










Smoothie Recipes

Nutrition Made Simple

Volume 2 - 20 recipes



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Beet & Berry Power Smoothie

Med Carb

Living+

Beets provide natural nitrates that may support blood flow and stamina, while mixed berries, banana, and orange juice bring antioxidants and energizing carbs. A touch of ginger and mint adds a refreshing zing, and Brazil nuts offer a dose of selenium for immune support. Quick to make, easy to digest, and packed with goodness.

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

Makes 2

Beet 200g or 7oz, cooked

Orange Juice 100ml or 3.4 fl oz

Mixed Frozen Berries 100g or 3.5oz

Banana 1, medium

Cucumber 50g or 1.7oz

Fresh Ginger 10g or 0.35oz

Brazil Nuts 2

Fresh Mint 1 tbsp

Beet & Berry Power Smoothie

Med Carb

livingplusrx.com

Method

Roughly chop the cooked beet, banana, cucumber, ginger, and Brazil nuts.

Place the beet, banana, frozen mixed berries, cucumber, ginger, mint leaves, orange juice, and Brazil nuts into a high-powered blender. Blend on high speed for 1-2 minutes until completely smooth. If desired, add a splash more orange juice or water for a thinner consistency.

Pour into two glasses and enjoy immediately while fresh.

MFP Barcode

5 5 7 9 4 1 2 2 4 7 6 2

Living+

Allergen Information

Contains tree nuts.



KCAL 288.7

PRO 24.8g

CARB 40.1g

FAT 3.4g

FIBER 5.1g

Per serving

Golden Glow Smoothie

High Protein | Med Carb

Living+

Boost your day with this creamy and vibrant Golden Glow Smoothie. Packed with tropical mango, protein-rich Greek yogurt, and a subtle kick of turmeric for its anti-inflammatory benefits, this smoothie is as nutritious as it is refreshing. Perfect for a healthy breakfast, post-workout fuel, or an energizing snack!

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

Makes 2

Greek Yogurt 200g or 7oz, 0% fat

Frozen Mango 100g or 3.5oz

Banana 1 small

2% Milk 1 splash

Chia Seeds 1 tsp

Turmeric 1/2 tsp

Golden Glow Smoothie

High Protein | Med Carb

livingplusrx.com

Method

Add the frozen mango, Greek yogurt, banana, chia seeds, and turmeric to a blender. Blend on high until smooth. If the smoothie is too thick, add a splash of milk and blend again until you reach your desired consistency. Pour into a glass and enjoy immediately!

MFP Barcode



Living+

Allergen Information

Contains lactose.



Lemon Zest Pineapple Smoothie

Med Carb

Living+

Bright, fresh, and loaded with vitamin C – this smoothie is perfect for a morning refresh or post-walk pick-me-up. The combo of lemon, apple, and pineapple makes it zesty, sweet, and ultra-hydrating.

Prep: 10 min | Cook: 0 min | Fresh: 3 days | Beginner

Makes 1

Apple Juice 200ml or 6.7fl oz

Frozen Pineapple 150g or 5.3oz

Apple 1, medium

Lemon Juice 1 lemon

Lemon Zest 1 lemon

Lemon Zest Pineapple Smoothie

Med Carb

livingplusrx.com

Method

Add the frozen pineapple, chopped apple, lemon zest, lemon juice, and apple juice to a blender. Blend until smooth and creamy. Taste and adjust – if it's too sharp, add a touch more apple juice.

MFP Barcode



Living+

Allergen Information

Contains none.



Mango Protein Cooler

High Protein | Low Carb

Living+

Tropical, creamy, and protein-packed — this refreshing smoothie is perfect for fueling recovery or kicking off your day with a sweet, icy hit of nutrients. Blends in under 2 minutes!

Prep: 10 min | Cook: 0 min | Fresh: 3 days | Beginner

Makes 1

Greek Yogurt 125g or 4.4oz, 0% fat

Mango 120g or 4.2oz

Vanilla Whey Protein 20g or 0.7oz

Ice Cubes 100g or 3.5oz

Mango Protein Cooler

High Protein | Low Carb

livingplusrx.com

Method

Add all ingredients to a high-speed blender. Blend until thick and creamy. Pour into a tall glass and enjoy immediately.

