










Smoothie Recipes

Nutrition Made Simple

Volume 1 - 21 recipes



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Banana & Kiwi Smoothie

High Protein | Med Carb

Living+

Smoothies are an excellent way to fuel close to exercise bouts and in the period directly after. This smoothie is packed with protein, a moderate carbohydrate dose, and a low-fat content making it a suitable choice. Why? High-fat intakes around exercise can cause stomach discomfort.

Prep: 3 min | Cook: 0 min | Fresh: 2 days | Beginner

Makes 1 portion

Banana 1 large, frozen

Kiwi 2, peeled

0% Fat Yogurt 200g

Ice Cubes handful

Honey 1 tbsp

Banana & Kiwi Smoothie

High Protein | Med Carb

Method

To a blender add all of the ingredients and blend until smooth.

MFP Barcode

Allergen Information

Contains lactose.



KCAL 83

PRO 1.8g

CARB 18.2g

FAT 0.2g

FIBER 0.5g

Per serving

Beet Ginger Power Smoothie

Low Carb

Living+

Energize your mornings or refuel mid-day with this Beet Ginger Power Smoothie. This vibrant concoction combines the earthy flavors of beets with the spicy zing of ginger, rounded out by the sweet touch of apple juice. Packed with antioxidants and nutrients, it's not just a treat for the taste buds but also a boost for your health.

Prep: 2 min | Cook: 0 min | Fresh: 1 day | Beginner

Makes 1

Apple Juice 150ml or 5fl oz

Beet 1, cooked

Spinach 1 handful

Ginger 1-inch piece

Beet Ginger Power Smoothie

Low Carb

livingplusrx.com

Method

Place the cooked beet, a generous handful of spinach, grated ginger, and apple juice into a blender. Blend on high until all ingredients are completely smooth.

MFP Barcode

Allergen Information

Contains none.



Berry Beet Fusion Smoothie

Med Carb

Living+

Dive into the refreshing world of beets and berries. This smoothie combines the earthy tones of beets with the sweet and tangy flavors of raspberries and blueberries, all smoothed together with Greek yogurt and apple juice. It's a nutritional powerhouse that's sure to delight your taste buds and boost your day.

Prep: 2 min | Cook: 0 min | Fresh: 1 day | Beginner

Makes 1

Greek Yogurt 100g or 3.5oz

Apple Juice 100ml or 3.4fl oz

Frozen Blueberries 50g or 1.7oz

Frozen Raspberries 50g or 1.7oz

Beet 1, cooked

Berry Beet Fusion Smoothie

Med Carb

livingplusrx.com

Method

In a blender, add the chopped beet, frozen raspberries, frozen blueberries, apple juice, and Greek yogurt. Blend on high until the mixture is completely smooth.

MFP Barcode

Allergen Information

Contains lactose.



Berry Indulgence

Med Carb

Living+

A lusciously smooth concoction that offers a refreshing burst of flavors. Perfect for breakfast or as a wholesome snack, this smoothie blends the antioxidant goodness of blueberries with the creamy richness of Greek yogurt and the delicate nuttiness of almond milk, providing a nutritious treat that's both satisfying and invigorating.

Prep: 2 min | Cook: 0 min | Fresh: 1 day | Beginner

Makes 1

Greek Yogurt 130g or 4.6oz

Almond Milk 100ml or 3.4fl oz

Banana 1, small

Frozen Blueberries 60g or 2.1oz

Berry Indulgence

Med Carb

livingplusrx.com

Method

Combine the blueberries, banana, Greek yogurt, and almond milk in a blender. Blend until smooth and creamy. Adjust the consistency by adding more almond milk if needed.

MFP Barcode



Living+

Allergen Information

Contains lactose, tree nuts.



Bluespresso Protein Booster

High Protein | Med Carb

Living+

Bluespresso is a delicious and energizing high-protein smoothie that is perfect for a quick breakfast or post-workout snack. It's made with fresh blueberries, a shot of espresso, and your choice of protein powder for an added boost.

