

# *Brain boosting smoothie*



## **BRAIN BOOSTING SMOOTHIE**

Here is a morning smoothie to support and boost your brain health!

- **1/2 Avocado** - Rich in fats to nourish our brain.
- **40 g Blueberries** - Or 'brain berries', contain antioxidants and phytochemicals to improve cognitive function.
- **1 tsp Coconut oil** - Rich in fats to nourish our brain.
- **2 handfuls Green leafy vegetables** - Great for protecting your neurons.
- **1 tablespoon of presoaked chopped walnuts** - Shaped like a brain and packed with healthy fats for brain health.
- **1 tsp Raw cacao** - Mood and mind boosting properties.

**Blend with water to your desired consistency.**

# *Avocado dream*

## *smoothie*



### **AVOCADO DREAM SMOOTHIE**

**Was designed to support cellular health, the adrenal glands and female hormones. This smoothie is high in calories so is a meal in itself.**

- **1/2 medium avocado**
- **4 cups fresh spinach**
- **2 cups organic unsweetened coconut or almond milk**
- **1 tsp. vanilla extract**
- **1 Tbsp. MCT or coconut oil**
- **1 tsp. Organic Stevia or Swerve**
- **2 scoops of hydrolyzed collagen peptides**
- **1-2 cups ice cubes**
- **1 cup filtered water**
- **Pinch of sea salt**
- **Optional: 1 scoop Vanilla protein powder (Kaizen or Hemp yeah preferred).**



## **PINK FLAMINGO SMOOTHIE**

**This smoothie is not only delicious and healthy for you, but if you have little kids running around your home like I do, it's sure to be a crowd favorite when they see that bright pink color coming their way!**

- **8oz Nut Milk (unsweetened almond, coconut, hemp, or macadamia)**
- **8oz water**
- **1/2c Pineapple (frozen)**
- **1/2c Raspberries (fresh or frozen)**
- **1 Small Banana (frozen) (Use 1/2 banana for weight loss)**
- **1 TBSP lemon or lime juice (optional)**

**This is a lunchtime smoothie.**



# Sweet & Spicy Smoothie



## **SWEET AND SPICY SMOOTHIE**

Sometimes during the cooler weather (especially here in Alberta) you want a little something to warm up your body... That's why I choose to give you this smoothie as we move into the Fall & Winter months. This combination of sweet and spicy is just the right mix to warm you up and energize your body!

The ginger also provides extra fat burning and anti inflammatory benefits.

- 8oz Unsweetened Nut milk
- 8oz water
- 1/2c of mango (frozen)
- 1/2c of pineapple (frozen)
- 1-1.5 scoops vanilla whey protein isolate powder
- 1" of ginger root (peeled)
- 1/4 tsp cayenne pepper powder (optional)

This recipe is actually very yummy and also rich in enzymes. This is a lunchtime smoothie.

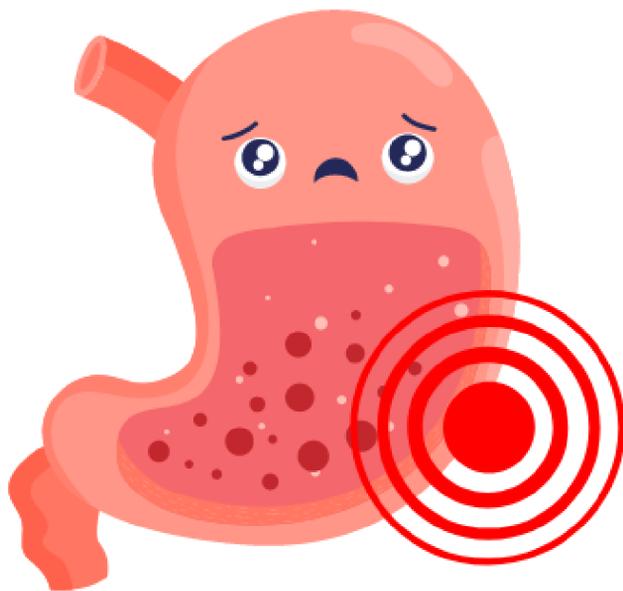


## **ICE CREAM COFFEE SMOOTHIE**

**If you're looking to decrease your caffeine consumption you can also use decaffeinated coffee (still has a tiny bit of caffeine though) instead. And, since the Diesel whey isolate powders come in lots of different yummy flavors, you can play around with your ice cream flavor. And this recipe turns out to be an amazing healthy "Frappuccino" alternative!**

- **8oz Cold coffee**
- **8oz water**
- **2c ice**
- **1 tbsp coconut cream or organic heavy cream**
- **1-1.5 scoops of Diesel whey isolate powder (flavor ideas; caramel wafer, vanilla, decadent chocolate, mint chocolate chip, cookies and cream, salted caramel, milk chocolate).**

# *Anti inflammatory smoothie*



## **ANTI- INFLAMMATORY SMOOTHIE;**

- **unsweetened coconut milk 250 mls**
- **organic ground chia or flax seeds 1-2 tablespoons**
- **organic raw cacao powder 1/2 - 1 1/2 tsp depending on how chocolaty you like it**
- **organic Ceylon cinnamon powder 1/4 - 1/2 tsp**
- **organic ginger powder 1/4-1/2 tsp**
- **organic ground cardamom or cloves 1/4 tsp**
- **hydrolyzed collagen peptides 2 scoops**
- **Glutamine 1 scoop or 2 capsules broke open**

**\*optional but yummy, 1-2 tablespoons (1 scoop if you are extra hungry or post hard workout) of chocolate whey protein isolate protein powder or other chocolate protein powder.**