MFP Barcode

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

Living+

Allergen Information

Contains lactose.



Pomegranate Berry Burst

Med Carb

Living+

Savor the blend of antioxidant-rich pomegranate, strawberries, and raspberries in this Pomegranate Berry Burst Smoothie. Balanced with creamy vanilla protein yogurt and a touch of honey, this smoothie is a quick, fiber-packed and protein-rich meal, perfect for a refreshing breakfast or an energizing snack.

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

Makes 1

- **Vanilla Protein Yogurt** 150g or 5.3 oz
- **Pomegranate Seeds** 125g or 4.4 oz
- **Frozen Raspberries** 100g or 3.5 oz
- **Frozen Strawberries** 100g or 3.5 oz
- **Honey** 1 tsp

Pomegranate Berry Burst

Med Carb

livingplusrx.com

Method

Place all of the ingredients in a blender and blend until smooth.

MFP Barcode



Living+

Allergen Information

Contains lactose.



Power Fuel Berry Blast

Med Carb

Living+

An energy-boosting smoothie perfect for hard exercise days. It blends 2% milk, low-fat yogurt, and a banana for a creamy base, while raspberries add a tangy sweetness. Rolled oats provide sustained energy, and a drizzle of honey gives a natural sugar kick. It's the perfect pre-workout pick-me-up.

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

Makes 1

- **0% Fat Yogurt** 100g or 3.5 oz
- **2% Milk** 150ml or 3/4 cup
- **Frozen Raspberries** 80g or 2.8 oz
- **Banana** 1 small
- **Rolled Oats** 30g or 1/3 cup
- **Honey** 1 tsp

Power Fuel Berry Blast

Med Carb

livingplusrx.com

Method

To a blender add all of the ingredients. Blend until smooth.

MFP Barcode



Living+

Allergen Information

Contains lactose.



Recovery Hot Chocolate

High Protein | Low Carb

Living+

A delightful blend designed for post-workout replenishment or a comforting treat. This concoction not only satisfies chocolate cravings but also aids muscle recovery with the addition of chocolate whey protein. The richness of dark chocolate, coupled with its heart-healthy benefits, enhances this drink, making it both nutritious and indulgent.

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

Makes 1

2% Milk 200ml or 6.7fl oz

Hot Chocolate Powder 1 serving

Whey Protein 1 scoop, chocolate

Dark Chocolate 1 square, 80%

Recovery Hot Chocolate

High Protein | Low Carb

livingplusrx.com

Method

Pour the milk into a small saucepan and heat over medium heat until it is just about to simmer. Avoid boiling to prevent scalding.

Add the hot chocolate powder to the heated milk, whisking continuously until fully dissolved and the mixture is smooth.

Lower the heat slightly, and sprinkle the chocolate whey protein into the pan while whisking vigorously. This ensures that the protein powder blends smoothly without clumping.

Break the square of dark chocolate into smaller pieces and add them to the pan. Stir until the chocolate is completely melted and the mixture is creamy and rich.

MFP Barcode

5 5 7 9 4 1 2 2 3 3 7 6

Living+

Allergen Information

Contains lactose.



Ruby Refresher Smoothie

Low Carb

Living+

This smoothie blends vibrant beets with tangy kiwi, crisp apple, and sweet strawberries to create a nutrient-packed drink that energizes and revitalizes. This smoothie is a powerhouse of vitamins, minerals, and antioxidants, making it an excellent choice for a refreshing boost at any time of the day.

Prep: 5 min | Cook: 0 min | Fresh: 3 days | Beginner

Makes 3

Water 150ml or 5 fl oz

Apple 1, medium

Frozen Strawberries 70g or 2.5 oz

Kiwi 1 whole

Beet 1, cooked

Ruby Refresher Smoothie

Low Carb

livingplusrx.com

Method

Ensure the beet is cooked and both the apple and kiwi are thoroughly washed. Slice all fruits into smaller pieces to facilitate easier blending. In a blender, combine the beet, kiwi, apple, frozen strawberries, and water. Blend until smooth.