Prep: 5 min | Cook: 0 min | Fresh: 1 day | Beginner

Makes 1

2% Milk 200ml or 6.7fl oz

0% Fat Yogurt 150g or 5.3 oz

Blueberries 100g or 3.5 oz

Whey Protein 1 scoop

Espresso 1 shot

Bluespresso Protein Booster

High Protein | Med Carb

Method

First, make an espresso. Next, add all of the ingredients to a blender and blend until smooth.

MFP Barcode



Living+

Allergen Information

Contains lactose.



Blueberry Recovery Recharge

High Protein | High Carb

Living+

Looking for a tasty and nutritious way to recover from your workout? Look no further than our Blueberry Recovery Recharge! This delicious blend of fresh blueberries, protein-rich yogurt, and carb-dense dates and banana makes for the perfect post-exercise drink.

Prep: 3 min | Cook: 0 min | Fresh: 2 days | Beginner

Makes 1

0% Fat Protein Yogurt 300g or 10.6 oz

Blueberries 1 cup

Dates 4, pitted

2% Milk 100ml or 3.4 fl oz

Banana 1 medium

Blueberry Recovery Recharge

High Protein | High Carb

Method

Add all of the ingredients to a blender and blend until smooth.

MFP Barcode



Living+

Allergen Information

Contains lactose.



Cherry Raspberry Protein Smoothie

High Protein | Med Carb

Living+

Jumpstart your day or fuel up post-workout with this refreshing Cherry Raspberry Protein Smoothie. Combining the tartness of raspberries and the sweetness of cherries with a boost of protein, this smoothie is not only delicious but also incredibly nutritious. It's a fantastic way to incorporate fruits and protein into your diet, all in a single glass!

Prep: 2 min | Cook: 0 min | Fresh: 1 day | Beginner

Makes 1

2% Milk 250ml or 8.4fl oz

Frozen Cherries 70g or 2.5oz

Frozen Raspberries 70g or 2.5oz

Whey Protein 1 scoop, vanilla

Honey 1 tsp

Cherry Raspberry Protein Smoothie

High Protein | Med Carb

livingplusrx.com

Method

In a blender, add the frozen raspberries, frozen cherries, vanilla whey protein powder, honey and 2% milk. Secure the lid on your blender and blend on high until the mixture is smooth.

MFP Barcode

5 5 7 9 4 1 2 2 3 1 4 7

Living+

Allergen Information

Contains lactose.



Chocolate Almond Super Smoothie

High Protein | Med Carb

Living+

Dive into a rich, creamy delight with the Chocolate Almond Super Smoothie. Ideal for a post-workout treat or a decadent breakfast option. The smoothie combines the richness of dark chocolate and almond butter with the nutritional benefits of Greek yogurt and chocolate whey, offering a satisfying taste and a boost of protein.

Prep: 5 min | Cook: 0 min | Fresh: 1 day | Beginner

Makes 1

2% Milk 150ml or 5fl oz

Greek Yogurt 100g or 3.5oz, 0% fat

Banana 1, medium

Whey Protein 1 scoop, chocolate

Almond Butter 1 tsp

Dark Chocolate 1 square, 80%

Honey 1 tsp

Chocolate Almond Super Smoothie

High Protein | Med Carb

livingplusrx.com

Method

Gather all ingredients. If the banana isn't frozen, you may want to freeze it ahead of time for an extra frosty texture. In a blender, add the milk, chocolate whey protein, banana, Greek yogurt, almond butter, dark chocolate and honey. Blend on high until all ingredients are thoroughly mixed and the texture is smooth.

MFP Barcode

5 5 7 9 4 1 2 2 3 3 8 3

Living+

Allergen Information

Contains lactose, tree nuts.



Choco Peanut Recovery Smoothie

High Protein | Med Carb

Living+

This high-protein smoothie is perfect for anyone looking to build muscle and recover from exercise. Packed with protein, creatine, and carbs, this delicious smoothie provides the perfect balance of protein, healthy fats, and carbohydrates to fuel your body and help you recover faster.

