

# SKINNY

## SMOOTHIES

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FOR FAT LOSS



FAT BURNING FOODS



# WELCOME!

We're so glad you're here! We created this smoothie guide to share our best recipes with you and to give you a comprehensive resource to make smoothies easy & fun!

Refer to the resources section at the beginning to learn why smoothies are so great to incorporate into your diet as well as our best tips for making them and what equipment/ingredients you'll need on hand.

While we don't follow a specific diet, we do practice the principles of eating outlined in our [L.E.A.R.N. Guide](#) that naturally triggers fat loss. For more healthy recipes, grab a copy and be sure to also check out our free resources & healthy recipes on [our blog](#)!

Now let's get started!

Liz & Sara

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**A note from The Super Sisters:** Thank you for buying this eBook. A lot of time and love went into its creation. Your support means the world to us and allows us to continue to produce quality products for you. We appreciate you keeping this copy for yourself, and asking friends & family to purchase their own.

If you have any questions, please don't hesitate to contact us. You can reach us on Facebook, Instagram, or our blog.

# EDUCATION & RESOURCES



  
DRINK UP!

WHY YOU SHOULD DRINK SMOOTHIES, WHAT YOU'LL NEED,  
HOW TO MAKE YOUR OWN CUSTOM SMOOTHIE RECIPES,  
THE BEST SMOOTHIE TOOLS & MORE!

# WHY



# EDUCATION

## DRINK SMOOTHIES?

Smoothies can be one of the healthiest food options available to us. But it's important to always make your smoothies in a healthy, whole food nutrient-packed way in order to get the greatest nutritional benefits from them without consuming excess calories.

You probably already know countless reasons why you should start incorporating more smoothies into your diet.

And because you purchased a copy of this guide, we're assuming you're interested in improving your overall health & fitness -- which is awesome!

So before we go into the benefits of drinking smoothies, we'd like to first congratulate you on making this commitment to yourself.

By taking the time to learn these new recipes along with the many reasons why you should start focusing on consuming a primarily plant-based diet (using the Skinny Cookbooks as your guide), you've already taken the first step towards better lifelong health and nutrition.

It's important to recognize this achievement, because many people never actually get to this point. They will think about making changes forever, but never actually take any action.



So hats off to you! Right now, you are taking action. You are learning more about the best ways to achieve your goals, which makes you that much closer to actually achieving them.

Now, let's get busy! It's time to get into these smoothie deets...

**Some of the measurable healthy benefits of eating a Skinny Smoothie regularly (at least 3-4 times per week) include:**



- Healthier levels of vitamins, minerals, antioxidants, and electrolytes in the body
- Instant energy boost from this super filling, nutrient-dense meal option
- Healthier digestion due to its relatively high fiber content
- Can help regulate and suppress unhealthy "junk food" cravings
- Promotes long term, healthy fat loss by being a low calorie, satisfying food choice
- Hydrates the body and keeps skin, hair and nails looking fresh and youthful
- Fuels your brain with the nutrients it needs to stay focused
- Helps reduce fatigue & provide long-lasting sustained energy throughout the day

Smoothies are also super quick and easy to make, which is by far the best part!

# NOTE



EDUCATION

## ON FOOD PREP & TIME

It can be a challenge to eat healthy with all the other life responsibilities you have -- whether that's working full-time, taking care of your spouse and kids, running errands constantly or going to school -- it takes time to eat healthy and exercise, and life doesn't always allow us the freedom of flexibility in our busy schedules.

However, this Skinny Cookbook series is going to show you that eating healthy doesn't have to take up all your time, and you certainly don't need to spend hours in the kitchen each day to eat healthy, fat burning foods regularly.

Even we as fitness bloggers who make healthy recipes for a living don't like spending that much time in the kitchen! And this is our passion.

So... That is exactly why we created this series.

The following guide is meant to be your key to easier eating for healthy, long term fat loss. In the following Smoothies Edition, you're going to learn exactly how to throw the right ingredients together in a blender and be done in less than 5 minutes!

All the recipes in this guide can help provide your body with the abundance of nutrients it needs to naturally cleanse and repair itself, plus function optimally for fat burning metabolism.

We've done the bulk of the work for you, now all you have to do is follow each recipe carefully as you watch & feel your body transform over time.