MFP Barcode

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

Living+

Allergen Information

Contains none.



Strawberry Kiwi Fusion Smoothie

Med Carb

Living+

Dive into the refreshing and nutritious Strawberry Kiwi Fusion Smoothie, a vibrant blend that combines the tartness of kiwi with the sweet charm of strawberries. Enhanced with chia seeds for an added boost of fiber and omega-3 fatty acids, this smoothie is not just a delight to your taste buds but also a powerhouse of health benefits.

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

Makes 1

Water 150ml or 5fl oz

Frozen Strawberries 130g or 4.6oz

Kiwi 1, skin on

Chia Seeds 1 tbsp

Strawberry Kiwi Fusion Smoothie

Med Carb

livingplusrx.com

Method

Slice the kiwi, keeping the skin on for added nutrients and fiber. In a blender, combine the sliced kiwi, frozen strawberries, chia seeds, and water. Blend on high speed until all the ingredients are thoroughly combined and the texture is smooth.

MFP Barcode

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

Living+

Allergen Information

Contains none.



Strawberry Oat Breakfast Smoothie

High Protein | Med Carb

Living+

A wholesome breakfast, a nutritious snack, or a post-exercise replenishment that's both satisfying and beneficial for muscle recovery and sustained energy levels. A delicious blend that combines the creamy texture of Greek yogurt with the natural sweetness of strawberries and the sustaining energy of oats.

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

Makes 1

2% Milk 200ml or 6.7fl oz

Greek Yogurt 125g or 4.4oz, 0% fat

Frozen Strawberries 70g or 2.5oz

Rolled Oats 30g or 1oz

Honey 1 tsp

Strawberry Oat Breakfast Smoothie

High Protein | Med Carb

livingplusrx.com

Method

Place all of the ingredients in a blender and blend until smooth.

MFP Barcode



Living+

Allergen Information

Contains lactose.



Strawberry Surge Smoothie

Med Carb

Living+

This liquid lunch is the perfect pre or post-training drink to aid performance or boost recovery. It also contains a good amount of the antioxidant vitamin C.

Prep: 5 min | Cook: 0 min | Fresh: 2 days | Beginner

Makes 1

2% Milk 150 ml or 5 fl oz

Protein Yogurt 150g or 5.2 oz

Frozen Strawberries 150g or 5.2 oz

Pomegranate Seeds 100g or 3/4 cup

Honey 1 tsp

Strawberry Surge Smoothie

Med Carb

Method

Place all of the ingredients in a blender and blend until smooth.

MFP Barcode

0 5 7 9 4 1 2 2 0 6 5 3

Living+

Allergen Information

Contains lactose.



Sunrise Smoothie

Med Carb

Living+

This refreshing blend combines the tangy sweetness of orange juice and mango with the creamy richness of Greek yogurt and the subtle nuttiness of almond butter. Balanced with the smooth texture of a ripe banana, it's not only delicious but also packs a nutritious punch, perfect for energizing your morning!

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

Makes 1

- **Orange Juice** 125ml or 4.2fl oz
- **Banana** 1, small
- **Greek Yogurt** 100g or 3.5oz
- **Frozen Mango Chunks** 70g or 2.5oz
- **Almond Butter** 1 tsp

Sunrise Smoothie

Med Carb

livingplusrx.com

Method

Start by adding the orange juice, Greek yogurt, frozen mango, chopped banana, and almond butter to your blender. Secure the lid and blend on high speed until all ingredients are thoroughly combined and the smoothie is creamy.

MFP Barcode

Allergen Information

Contains lactose, tree nuts.



Super Green Power Smoothie

High Protein | Med Carb

Living+

This smoothie combines the natural sweetness of banana and blueberries with the creamy richness of almond butter and a potent mix of greens, delivering a burst of vitamins and antioxidants. The addition of protein powder makes it a great muscle recovery drink.

