



Simple Smoothie (with Optional Add-Ons!)

This one simple smoothie template will get you up to the minimum recommended daily serving of fruits and veggies instantly!

Smoothies are an excellent way to get lots of nutrients into your body. See below for a smoothie template to create a balanced meal. Make sure to add a component from each of the three categories: carbohydrate, protein and healthy fat. Your smoothie should end up being around 500ml.

1. **Carbohydrates** (the fruits and veggies – choose any or all of the following):
 - 1 cup frozen or fresh berries
 - 1 cup frozen or fresh tropical fruits (mango, banana)
 - 1 ripe banana, peeled
 - 10 strawberries (with the stem cut off)
 - 1 peach, with the pit removed
 - 1 cup of raw spinach (works out to 1-2 handfuls)
 - ½ a cucumber
 - Any whole fresh or frozen fruits and veggies of your choosing
2. **Protein:** Powders: rice, whey, collagen etc. I can recommend some if you need
3. **Healthy fat:** Flax, hemp, coconut, MCT or other oil of your choice (you can't taste it in there, I promise). If you take fish oil in liquid form, this is a great way to sneak it into your diet. Other options include a handful of your favourite nuts and seeds (green pumpkin seeds are great), or ½ of an avocado (highly recommend this, as it is utterly delicious, and makes the smoothie super creamy)

Optional enhancement add-ons:

- A milk or organic yoghurt of your choosing (rice, almond, coconut, or hemp are great choices)
- Liquid chlorophyll or a greens powder
- A fiber blend of your choice (again, I would be happy to recommend some)

How to make it:

- Toss all fruits and veggies into a blender and blend away. Drink it down and enjoy!