# NOTE

EDUCATION

## ABOUT "CLEANSES"

Please note that this is not a "detox" or "cleanse" cookbook. In fact, when given the right nutrition, your body has its own built-in cleansing mechanisms so you shouldn't ever worry about having to "detox" to lose weight, especially if it's by restricting calories, drinking special detox teas, or anything of the sort.

Fruits and leafy greens are naturally detoxifying, especially when eaten raw.

This is one of the many benefits of eating a primarily plant-based diet, and why all the recipes in the Skinny Cookbook series include an abundance of nutrient packed plant-based foods.



# DID YOU KNOW

Every 2-3 weeks your skin and lungs replace themselves, and every month your liver does the same. These cells are built from the food you consume - so you literally are what you eat!

Want to know what's even cooler? Your tastebuds replace themselves every 10 days!

So if you're having a hard time transitioning to "cleaner" eating, be patient with yourself and allow at least 10 days to adjust. .

As your tastebuds physically change, your cravings for salty, fatty, and sugary processed foods will diminish... But be patient, because this process takes a bit of time

In the meantime, instead of focusing on foods you "can't" have or making yourself feel restricted and/or deprived, shift your focus and make your goal to be being healthy over being "skinny." This mindset shift can drastically help you make better daily choices in your diet.

When you focus on health over aesthetics, you make your priority fueling your body with as many whole, natural, plant-based foods as possible so you can get the macro- and micronutrients your body needs to function in an optimal fat burning state.

When this is your focus, your goal becomes easy, and the excess fat almost always melts off with ease as the weeks, months and years go by. And you're able to stay sane throughout the process, because you're not "on a diet" or restricting your foods at all. Instead, you're replacing old food habits with newer, healthier alternatives that keep you happy, satisfied and well fed.

Lastly, while you should always follow your doctor's recommendations when it comes to vitamins and supplements, you should also know that by including the following smoothies in your diet, you can naturally help boost your own immune system, cleanse your whole digestive system, increase your overall energy and improve your general mood, all while helping support youthful, glowing skin and a fit, lean and toned physique.

If that's not motivation enough to make the transition, we don't know what is! :)



# WHEN EDUCATION

## TO DRINK SMOOTHIES?

As you will see when you look through this guide, we've included 3 different types of smoothie recipes for you - **Green Smoothies**, **Fruit Smoothies** and **Dessert Smoothies**.

These 3 smoothies should ideally be eaten during different parts of the day:



**1. Green Smoothies:** Great for breakfast or a midday snack, green smoothies help give you the energy you need to start your day on the right foot. They can also help power you through an afternoon slump if needed.

**2. Fruit Smoothies:** Best when eaten first thing in the morning because these smoothies give your body the nutrients and hydration it needs to have an energy packed day. Also a great post-workout option, just make sure to add a scoop of natural protein powder if that's when you're drinking these! :)

**3. Dessert Smoothies:** Great for a snack after dinner or if you get hungry before bed. Dessert smoothies can help

reduce cravings for late night sugary sweets and snacks, and they also contain a high protein content so it'll keep you feeling full while supporting muscle repair and higher metabolism.

# HOW-TO

EDUCATION

# MAKE SMOOTHIES

STEP  
**1**

PICK A BASE



8oz  
WATER



8oz  
COCONUT WATER



8oz  
ALMOND MILK

STEP  
**2**

PICK 1 OR 2 LEAFY GREENS



2-3 HANDFULS  
SPINACH



2-3 HANDFULS  
ROMAINE



2-3 HANDFULS  
KALE



2-3 HANDFULS  
COLLARDS

STEP  
**3**

PICK 1 OR 2 FRUITS FOR SWEETNESS



1 MEDIUM  
APPLE



1 RIPE  
BANANA



1 MEDIUM  
ORANGE



1 CUP  
PINEAPPLE



1 CUP  
BERRIES

STEP  
**4**

ADD FOR FLAVOR & DETOX (OPTIONAL)



1 HANDFUL  
PARSLEY



1/2-1 INCH  
GINGER OR  
TURMERIC



1/2 LEMON  
OR LIME  
JUICED



1/2 - 1 TSP  
NUTMEG  
OR CINNAMON



2-3 MINT  
LEAVES

STEP  
**5**

ADD A BOOST OF ENERGY (OPTIONAL)



RAW  
CACAO



CHIA  
SEEDS



HEMP  
SEEDS



PROTEIN  
POWDER



GREENS  
POWDER

# SMOOTHIE PREPPING

Meal prep is one of the easiest ways to stay on top of your healthy eating during the busy week. Because let's face it, it's not realistic to have to spend 1-2 hours per day in the kitchen preparing just one day's worth of healthy meals, one serving at a time.



