

Intuition 
4 Nutrition

SMOOTHIE
FORMULA + 10
SMOOTHIE
RECIPES



Heather DiBiasi MS, RDN



About this Smoothie E-Book!



Smoothies are my go-to breakfast. They're quick and portable for when you're on the go as well as an easy way to pack in a lot of nutrition.

In this e-book you will be handed my go-to smoothie formula that will help you make a delicious and nourishing meal replacement along with 10 awesome smoothie recipes to get you started.

Unlike most smoothies online and at your local smoothie bar, I try to keep the sugar to a minimum and from natural sources (fruit). The last thing I want is for you or me to have a sugar bomb first thing in the morning only leaving us to crash 90 minutes later feeling lethargic and hungry again. Instead, I want you to feel fueled, energized and like the amazing person you are!

Follow this smoothie formula to get all the necessary nutrients your body needs in a meal to function at its best. I personally love my smoothie in the morning, but feel free to use this for any meal. If you are having one as a snack I would use half of the ingredients.

Smoothie Formula

The next few pages will be breaking down the important components of a smoothie that are needed to leave you feeling completely satisfied, refreshed, energized and ready to take on the day! Stock up on a few of your favorites from each category to always have a healthy meal ready to go at all times. Feel free to mix up the ingredients to make your own smoothie combos.



Protein

Healthy Fats

Produce

Fiber

Liquids

Boosts

Protein

Protein is an essential part of a balanced meal that helps to stabilize your blood sugar and decrease cravings throughout the day. Protein powders can be a great way to meet your protein needs. There are so many options available now so I am going to help you pick the right one that is best for your lifestyle!



Ingredient List: when choosing a protein powder make sure to look closely at the ingredients list. There should be a short list of simple ingredients with preferably no added sugars, artificial sweeteners or other unnecessary ingredients. Sweeteners such as monk fruit and stevia are natural and best to use for flavor!



Grass-Fed Bovine Collagen Peptides, Coconut Milk Powder, Organic Fair-Trade Cocoa Powder (Processed with Alkali), Monk Fruit Extract, Konjac Root, Sea Salt

Nutrition facts: make sure your protein powder has at least 20g protein (or adjust serving to meet this amount) and less than 4g net carbohydrates (carbs-fiber). Remember this is a protein powder not a carbohydrate powder! We'll get carbs from other sources.

Flavor: Use a protein powder that you love the flavor of since it can make or break the taste of your smoothie. If you had to pick one flavor to purchase I would suggest to use vanilla since it gives a nice flavor and is more versatile. A little secret- just add cacao powder to make it chocolate!

Friendly Fats

This nutrient is crucial for keeping you full and helps you absorb the fat soluble vitamins A D E & K. Fat can also help you burn fat, balance hormones and fight off inflammation.

Tips

Fats are great to buy in bulk since they can be stored for a while. Refrigerate them or store in a cool dry place to keep them fresh and preserve them longer! All of these sources should only have one ingredient!



Sources

Nut butters (ex. peanut butter, almond butter, walnut butter, pecan butter, cashew butter)

Seed butters (ex. tahini)

Coconut butter or oil

Avocado

MCT oil

Olive oil

Produce

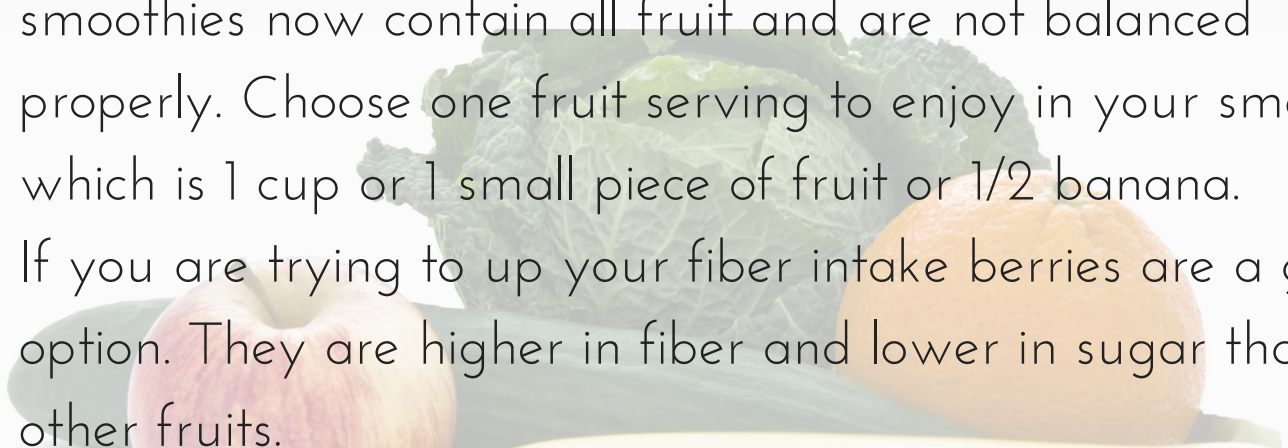
This is a great way to get your recommended servings of fruit and veggies in for the day. Fruit will help you sweeten your smoothie naturally and I promise you won't even taste the veggies. Plus they both give you a fiber and antioxidant boost. Don't be afraid to use frozen produce- it is sometimes even more nutritious than fresh!



Vegetables

- Stick with spinach, baby kale or micro greens if your new to adding veggies to your smoothie since these have a mild flavor.
- Start with a small handful and work your way up to adding more as you realize it doesn't change the taste or you may even like the flavor it gives!
- Frozen steamed veggies such as cauliflower and zucchini will make your smoothie thick and creamy.

