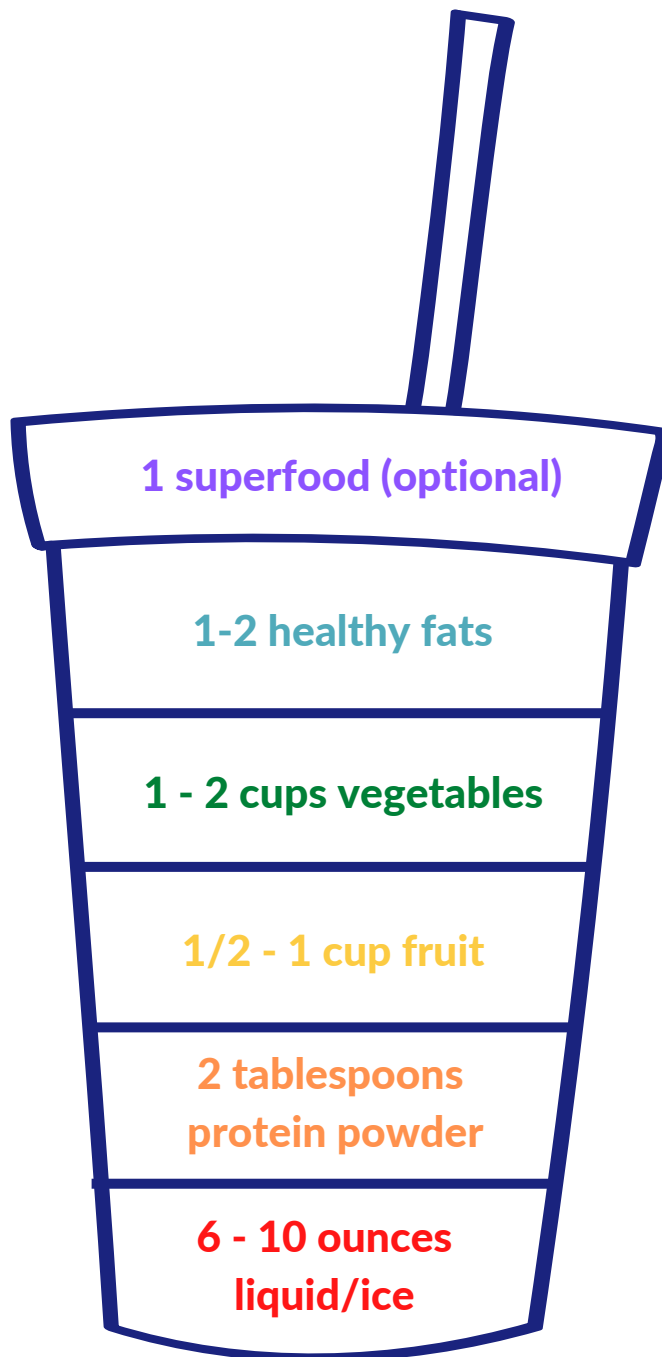


Build a Better Smoothie

Use these basic guidelines to build an amazing nutrient-filled smoothie!
Examples for each category are on the following pages.



Superfoods

- maca
- dehydrated blueberry powder
- acai powder
- ashwagandha powder
- matcha powder
- ground turmeric
- fresh ginger
- spirulina
- collagen
- fiber source like psyllium or acacia

Healthy fats

- avocado
- chia seeds
- hemp hearts
- shredded coconut
- coconut oil
- walnuts
- almonds
- almond butter

Vegetables

- kale
- spinach
- bok choy
- chard
- cucumber
- collard
- beet
- carrot
- parsley
- mint
- basil
- cilantro

Fruits

- berries
- apple
- pear
- peach
- banana
- pineapple
- pomegranate seeds
- mango

Protein Powder*

- quality vegan or whey - no sugar, no sugar substitutions
- minimal ingredients
- organic preferred

Liquid

- filtered water
- bone broth
- non-dairy milk
- organic kefir
- tea (tulsi, matcha, green, dandelion, ginger, licorice, or nettle)

****What brand of protein powder should I buy, Pam?***

The type of protein powder you use is critical. You'll want to aim for high quality, absorbable protein.

I prefer plant-based proteins for most clients (without soy).

You'll want low or no sugar and no sugar substitutes except for monk fruit, stevia, coconut sugar.

Limited ingredients are better if you are trying to heal your gut or have any food sensitivity issues as fewer ingredients are tolerated better.

Some of my favorite professional brands:

- Xymogen
- Designs for Health
- Vital Proteins
- Ancient Nutrition
- Thorne

Some of my favorite brands at health food stores or online:

- Aloha
- Orgain
- Navitas Protein
- Amazing Grass

You may purchase any of these brands through [Wholescripts](#) or [Wellevate](#),

Practice boosting the nutrition of your smoothie to enhance its health benefits. You can get creative and explore different flavor combinations and see how they make you feel!