## Simply Follow This 5-Step Process to Prep All Your Weekly Smoothies:

1. Pick 2-3 recipes with similar ingredients (same type of fruits and/or greens) -- That way you can work with the same base to cut down on time and grocery expenses.
2. Wash all fruits and veggies well, then chop into small pieces, especially if you're not using a high powered blender.
3. Portion and measure fruits, veggies & herbs into large ziplock bags. Leave out seeds, powders, spices or small items that will stick to the bag.
4. If you'd like to add spices, seeds or powders to your smoothies, you can prep a small spice/protein powder bag to keep on hand to add to your smoothie as you make it.
5. Lastly, squeeze all the air out of your ziplock bags before storing in the fridge or freezer. Squeezing fresh lemon over apple and pear slices can help prevent oxidation and browning in the fridge.

*\*If you won't be making your smoothies within the next 3-5 days, store your ingredient bags in the freezer so everything stays fresh.*

# SMOOTHIES

EDUCATION

## WHILE TRAVELING

While we're on the subject of portability and convenience, it's important to always have good travel-ready food options available to you so you can stay healthy, energized and fit while on-the-go.

Whenever traveling, we always take a superfood green powder with us to ensure we're still getting lots of healthy nutrients daily, even if we can't always find healthy food on the road.

The superfood green powder we use is called **Greens!** and it comes in convenient travel size packets you can take with you anywhere. If you have a magic bullet or nutribullet you can even pack that in your suitcase to make smoothies on the go.

Even if we're at home, we sometimes still throw a packet of Greens! into our fruit smoothies for an added nutrient boost.



[Click here](#) to read more about Greens! or order online.

If you have a hard time with green powders, we also love [this plant-based meal replacement shake](#). If you're ever traveling or unable to cook healthy food for whatever reason, this meal replacement can be quickly and easily mixed with water or almond milk, if not tossed into one of your fruit smoothies.

# WHAT YOU'LL NEED

EDUCATION

## 1. A BLENDER

One of the best investments you can make when you're upping your smoothie game is to invest in a great blender. Having a blender you actually enjoy using will make a world of difference, especially if you choose to eat these nutrient dense smoothies every day.

We recently took a poll of over [33,000 followers on Facebook](#), asking other women what blender they use and recommend. The Ninja Blender was a clear winner, so we've provided convenient links for you below if you're interested in learning more about what each blender brings to the table.

*Please Note: If you purchase a product through any of the links below, guess what? Super Sister Fitness actually earns a small commission for the referral! :) This means you can directly support our growing fitness community so that we can continue to provide you with more quality information, workouts and recipes in the future.*

[Read the Facebook reviews here.](#)

### The Ninja

[This blender](#) got the most votes in our Facebook poll, hands down. Though we've never used it ourselves, people love it! It's definitely inexpensive for a high powered blender.





### Vitamix

**This blender** has been on our wishlist for a long time. It's a high powered beast that will mix up pretty much anything you put in it.

If you're looking to save a little money, check out their **Vitamix Certified Reconditioned blenders**.

### Blendtec

Another great high powered option that will make super creamy smoothies. If it's important to you to not have chunks in your smoothie, check out the

**Blendtec blender here**.



### Nutribullet

A **great portable option** for traveling or if you don't have much space in your kitchen. Plus, it's one of the best inexpensive options to make yummy smoothies.

### Magic Bullet

Another **inexpensive option with convenient portable "to go" cups and lids** included. The drawback?

Because these "bullet blenders" have less power, it takes much longer to blend, doesn't always come out smooth and can be a pain to use in general even though we still use ours, even after 5 years.



## 2. PROTEIN POWDER

Many of the recipes in this guide use protein powder as one of the main ingredients.

In terms of what types of protein powders are best to use, each individual has their own personal preferences and food tolerances, so we've outlined some general tips below along with our personal recommendations.

The main thing is to always look for those with the most natural ingredients and the least amount of artificial ingredients.

