocado (1/2 avocado)</td> <td>Ghee - Melted (1-2 tbsp.)</td> </tr> <tr> <td>Butter - Melted (1-2 tbsp.)</td> <td>Olive Oil (1-2 tbsp.)</td> </tr> <tr> <td>Coconut Oil - Melted (1-2 tbsp.)</td> <td>Sesame Oil - Untoasted (1-2 tbsp.)</td> </tr> </table> | Avocado (1/2 avocado) | Ghee - Melted (1-2 tbsp.) | Butter - Melted (1-2 tbsp.) | Olive Oil (1-2 tbsp.) | Coconut Oil - Melted (1-2 tbsp.) | Sesame Oil - Untoasted (1-2 tbsp.) | | | | | | | | | | |
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| <p>4. Fiber (1-2 tbsp.)</p> <table border="0"> <tr> <td>Chia Seeds</td> <td>Oat Bran</td> <td>Psyllium Husks</td> </tr> <tr> <td>Flax Seeds</td> <td>Old Fashioned Rolled Oats</td> <td>Wheat Bran</td> </tr> </table> | Chia Seeds | Oat Bran | Psyllium Husks | Flax Seeds | Old Fashioned Rolled Oats | Wheat Bran | | | | | | | | | | |
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| <p>5. Flavor Boosters</p> <table border="0"> <tr> <td>Apple Cider Vinegar (1 tsp. - 1 tbsp.)</td> <td>Herbs - Fresh (1-2 tbsp.)</td> </tr> <tr> <td>Cacao Powder or Nibs (1-2 tbsp.)</td> <td>Optional Sweeteners (1 tsp. - 1 tbsp.)</td> </tr> <tr> <td>Citrus Juice/Zest (1 citrus)</td> <td>Spices - Dried (1 tsp.) - Fresh (1 tbsp.)</td> </tr> <tr> <td>Fermentation Brine (1 tsp. - 1 tbsp.)</td> <td>Spirulina or Seaweed (1 tbsp.)</td> </tr> </table> | Apple Cider Vinegar (1 tsp. - 1 tbsp.) | Herbs - Fresh (1-2 tbsp.) | Cacao Powder or Nibs (1-2 tbsp.) | Optional Sweeteners (1 tsp. - 1 tbsp.) | Citrus Juice/Zest (1 citrus) | Spices - Dried (1 tsp.) - Fresh (1 tbsp.) | Fermentation Brine (1 tsp. - 1 tbsp.) | Spirulina or Seaweed (1 tbsp.) | | | | | | | | |
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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