



**YOU BE FIT**  
FITNESS & NUTRITION

# HOW TO MAKE A SMOOTHIE



## 1 ADD FRUIT

Choose 1 cup of fruit

- Grapes
- Peach
- Mango
- Apple
- Pineapple
- Watermelon
- Banana
- Strawberry
- Avocado
- Frozen berries

## 2 ADD LEAFY GREENS

Add 1-2 cups of leafy greens

- Spinach
- Swiss Chard
- Kale
- Bok Choy
- Collards
- Romaine Lettuce



## 3 ADD PROTEIN

Add one serving of protein

- Greek yogurt
- Whey protein
- Silken tofu
- Peanut butter
- Plant Based Protein
- Chia Seeds



## 4 CHOOSE A BASE

Add 1-2 cups of liquid

- Milk
- Coconut Milk
- Water
- Coconut Water
- Soy Milk
- Almond Milk



## 5 THICKEN UP

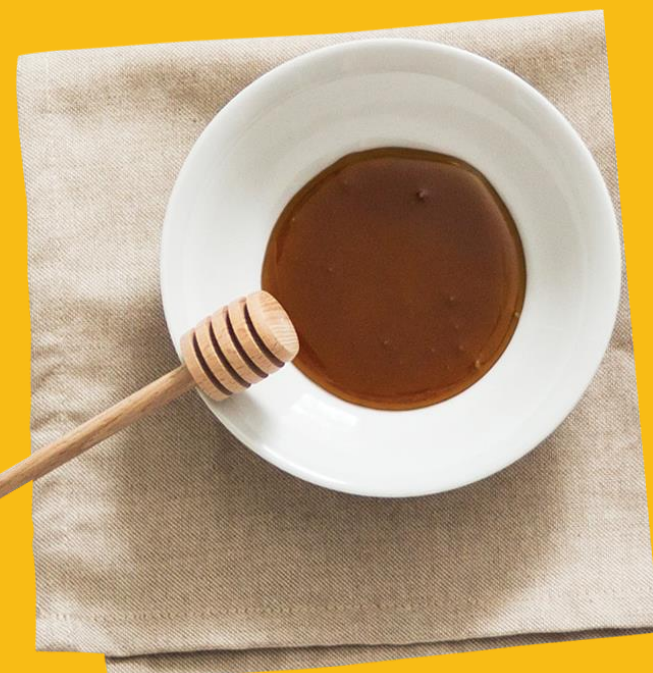
Add these to achieve a creamier texture, this is optional

- Ice cream
- Oats
- Yogurt
- Greek Yogurt
- Ice Cubes
- Peanut Butter

## 6 FLAVOUR IT

Boost flavour with sweeteners, spices and herbs

- Honey
- Vanilla Extract
- Mint
- Maple Syrup
- Ginger
- Cocoa Powder
- Cinnamon



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