Some other things to look for when shopping for protein powder:

- Does it have any ingredients you don't recognize and can't even come close to pronouncing?
- Does it use artificial sweetener (sucralose, aspartame, dextrose, etc)?
- Where does the protein come from? Is it from a sustainable source (i.e. grass fed, organic, plant-based)?
- If it's from an animal source, are the animals treated with hormones (i.e. rBST, rBGH)?

If any of the answers to the questions above are yes, you should probably keep looking. Also, if you're gluten or dairy intolerant, always look for protein powders that fit your dietary needs.

The brands we recommend are listed below. Most of these protein powders should be available at your local health food store, but we've also provided some quick links below for you so you can purchase directly through the affiliate link if you'd like to help support Super Sister Fitness. :)

## IsaPro Whey Protein

**Features:** gluten free, vegetarian, no fake sugars, hormone free, sweetened with stevia

### Stats (per serving)

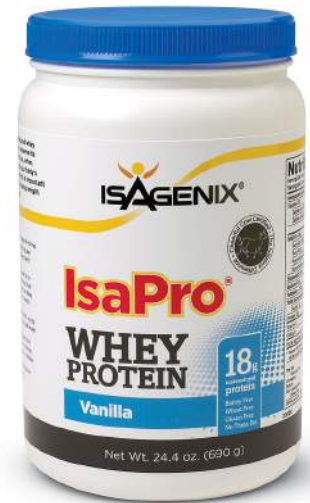
Calories: 100

Fat: 1 g

Carbs: 2 g

Fiber: 0 g

Protein: 18 g



**Why we recommend it:** If you tolerate dairy well, whey is an excellent choice for protein powder, especially when you consume it post-workout. IsaPro is a high quality, completely natural whey protein that is made from cows not treated with growth hormones or antibiotics.

More and more studies reveal the important role protein plays in satiety, as well as muscle growth and maintenance -- all things that contribute to a healthier, faster metabolism and easier fat loss.

Studies have shown that individuals who add leucine-rich protein (like whey protein) to help refuel after an exercise session typically have more lean muscle tissue and, therefore, an easier time losing body fat.

IsaPro whey is high in BCAAs (branched chain amino acids) from cows that are pasture-fed on small New Zealand farms. These cows are milked according to season, and not treated with hormones or antibiotics. In fact, New Zealand standards exceed USDA organic regulations!



Made utilizing a low-heat process, this whey protein maintains its undenatured state, providing a protein powder that is as clean as possible.

BCAAs are essential to get from your diet because they cannot be made by your body.

BCAAs are metabolized in muscle tissue rather than in the liver for faster utilization. They are proven to increase strength, endurance and muscle synthesis, enhance recovery, reduce muscle soreness & inflammation, and improve energy and mood.

One of the biggest reasons we recommend this protein powder is that the protein is from cows that are NOT treated with the growth hormone rBGH and rBST. This is important to note, because most protein powder companies source their protein from third parties that do not ensure that no growth hormones were used.

In addition, IsaPro contains an exclusive, proprietary blend delivering over 70 minerals and trace minerals to help support your body's overall health.

[Click here](#) to read more about IsaPro or to order online.

# Garden of Life Raw

**Features:** vegan, made from sprouted grains, non-GMO, all natural

## Stats (per serving)

Calories: 90

Fat: 0 g

Carbs: 4 g

Fiber: 3 g

Protein: 17 g



**Why we recommend this:** This is a great organic, non-GMO protein powder as well as a great option for anyone who is vegan, gluten or dairy intolerant.

This protein is one of the best tasting options out there due to its unique blend of raw sprouted protein from brown rice, amaranth, quinoa, millet, buckwheat, garbanzo beans, lentils, adzuki, flax, as well as sunflower, pumpkin, chia and sesame seed sprouts.

Even if you aren't vegan, this protein powder is formulated for absorbability -- meaning your body will get all the high quality nutrients it needs.

The problem with regular grains is that you can't actually digest them very well due to a coating of phytic acid on the bran. This acid binds with important minerals in your gut and strips them away as it passes through your digestive system. Soaking, sprouting and fermenting is a way to "pre-digest" grains to prevent this from happening.

That's why we love this protein powder! You'll get the maximum benefits from this raw sprouted blend of plant-based ingredients. Our favorite flavor is [Vanilla](#).

