



Lifestyle Wellness Academy

## CHOCOLATE RASPBERRY PROTEIN SMOOTHIE

328

CALORIES

26g

PROTEIN

37g

CARBS

11g

FAT

### INGREDIENTS:

- |     |   |
|-----|---|
| 1 C | RAW MILK OR NUT MILK OF CHOICE<br>(RAW MILK USED FOR NUTRITIONAL INFORMATION) |
| 1   | BANANA<br>(OPTIONAL FROZEN)   |
| ½ C | RASPBERRIES   |
|     | 1 SERVING OF YOUR PREFERRED CHOCOLATE<br>PROTEIN POWDER (22 GRAMS/PER SCOOP)  |

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.



## KIWI STRAWBERRY BANANA SMOOTHIE

183

CALORIES

2g

PROTEIN

35g

CARBS

6g

FAT

### INGREDIENTS:

- |        |                              |
|--------|------------------------------|
| 1 C    | WATER                        |
| 1 KIWI | PEELED AND HALVED            |
| 1 C    | FRESH OR FROZEN STRAWBERRIES |
| ½      | FRESH OR FROZEN BANANA       |
| 1 TSP  | COCONUT OIL                  |
| 4-6    | ICE CUBES                    |

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