Prep: 5 min | Cook: 0 min | Fresh: 1 day | Beginner

Makes 1

0% Fat Yogurt 150g or 5.2 oz

2% Milk 150ml or 5 fl oz

Whey Protein 1 scoop, chocolate

Creatine 1 scoop

Cocoa Powder 1 tsp

Honey 1 tsp

Chia Seeds 1 tsp

Banana 1 large

Peanut Butter 1 tsp

Choco Peanut Recovery Smoothie

High Protein | Med Carb

Method

To a blender add all of the ingredients and blend until you have a thick, smooth texture.

MFP Barcode



Living+

Allergen Information

Contains lactose, peanuts.



Cinnamon Banana Oat Smoothie

Med Carb

Living+

A refreshing blend that combines the wholesomeness of oats with the natural sweetness of bananas and a hint of warm cinnamon. This smoothie provides a good balance of fiber, protein, and energy-boosting carbohydrates, making it an excellent choice for a breakfast on-the-go or a midday snack.

Prep: 2 min | Cook: 0 min | Fresh: 1 day | Beginner

Makes 1

Almond Milk 150ml or 5fl oz

Greek Yogurt 100g or 3.5oz

Banana 1, medium

Rolled Oats 40g or 1.4oz

Cinnamon 1 tsp

Cinnamon Banana Oat Smoothie

Med Carb

livingplusrx.com

Method

Combine the oats, banana, Greek yogurt, cinnamon, and almond milk in a blender. Blend until smooth and creamy.

MFP Barcode



Living+

Allergen Information

Contains tree nuts, lactose.



Cinnamon Nut Bliss

High Protein | Med Carb

Living+

This smoothie offers a delightful blend of creamy, nutty flavors enhanced by a touch of cinnamon spice. Ideal for a nutritious breakfast or a replenishing post-workout treat, this smoothie combines the health benefits of Brazil nuts and oats with the protein punch of whey, making it both satisfying and wholesome.

Prep: 5 min | Cook: 0 min | Fresh: 1 day | Beginner

Makes 1

2% Milk 250ml or 8.5fl oz

Brazil Nuts 10g or 0.35oz

Banana 1, small

Whey Protein 1 scoop, vanilla

Almond Butter 1 tsp

Rolled Oats 10g or 0.35oz

Honey 1 tsp

Cinnamon 1/2 tsp

Cinnamon Nut Bliss

High Protein | Med Carb

livingplusrx.com

Method

Place all of the ingredients in a blender. Blend all ingredients until the mixture is smooth and creamy.

MFP Barcode



Living+

Allergen Information

Contains lactose, tree nuts.



Ginger Zing Recovery

Med Carb

Living+

This recipe blends the subtle sweetness and electrolytes of coconut water with the zesty kick of fresh ginger, creating a smoothie that not only tantalizes your taste buds but also offers a burst of energy and digestive benefits. Spinach adds a dose of iron and vitamins, while kiwi and banana boost the smoothie with natural sugars and fiber.

Prep: 5 min | Cook: 0 min | Fresh: 1 day | Beginner

Makes 1

Coconut Water 200ml or 6.7fl oz

Banana 1, medium

Kiwi 1, whole

Spinach 2 handfuls

Flax Seeds 1 tbsp

Ginger 1-inch piece

Ginger Zing Recovery

Med Carb

livingplusrx.com

Method

Prepare all the ingredients by peeling and roughly chopping the ginger, kiwi (skin on), and banana. Add all of the ingredients to the blender. Secure the lid and blend on high until all the ingredients are completely smooth. The spinach should be fully integrated, leaving no chunks.

MFP Barcode

Allergen Information

Contains none.



Green Booster Smoothie

Med Carb

Living+

Whether you are looking to fuel up for a tough training session, replenish glycogen stores quickly or support your immune system then this smoothie is the one for you.