# Egg White Protein

**Features:** non-GMO, sweetened with stevia, no fake sugar, gluten-free, hormone free

## Stats (per serving)

Calories: 120

Fat: 0 g

Carbs: 4 g

Fiber: 0 g

Protein: 24 g



**Why we recommend this:** Egg white protein contains all the amino acids your body needs and is one of the most bioavailable proteins out there.

If you are lactose intolerant, a great option is Jay Rob's Egg White Protein.

The protein is made with all natural, non-GMO ingredients, and it is derived from chickens not treated with growth hormones. It includes no gluten or artificial colors, sweeteners or flavors.

Plus, the protein powder is flash pasteurized without additional heating, so you don't lose any of the quality of protein.

[Click here](#) to read more about egg white protein or to order online. Flavors include Vanilla, Chocolate and Strawberry.

# SUPERFOOD INGREDIENTS

EDUCATION



## CHIA SEEDS

Chia seeds are one of our favorite ingredients to add to smoothies! They grow natively in South America and were the original warrior food for the Mayans and Aztecs. Chia seeds were prized for their ability to provide sustainable energy. In fact, “chia” is the ancient Mayan word for “strength.”

These little seeds contain over 10 grams of fiber per 2 tablespoons, 5 grams of omega-3 fatty acids, 4 grams of protein with only about 120 calories.

They are also known for their natural “cleansing” properties since they tend to bind to toxins and other waste products in the digestive tract, helping to naturally “flush out” your system.

Needless to say, these nutrient-dense superfood seeds will help you feel amazing!

We like to soak our chia seeds in water or almond milk for a few minutes to thicken them before putting them into a smoothie.

[Click here](#) to read more about chia seeds to or purchase online.

## HEMP SEEDS

**Hemp seeds** are known as one of the most nutritious seeds on the planet because they contain all the essential amino acids needed by the body. This is very uncommon among plant protein sources.

Because of this, hemp seeds are a great option for vegetarians and vegans looking to add more protein into their diet.

Per 2 tablespoons hemp seeds contain over 7 grams of protein, 5 grams of omega-3 fatty acids, and only 120 calories. Not to mention they're delicious and help add flavor and texture to your smoothies.



## FLAX SEEDS

**Ground flax seeds** (or flax meal) are another great addition to help add more bulk and fiber to your smoothies. Flax seeds have been around since 3000 BC and have been long known as one of the best sources of the antioxidant, lignan.

Lignans are a unique polyphenol that help fight aging, hormonal imbalances and cellular degradation.

A 2 tablespoon serving of flax seeds contain over 3 grams of omega-3 fatty acids, 4 grams of fiber and 6 grams of protein at only 110 calories.



## CACAO POWDER

**Cacao powder** has the highest antioxidant content of all the natural foods in the world. It is full of flavonoids, a powerful antioxidant that protects the body from aging and disease caused by free radicals.

In fact, cacao has 3 times the amount of antioxidants that green tea does.

A 1 tablespoon serving contains 6 grams of healthy fats, 4 grams of fiber and 2 grams of protein at only 80 calories.



## CARDAMOM

**Cardamom** is commonly used in Indian cuisine, but it is also known for its ability to help detox the body, aid digestion, and soothe sore throats as well as help reduce inflammation and feelings of depression.

A little goes a long way when adding cardamom to smoothies. It's a great source of minerals like magnesium, potassium, and iron.

## CINNAMON

**Cinnamon** is one of our favorite spices to add amazing flavor to smoothies. Not only that, cinnamon is full of antioxidants and has anti-inflammatory properties too.

Cinnamon is also widely known to help regulate blood sugar, especially after a high carb meal. Cinnamon helps slow the rate at which the stomach empties after meals, which in turn reduces the rise in blood sugar after eating.





## NUTMEG

**Nutmeg** is a rich, aromatic spice loaded with vitamins, minerals, antioxidants and more.

For centuries it's been used to soothe indigestion, fight fatigue, decrease stress, detox the body and increase immune system function. Just like with cardamom, a little goes a long way in smoothies!

## TURMERIC

You may know **turmeric** as one of the main spices in curry. It's a warm root plant related to ginger and actually tastes amazing in a smoothie!

Studies have shown turmeric can help fight indigestion, heartburn, inflammation, diabetes, and even help ward off cancer. If you're having any joint pain, adding a boost of turmeric in your smoothie may help.



