

Whey Protein Smoothies:

Appropriate Bases- water, milk, unsweetened almond milk, coconut milk, coconut water.
Appropriate Sweeteners- xylitol, erythritol, stevia, truvia.

- 1) Berry Good-
 - a. 25-50g whey protein, 8-10oz Skim milk or Unsweetened Almond Milk, 1/4 frozen banana, 1/2-1 cup frozen blueberries. Add 1tsp fiber (acacia, pectin etc.). Ice. Blend
- 2) Banana Strawberry Smoothie-
 - a. 25-50g whey protein, 8-10oz Skim milk or Unsweetened Almond Milk, 1/4 frozen banana, 1/2-1 cup frozen Strawberries. Add 1tsp fiber (acacia, pectin etc.). Ice. Blend
- 3) Spice Smoothie-
 - a. 25-50g whey protein, 8-10oz coconut water, 1 handful walnuts, Cinnamon, nutmeg, Maple flavoring. Add 1tsp fiber (acacia, pectin etc.)
- 4) Pecan pie-
 - a. 25-50g whey protein, 8-10oz coconut water, 1/4 frozen banana, 1handful pecans. Add 1tsp fiber (acacia, pectin etc.). Ice. Blend
- 5) Chocolate banana-
 - a. 25-50g whey protein, 8-10oz Skim milk or Unsweetened Almond Milk, 1/4 frozen banana, 1teaspoon baking cocoa,. Add 1tsp fiber (acacia, pectin etc.). Ice. Milk
- 6) Chocolate peanut butter-
 - a. 25-50g whey protein, 8-10oz Skim milk or Unsweetened Almond Milk, 1/4 frozen banana, 1 tablespoon peanut butter. 1teaspoon baking cocoa,. Add 1tsp fiber (acacia, pectin etc.). Ice. Milk
- 7) Plain-
 - a. 25-50g whey protein, 8-10oz Skim milk or Unsweetened Almond Milk, Vanilla extract. Add 1tsp fiber (acacia, pectin etc.). Ice. Milk
- 8) Tropical-
 - a. 25-50g whey protein, 8-10oz Skim milk or Unsweetened Almond Milk, 1/2 cup frozen tropical fruit (mango, pineapple, banana),. Add 1tsp fiber (acacia, pectin etc.). Ice. Milk
- 9) Banana Coconut-
 - a. 25-50g whey protein, 5 oz coconut water, 5oz coconut milk, 1/4 frozen banana. Add 1tsp fiber (acacia, pectin etc.). Ice. Milk
- 10) Coconut pineapple-
 - a. 25-50g whey protein, 8-10oz lite coconut milk, 1/2 cup frozen pineapple, Add 1tsp fiber (acacia, pectin etc.). Ice. Milk