Prep: 3 min | Cook: 0 min | Fresh: 2 days | Beginner

Makes 1

Kiwi 3, peeled

Green Apple 1

Banana 1, frozen

Spinach 2 handfuls

Almond Milk 250ml or 8.4 fl oz

Mango 100g or 3.5 oz frozen

Green Booster Smoothie

Med Carb

Method

To a blender add all of the ingredients and blend until smooth.

MFP Barcode

Allergen Information

Contains tree nuts.



Green Orchard Smoothie

Med Carb

Living+

A perfect fusion of crisp apple tones and the lush flavors of kiwi and banana, complemented by the nutrient-rich profiles of spinach and kale. This smoothie offers a refreshing taste with a nutritional kick. Rich in vitamins, minerals, and fiber, it's designed to support overall wellness and energy levels.

Prep: 5 min | Cook: 0 min | Fresh: 1 day | Beginner

Makes 2

Apple Juice 200ml or 6.7fl oz

Kiwi 2 whole

Apple 1, medium

Banana 1, medium

Grapes 20 seedless

Spinach 2 handfuls

Kale 2 handfuls

Flaxseeds 1 tbsp

Green Orchard Smoothie

Med Carb

livingplusrx.com

Method

In a blender, combine the apple juice, kiwi fruits, green grapes, banana, and green apple. Add the spinach, kale, and flax seeds. Blend on high until all the ingredients are smooth.

MFP Barcode

Allergen Information

Contains none.



Green Powerhouse Smoothie

Med Carb | Low Calorie

Living+

Each sip delivers an abundance of essential vitamins and minerals such as Vitamin C, iron, and fiber, sourced from the kale and spinach. Paired with the invigorating sweetness of mango and apple juice, this smoothie provides a refreshing, low-calorie beverage that helps fuel your day.

Prep: 1 min | Cook: 0 min | Fresh: 1 day | Beginner

Makes 1

Water 200ml or 6.7 fl oz

Apple Juice 200ml or 6.7 fl oz

Frozen Mango 100g or 3.5 oz

Spinach 1 handful

Kale 1 handful

Green Powerhouse Smoothie

Med Carb | Low Calorie

Method

Ensure the kale and spinach leaves are well-washed. It's also beneficial to de-stem the kale for a smoother blend. To a blender, combine a handful each of kale and spinach, a handful of frozen mango chunks, 200ml of apple juice, and 200ml of water. Blend until smooth.

MFP Barcode



Living+

Allergen Information

Contains none.



Kale Kiwi Zest Smoothie

Med Carb | Low Calorie

Living+

Unveil the perfect fusion of refreshing and nutritious in this Kale Kiwi Zest Smoothie. The hearty greens meet the zesty flavors of kiwi and apple, further enhanced by the tropical touch of pineapple juice. Whether you're looking for an energy-packed start to your day or a revitalizing afternoon treat, this smoothie ticks all the boxes.

Prep: 5 min | Cook: 0 min | Fresh: 1 day | Beginner

Makes 1

Water 150ml or 5fl oz

Apple 1 medium

Kiwi 1

Pineapple Juice 100ml or 3.5fl oz

Kale 1 handful

Kale Kiwi Zest Smoothie

Med Carb | Low Calorie

Method

Begin by thoroughly washing the kale, kiwi, and apple.

Roughly chop the kale, kiwi, and apple into smaller pieces to make blending easier. Remember to retain the skin on both the kiwi and apple for added nutrients and texture.

In a blender, combine the chopped kale, kiwi, apple, pineapple juice, and water.

Blend on high speed until you achieve a smooth and consistent texture.

MFP Barcode



Living+

Allergen Information

Contains none.



Mango Chia Delight Smoothie

High Protein | Med Carb

Living+

This smoothie brings together the vibrant flavors of mango with the creamy texture of Greek yogurt and the healthful punch of chia seeds, known for their omega-3 fatty acids and fiber content. It's a delightful combination that's both filling and energizing.