## GINGER

We love ginger! For thousands of years, ginger has been prized in India and Asia as food and medicine. A plant related to turmeric and cardamom, ginger helps fight inflammation, headaches, nausea, and the common cold.

Add this spicy, warm root plant to your smoothies when you need an immune system boost or if you're feeling under the weather!

We like to buy fresh ginger to add to smoothies, but you can also [buy it ground here](#).



## MINT

Mint has been around for centuries and is praised for its medicinal properties. It can be used for combatting indigestion, nausea, headaches, fatigue and congestion.

Mint has also been shown to promote healthy weight loss due to its ability to stimulate digestive enzymes that absorb nutrients from food and convert fat to usable energy.

Feel free to always add a mint sprig to your smoothies as a pretty garnish!

Buy fresh from your local grocery store :)



## PARSLEY

Parsley is one of the world's most popular herbs and is also used frequently as a garnish on food dishes. You may not know that parsley is a nutrition powerhouse of anti-cancer and anti-inflammatory phytonutrients and flavonoids.

Parsley is great for detoxing your body because it helps to naturally reduce bloating and water retention. With a mild flavor, you can throw a handful into your smoothie without even tasting it!

Find it fresh at your local grocery store.





# TIPS



## EDUCATION

# FOR SMOOTHIES

1. Rinse all your fruits and veggies before blending. Depending on the blender you use, you may need to chop your fruit and veggies up in order to get them to fully blend.
2. If you like thicker smoothies, add more ice! If you like more runny smoothies, use less ice or omit it altogether.
3. If you like bananas, buy a large batch of them, remove the skins, break them into thirds and store these “smoothie-ready” banana chunks in an airtight container in your freezer for an easy grab-and-go smoothie base.
4. Use organic ingredients whenever possible! Fruits and veggies, especially when organic, can be costly so in order to save money, always look for large bags of organic frozen fruit and greens. Frozen fruits & veggies will last longer and are typically a bit less expensive, meaning you get more bang for your buck!
5. Order speciality ingredients (chia seeds, hemp seeds, protein powder, etc) online to save up to 50% compared to natural health food stores.
6. If you'll be utilizing these smoothie recipes as a meal replacement, make sure to add in protein powder, chia seeds, hemp seeds or some other nutrient-dense source of protein to ensure longer-lasting satiety and energy.
7. Mix it up! This guide is meant to be a base for you to learn how to make your own yummy fat burning smoothies. Feel free to add in additional fruits, greens, seeds, nut butters, or spices if you'd like. It never hurts to switch things up!

# RECIPES



  
DRINK UP!

DRINK TO YOUR HEALTH WITH THESE FAT BURNING GREEN  
SMOOTHIE RECIPES, FRUIT SMOOTHIE RECIPES AND  
DESSERT SMOOTHIE RECIPES. CHEERS!

**PLEASE NOTE:** You can easily double or triple any of the recipes in this guide if you're responsible for feeding others (including picky eaters).

Every recipe is written as a single serving, so just multiply them by however many people you need to feed!

**FOR NON-U.S. RESIDENTS:** CHECK THE CONVERSION CHART BELOW FOR APPROXIMATE EQUIVALENTS



# METRIC CONVERSIONS

## VOLUME

<u>U.S.</u>	<u>METRIC</u>
1 teaspoon	5 ml
1 tablespoon	15 ml
1/4 cup	60 ml
1/3 cup	75 ml
1/2 cup	125 ml
2/3 cup	150 ml
3/4 cup	175 ml
1 cup	250 ml



## WEIGHT

<u>U.S.</u>	<u>METRIC</u>
1/2 ounce	15 g
1 ounce	30 g
3 ounces	90 g
4 ounces	115 g
8 ounces	225 g
12 ounces	350 g
1 pound	450 g
2 1/4 pounds	1 kg

## TEMPERATURE

<u>FAHRENHEIT</u>	<u>CELSIUS</u>
250	120
300	150
325	160
350	180
375	190
400	200
425	220
450	230



Equivalents are not exact; figures have been rounded up or down. By weight, a cup is not the same for all ingredients. Volume equivalents apply to liquids only. Dry ingredients should be weighed and scaled differently.