Fruit

- Fruit can definitely be part of a healthy diet; however, most smoothies now contain all fruit and are not balanced properly. Choose one fruit serving to enjoy in your smoothie which is 1 cup or 1 small piece of fruit or 1/2 banana.
 - If you are trying to up your fiber intake berries are a great option. They are higher in fiber and lower in sugar than other fruits.
- 

Fiber

Fiber feeds the healthy bacteria in your gut which is the center of our immune system and overall well being. It regulates digestion, and helps maintain normal blood sugar and cholesterol levels. Fiber also helps with weight management and keeping you full.

Tips

These will not affect the taste of your smoothie so I definitely recommend adding them! Store seeds in fridge to preserve for longer, especially if already ground.



Sources

Flax seeds
Chia seeds
Acacia fiber
Psyllium husk

*You can also use cruciferous vegetables like cauliflower or avocado as your fiber source.



Boosts (optional)

These boosts will not provide you with any calories, but they will take your smoothie up a notch and give it a pop of exciting flavors. Most of these boosts also provide your body with antioxidants and phytochemicals, which help prevent disease and slow down the aging process.

Tips



A little bit of these boosts can go a long way with flavor and nutrients. Typically I'd recommend to start with about 1/2 tsp. and add more as desired, but make sure to read labels for serving size.

Sources

Extracts (vanilla, almond, mint, maple, coconut, etc.)

Powders (cacao, cinnamon, maca, blueberry, acai, matcha, pumpkin spice)

Turmeric

Ginger

Liquids



Tips

If you use more liquids your smoothie will be thinner and less liquid it will be thicker. I use about 2 cups!

To make a smoothie bowl use only as much liquid to blend ingredients. Typically about 1/2 cup.

Look at the ingredient list and look for minimal ingredients with little or no added fillers. Liquids should be carrageenan free.

Sources

Unsweetened nut/seed milk (almond, cashew, macadamia nut, hemp, etc.)

Unsweetened coconut milk

Organic whole milk

Water or Coconut water (no added sugar)

Extra Tips

Ice is optional in all smoothies. Adding ice will make smoothies thicker and colder. Play around to see what you like. Frozen produce can give the same temperature and texture as ice without diluting the flavor!

Gradually add more non-starchy veggies or leafy greens to your smoothie to boost the health benefits.

Add a little extra fruit if you desire your smoothie to be sweeter. 1/3-1/2 banana always does the trick! Remember we still want to limit the sugar even from natural sources. Other ways to add sweetness without sugar are extracts and cinnamon or any other boost!

Swap 1/2 banana for 1/4-1/2 avocado for less sugar and the same creamy texture.

Swap any ingredient out for another in the same category if you have any food allergies or intolerances or are just missing an ingredient.



The Green Machine

1 scoop vanilla protein powder
1/4 avocado
1 Tbsp. flax seeds
1 handful spinach
1/2 frozen banana
squeeze of lemon
coconut water or almond milk
*optional: ice



I love freezing bananas for smoothies, but remember to take off the peel and cut in 1/2 before you freeze!



Chocolate Peanut Butter Dream

1 scoop chocolate protein powder
1 Tbsp. peanut butter
1 Tbsp. chia seeds
1/2 frozen banana
1 Tbsp. cacao powder
unsweetened vanilla almond milk
*optional: ice



Make sure the only ingredient for the peanut butter is peanuts! A little salt can be ok too.

Coconut Blueberry Lemon Tart

1 scoop vanilla protein powder

1 Tbsp. coconut butter

1 Tbsp. chia seeds

1/2 cup wild frozen blueberries

juice of 1/2 lemon

unsweetened coconut milk

*optional: ice

*optional: top with unsweetened
coconut flakes and lemon zest



Banana Nut Muffin

1 scoop vanilla protein powder
1 Tbsp. walnut butter
1 Tbsp. flax seeds
1 banana
1 tsp. cinnamon
unsweetened vanilla almond milk
*optional: ice
*optional: drop of maple extract



Pumpkin Pie

1 scoop vanilla protein powder
2 heaping Tbsp. pumpkin
1 Tbsp. cashew butter
1 Tbsp. flax seeds
1/4 tsp. pumpkin pie spice
1/4 tsp. vanilla extract
unsweetened vanilla almond milk
*optional: topped with pecans, cacao nibs, pumpkin seeds, and dash of pumpkin pie spice



Chocolate Coconut

1 scoop chocolate or vanilla protein powder
1 Tbsp. coconut butter or canned coconut milk
1 Tbsp. acacia fiber
1/2 frozen banana
1 Tbsp. cacao powder
unsweetened coconut milk
*optional: ice



Cake Batter

1 scoop vanilla protein
1 Tbsp. canned coconut milk or
coconut butter
1 Tbsp. flax seeds
1/2 frozen banana
unsweetened vanilla almond milk
*optional: ice
*optional: top with handful of fruit
and unsweetened coconut flakes



Chocolate Covered Strawberry

1 scoop chocolate protein powder
1 Tbsp. almond butter
2 Tbsp. chia seeds
1 Tbsp. cacao powder
1 cup strawberries
unsweetened vanilla almond milk
*optional: ice
*optional: top with cacao nibs and
sliced a strawberry



Chocolate Olive Oil Sea Salt

1 scoop chocolate protein powder
1 Tbsp. olive oil
1 tsp. almond butter
2 Tbsp. flax seeds
1 Tbsp. cacao powder
Handful of spinach
unsweetened vanilla almond milk
pinch sea salt
*optional: ice
*optional: pinch sea salt on top



Cherry Vanilla Almond

1 scoop vanilla protein powder
1 Tbsp. almond butter
2 Tbsp. flax seeds
1 handful spinach
unsweetened vanilla almond
milk
1/2 cup frozen cherries