Prep: 20 min | Cook: 0 min | Fresh: 1 day | Beginner

Makes 1

2% Milk 200ml or 6.7fl oz

Greek Yogurt 200g or 7oz

Frozen Mango 200g or 7oz

2% Milk 120ml or 4fl oz (chia)

Chia Seeds 2 tbsp

Mango Chia Delight Smoothie

High Protein | Med Carb

livingplusrx.com

Method

Begin by soaking the chia seeds in 120ml of milk. Allow them to sit for about 20 minutes until they have absorbed the milk and become gelatinous. In a blender, combine the soaked chia seeds, frozen mango chunks, Greek yogurt, and 200ml of milk. Blend everything until the mixture is smooth and creamy.

MFP Barcode



Living+

Allergen Information

Contains lactose.



Mango Tango Perform Smoothie

High Carb

Living+

Carbohydrates are king when it comes to fueling for performance and recovering from carbohydrate-depleting exercise. This smoothie is packed with 70g of carbs, making it an easy-on-the-stomach alternative to solid carbohydrate sources.

Prep: 5 min | Cook: 0 min | Fresh: 1 day | Beginner

Makes 1

- **Honey** 1 tbsp
- **Orange** 1 large
- **Banana** 1 medium
- **Mango** 1/2 cup
- **Orange Juice** 120ml or 4 fl oz

Mango Tango Perform Smoothie

High Carb

Method

To a blender add the orange juice, mango (peeled & diced), banana (peeled), orange (peeled), and honey. Blend until smooth!

MFP Barcode



Living+

Allergen Information

Contains none.



Mocha Muscle Coffee Shake

High Protein | Low Carb

Living+

This smoothie combines the robust flavors of coffee and chocolate with the nutritional benefits of whey protein, making it a delicious and satisfying beverage. Whether you're looking to kickstart your morning with a caffeine boost or need a protein-packed snack to recover from your gym session, this smooth shake ticks all the boxes.

Prep: 2 min | Cook: 0 min | Fresh: 1 day | Beginner

Makes 1

Ice 150g or 5.3oz

Cold Coffee 150ml or 5fl oz

Whey Protein 1 scoop, chocolate

Cocoa Powder 1 tsp

Sugar or Sweetener 1 tsp (optional)

Mocha Muscle Coffee Shake

High Protein | Low Carb

livingplusrx.com

Method

In a blender, combine the ice, sugar, whey protein, cocoa powder and cold coffee. Blend on high until smooth and creamy. Pour into a large glass, garnish with a sprinkle of cocoa powder if desired, and enjoy immediately.

MFP Barcode



Living+

Allergen Information

Contains lactose.



Peanut Powerhouse

Med Carb

Living+

This smoothie blends the rich, satisfying flavor of peanut butter with the nutrient-packed profiles of spinach and kale, rounded off with the natural sweetness of banana. It's rich in dietary fiber, potassium, and vitamins A and C, making it an excellent choice for boosting your daily nutrient intake.

Prep: 2 min | Cook: 0 min | Fresh: 1 day | Beginner

Makes 1

Water 150ml or 5fl oz

Banana 1, medium

Spinach 1 handful

Kale 1 handful

Peanut Butter 1 tbsp

Peanut Powerhouse

Med Carb

livingplusrx.com

Method

Add the spinach, kale, banana, peanut butter, and water into a blender. Blend until the mixture is smooth and creamy.

MFP Barcode



Living+

Allergen Information

Contains peanuts.



Pre-Workout Nitrate Booster

Med Carb

Living+

This smoothie is a delicious and nutritious way to fuel your body before a workout. It's packed with high-nitrate foods like cherries and spinach, which have been shown to enhance blood flow and oxygen delivery to the muscles.

Prep: 2 min | Cook: 0 min | Fresh: 1 day | Beginner

Makes 1

Low-Fat Milk 150ml or 5 fl oz

Frozen Mixed Berries 100g or 3.5 oz

Frozen Cherries 100g or 3.5 oz

Dates 8 (40g or 1.4 oz)

Spinach 1 handful

Pre-Workout Nitrate Booster

Med Carb

Method

To a blender add all of the ingredients and blend until smooth.

MFP Barcode



Living+

Allergen Information

Contains lactose.