SKINNY  
**GREEN**  
SMOOTHIES



www.com/178359



GREEN SMOOTHIES

# GREEN MACHINE

## INGREDIENTS

- 1 cup spinach
- 1/2 cup chopped cucumber
- 1 stalk celery
- 1/2 cup carrots
- 1 cup unsweetened almond milk
- 2 frozen bananas
- 4-5 ice cubes
- optional: 1 scoop protein powder

## METHOD

Place all ingredients in a blender and blend until smooth. Feel free to omit protein powder.

## GREEN SMOOTHIES

# GREEN GODDESS

### INGREDIENTS

- 2-4 handfuls baby spinach or kale
- 2 frozen bananas
- 1 orange, skin removed
- 1 cup water or coconut water
- 1 kiwi, skin removed
- small handful parsley
- 4-5 ice cubes
- optional: 1 scoop protein powder

### METHOD

Place all ingredients in a blender and blend until smooth. Feel free to omit protein powder.



# GREEN CHAI TEA

## INGREDIENTS

- 2 cups baby kale or spinach
- 1/4 cucumber
- 1 apple
- 3-4 dates
- 1 tbs ground flaxseed
- 1 cup unsweetened almond milk
- 4-5 ice cubes
- 1/2 tsp cinnamon
- 1/2 tsp cardamom
- 1/2 tsp nutmeg
- optional: 1 scoop protein powder

## METHOD

Place all ingredients in a blender and blend until smooth. Feel free to omit protein powder.

## GREEN SMOOTHIES

# GREEN DETOX

## INGREDIENTS

- 1 kiwi, skin removed
- 1 grapefruit, peeled and deseeded
- 1 frozen banana
- 2-3 large handfuls baby kale
- 1 cup coconut water
- 1 tbs chia seeds
- small chunk of fresh ginger or turmeric
- 4-5 ice cubes

## METHOD

Place all ingredients in a blender and blend until smooth. Feel free to omit ginger.







## GREEN SMOOTHIES

# LEAN & GREEN

### INGREDIENTS

- 1 cup unsweetened almond milk
- 1 cup frozen blueberries
- 1 frozen banana
- 1 tbs chia seeds
- 1 tbs hemp seeds
- 2 large handfuls of spinach
- 1 stalk celery
- optional: 1 scoop protein powder

### METHOD

Place all ingredients in a blender and blend until smooth. Feel free to add in 3-4 ice cubs for a thicker smoothie.

GREEN SMOOTHIES

# PINA KALE-LADA

## INGREDIENTS

- 2-3 frozen bananas
- 1 cup pineapple
- 1 cup coconut water
- 2-3 cups spinach or kale
- 3-4 ice cubes
- optional: 1 scoop protein powder

## METHOD

Place all ingredients in a blender and blend until smooth. Feel free to omit protein powder.



# GREEN HONEY APPLE

## INGREDIENTS

- 2 apples
- 1 stalk of celery
- 2 cups baby spinach or kale
- 1 tbs chia seeds
- 1 tsp honey
- 1 cup unsweetened almond milk
- dash of cinnamon
- optional: 1 scoop protein powder

## METHOD

Place all ingredients in a blender and blend until smooth. Feel free to omit protein powder.

## GREEN SMOOTHIES

# GREEN MANGO

## INGREDIENTS

- 1-2 mangoes
- 1 frozen banana
- 2-3 large handfuls baby kale or spinach
- 1 cup coconut water
- 1 tbs chia seeds
- optional: 1 scoop of protein powder

## METHOD

Place all ingredients in a blender and blend until smooth. Feel free to omit protein powder..





SKINNY  
**FRUIT**  
SMOOTHIES



# RASPBERRY BANANA

## INGREDIENTS

- 1 cup raspberries
- 1 frozen banana
- 1/2 orange
- 1 tablespoon lemon juice
- 1/2 teaspoon minced ginger
- 1/2 cup unsweetened almond milk
- 1 tbs ground flaxseed
- optional: 1 scoop protein powder

## METHOD

Place all ingredients in a blender and blend until smooth. Feel free to omit protein powder.



## FRUIT SMOOTHIES

# TROPICAL DETOX

## INGREDIENTS

- 1/2 cup frozen strawberries
- 1/2 mango
- 1 banana
- 1/2 cup pineapple
- handful of spinach
- 1-2 cups light coconut milk or coconut water
- 1 tbs hemp seeds

## METHOD

Place all ingredients in a blender and blend until smooth. Feel free to add 4-5 ice cubes for a thicker smoothie..



