



# PROTEIN POWER SMOOTHIES

10 FAVORITE PROTEIN PACKED SHAKES  
TO BOOST YOUR OVERALL HEALTH

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# cherry almond smoothie



**1 cup 2% milk (or unsweetened almond, hemp, rice  
or soy milk)**

**6 oz vanilla yogurt**

**1/4 cup unflavored whey protein powder**

**1/2 cup frozen cherries**

**1/4 cup almonds**

**1 tsp ground golden flaxseed**

**1/2 cup ice**

**1 tsp raw honey (or coconut sugar)**

**Blend until smooth**



# Pineapple Green Smoothie



**4 cups baby spinach**

**3/4 cup unsweetened organic soy  
milk or almond milk**

**1/2 cup pineapple juice**

**1 cup frozen mango chunks**

**1 banana**

**1-2 scoops vanilla protein powder**

**Blend spinach, milk and pineapple juice  
until blended. Add remaining ingredients  
and blend to desired consistency.**





# Tropical Blueberry Kale Smoothie

**1/2 cup wild frozen blueberries**

**1/4 cup frozen mango chunks**

**1/2 cup chopped kale leaves**

**5.3 oz container of Oikos Triple Zero Vanilla Greek yogurt**

**1/4 cup Trop50 (low sugar) orange juice or freshly  
squeezed orange juice**

**1/2 cup unsweetened almond milk**

**1 tbsp raw, shelled hemp seed**

**a few ice cubes**

**Blend until smooth**



# Chocolate Date Supershake

**6 oz unsweetened almond milk**  
**a few ice cubes**  
**1 scoop chocolate whey protein**  
**1 handful baby spinach leaves**  
**(about ½ cup)**  
**2 pitted dates**  
**1 tbsp sliced almonds**  
**2 tsp cacao nibs**  
**1-2 tbsp cacao powder**  
**a few ice cubes**





vanilla mango

# Supershake

**6 oz unsweetened almond milk**

**1 scoop vanilla whey protein**

**1 handful (about ½ cup) baby spinach  
leaves**

**¼ cup frozen mango**

**1 tbsp sliced almonds  
few ice cubes**

**Blend and enjoy.**







# *Peanut Butter Banana Protein Smoothie*

**1/2 cup ice**

**8 oz unsweetened almond or soy milk**

**1 frozen banana**

**1 scoop unflavored protein powder**

**2 tbsp powdered peanut butter (such as PB Fit)**

**\*optional:**

**1 tbsp raw honey**

**1 tbsp ground golden flaxseed**





# chocolate cherry green smoothie

**1 cup unsweetened chocolate almond milk**

**1 cup baby spinach or kale**

**1 small frozen banana**

**1 cup frozen cherries**

**1 tbsp hemp seeds**

**1 tbsp ground flaxseed**

**1 tsp chia seeds**

**1 tbsp cacao powder**

**2 tbsp unflavored whey protein \*optional**

**1 tbsp coconut sugar \*optional for a**

**sweeter taste**

**a few cubes of ice**

**Blend and serve.**





# coconut Banana smoothie



**1 whole frozen banana**  
**1 tbsp coconut cream**  
**1 cup unsweetened almond milk**  
**1 scoop plain or vanilla whey protein**  
**powder**  
**1 tbsp ground golden flaxseed**  
**A few ice cubes**

**Blend until smooth.**



# Power Breakfast Smoothie



**$\frac{1}{4}$  cup plain fat-free greek yogurt**

**$\frac{3}{4}$  cup frozen strawberries or blueberries (or use half and half)**

**$\frac{1}{2}$  frozen banana**

**1 cup organic unsweetened soy or almond milk**

**(can also use skim milk)**

**$\frac{1}{3}$  cup quick oats, dry**

**1 cup kale, chopped into small pieces**

**dash ground cinnamon**

**1-2 packets stevia sweetener**

**(can also use agave nectar or raw honey to taste)**

**3-4 ice cubes.**

**Blend, drink and feel amazing.**



Banana

Kiwi

smoothie



**3/4 cup non-fat plain greek yogurt**

**1 large frozen banana**

**3/4 cup pineapple juice (no sugar added)**

**1 large kiwi fruit, peeled and sliced**

**1 tbsp chia seeds**

**1 packet stevia (or 1 tbsp honey)**

**Place all ingredients into a blender or  
Vitamix and blend until smooth.**