



# Smoothie Builder



FOLLOW THESE 5 STEPS TO A COMPLETE SMOOTHIE



## 1) CHOOSE YOUR LIQUID BASE 1 CUP

- WATER
- MILK
- NUT MILK
- COCONUT WATER
- ICE CUBES

Research to date:

## 2) ADD YOUR PROTEIN

MIX AND MATCH TO GET 20-30G OF PROTEIN

- 200ml Milk
- 150g Greek Yoghurt
- Skimmed Milk Powder



## 3) SWEETEN IT UP WITH FRUIT 1 CUP

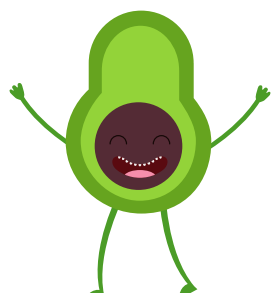


- Mango
- Grapes
- Peach
- Pineapple
- Pear
- Kiwi
- Apple
- Banana
- Cherry
- Berries
- Watermelon
- Orange



## 4) GET YOUR FATS TAILOR TO ACTIVITY LEVEL

- Avacado
- Nut Butter
- Seeds
- Nuts



## 5) BOOST IT! WHEN ENERGY NEEDS INCREASE...

FOR EXTRA CARBS ADD  
Honey and Oats

FOR FLAVOUR ADD  
Cinnamon or Cocoa Powder