# RAZ-MA TAZ

## INGREDIENTS

1 -2 cups frozen raspberries

2 frozen bananas

1 cup unsweetened almond milk  
juice from 1/2 lemon

optional: 1 scoop protein powder

optional: garnish with mint

## METHOD

Place all ingredients in a blender and blend until smooth. Feel free to omit protein powder.



# BERRY SMOOTH

## INGREDIENTS

- 1 cup frozen blueberries
- 1 cup of strawberries
- 1 frozen banana
- 1 medium carrot
- 1 cup unsweetened almond milk
- handful of spinach
- 4-5 ice cubes
- optional: 1 scoop protein powder

## METHOD

Place all ingredients in a blender and blend until smooth. Feel free to add 4-5 ice cubes for a thicker smoothie..



# PERKY PEACH



## INGREDIENTS

- 2 white or yellow peaches
- 1 stalk celery
- 1 handful baby spinach
- 1/2 inch piece ginger
- 1/2 tsp cinnamon
- 1 cup unsweetened almond milk
- 4-5 ice cubes
- optional: 1 scoop protein powder

## METHOD

Place all ingredients in a blender and blend until smooth. Feel free to omit protein powder.

## FRUIT SMOOTHIES

# STRAWBERRIES & CREAM

## INGREDIENTS

- 1-2 cups strawberries
- 1-2 cups unsweetened almond milk
- 2 frozen bananas
- 4-5 ice cubes
- optional: 1 scoop protein powder

## METHOD

Place all ingredients in a blender and blend until smooth. Feel free to omit protein powder.



# BLUEBERRY BLISS

## INGREDIENTS

- 1 cup frozen blueberries
- 2 white or yellow peaches
- 1 stalk celery
- 1 tbs chia seeds
- 1 cup unsweetened almond or light coconut milk
- 4-5 ice cubes
- optional: 1 scoop protein powder

## METHOD

Place all ingredients in a blender and blend until smooth. Feel free to omit protein powder.





SKINNY  
**DESSERT**  
SMOOTHIES



## DESSERT SMOOTHIES

# BANANA ICE CREAM

## INGREDIENTS

- 1-2 small frozen bananas
- 2 cups unsweetened almond milk
- 4-5 ice cubes
- 1 scoop protein powder

## METHOD

Place all ingredients in a blender and blend until smooth. Feel free to omit ice cubes for a thinner smoothie..



# PUMPKIN PIE

## INGREDIENTS

- 1 cup pumpkin puree
- 1 frozen banana
- 1/2 tsp cinnamon
- 1/2 tsp cardamom
- 1/2 tsp nutmeg
- 1 cup unsweetened almond milk
- 4-5 ice cubes
- 1 scoop protein powder

## METHOD

Place all ingredients in a blender and blend until smooth. Garnish with mint if desired.

# GINGER SNAP

## INGREDIENTS

- 1-2 dates
- 1/2 frozen banana
- 1 chunk fresh ginger
- 4-5 ice cubes
- 1 cup unsweetened almond milk
- 1/2 tsp cinnamon
- 1 scoop protein powder

## METHOD

Place all ingredients in a blender and blend until smooth. Feel free to omit ice cubes..





# CREAMY CHOCOLATE

## INGREDIENTS

1 frozen banana  
1 tbs cacao powder  
1 tbs almond or peanut butter  
1 cup unsweetened almond milk  
1 scoop protein powder  
optional: 1 oz chopped dark  
chocolate or cacao powder for  
topping

## METHOD

Place all ingredients in a blender and blend until smooth. Feel free to omit protein powder.

## DESSERT SMOOTHIES

# APPLE PIE

## INGREDIENTS

- 1 apple
- 1/2 frozen banana
- 4-5 ice cubes
- 1 cup unsweetened almond milk
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1 scoop protein powder

## METHOD

Place all ingredients in a blender and blend until smooth. Sprinkle cinnamon on top and enjoy!



# MOJITO DETOX

## INGREDIENTS

- 1/2 avocado
- 1 cup light coconut milk
- 1 lime, juiced
- 5-6 mint leaves
- handful of spinach
- 1 scoop protein powder
- 4-5 ice cubes

## METHOD

Place all ingredients in a blender and blend until smooth. Feel free to add more mint if desired.

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