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

Makes 1

2% Milk 200ml or 6.7fl oz

Banana 1, medium

Frozen Blueberries 80g or 2.8oz

Whey Protein 1 scoop, vanilla

Almond Butter 1 tsp

Baby Spinach 1 handful

Kale 1 handful

Cinnamon 1/2 tsp

Super Green Power Smoothie

High Protein | Med Carb

livingplusrx.com

Method

Gather all ingredients. Ensure the banana and blueberries are well-frozen to give the smoothie a thick, frosty texture. In a high-powered blender, combine the frozen banana, blueberries, milk, protein powder, spinach, kale, cinnamon, and almond butter. Blend on high speed until the mixture is completely smooth. Depending on your blender, this might take 1-2 minutes. Scrape down the sides as needed to ensure all ingredients are fully incorporated.

MFP Barcode



Living+

Allergen Information

Contains lactose, tree nuts.



The Cooler

Med Carb

Living+

Experience the refreshing blend of cucumber, kiwi, and banana in this light and hydrating smoothie. Ideal for a quick breakfast, it merges the natural sweetness of fruits with the crisp texture of cucumber, enhanced with the nutritional benefits of spinach and walnuts.

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

Makes 1

Water 100ml or 3.4fl oz

Banana 1, small

Spinach 1 handful

Kiwi 1 whole

Cucumber 30g or 1oz

Walnuts 3

The Cooler

Med Carb

livingplusrx.com

Method

Add the cucumber, kiwi, banana, spinach, and walnuts to the blender. Pour in 100ml of water. Blend until smooth. Add more water if necessary to achieve your desired consistency.

MFP Barcode

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

Living+

Allergen Information

Contains tree nuts.



Tropical Bliss Smoothie

High Carb

Living+

This smoothie blends the creamy texture of avocado with the sweet and tangy flavors of tropical fruits, creating a refreshing and satisfying drink. Perfect for a nutritious breakfast or a revitalizing snack, this smoothie is a delightful way to infuse a burst of tropical flavors into your day.

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

Makes 1

Ice Cubes handful, to serve

Pineapple Juice 150ml or 5fl oz

Light Coconut Milk 150ml or 5fl oz

Apple 1, skin on

Banana 1, medium

Avocado 1, medium

Frozen Mango 50g or 1.7oz

Fresh Pineapple 50g or 1.7oz

Lime Juice 1 lime

Tropical Bliss Smoothie

High Carb

livingplusrx.com

Method

Peel and pit the avocado. Peel the banana. Core and chop the apple with the skin on for extra fiber. In a blender, combine the avocado, coconut milk, pineapple juice, mango chunks, apple pieces, banana, and fresh pineapple. Squeeze in the juice of one lime to add a zesty flavor. Process all the ingredients until they form a creamy and smooth consistency.

MFP Barcode

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

Living+

Allergen Information

Contains none.



Tropical Ginger Zest

High Carb

Living+

Each sip is packed with vitamins A and C from the carrot and pineapple, promoting eye health and immune function. Ginger adds a spicy flair while offering anti-inflammatory benefits, and cashews bring a dose of heart-healthy fats and a smooth finish. Ideal for a refreshing start to your morning or a revitalizing mid-afternoon treat.

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

Makes 1

Carrot Juice 200ml or 6.7fl oz

Pineapple Juice 200ml or 6.7fl oz

Banana 1, medium

Pineapple 100g or 3.5oz

Lime Juice 1 lime

Cashews 20g or 0.7oz

Ginger 15g or 0.5oz

Honey 1 tsp

Turmeric 1/2 tsp

Tropical Ginger Zest

High Carb

livingplusrx.com

Method

Add the carrot juice, pineapple juice, fresh pineapple, banana, ginger, cashews, honey, turmeric, and lime juice into a blender or smoothie machine. Blitz all ingredients until the mixture is smooth and homogenous. Pour the smoothie into a glass.

MFP Barcode



Living+

Allergen Information

Contains tree nuts.



Tropical Sunflower Smoothie

Med Carb

Living+

Bursting with the vibrant flavors of pineapple, mango, and orange, this smoothie is a delightful concoction that's as nutritious as it is delicious. Enhanced with sunflower seeds for added texture and a boost of essential vitamins and minerals, it's perfect for a sunny morning boost or an afternoon refresh.

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

Makes 1

Water 100ml or 3.4fl oz

Orange Juice 100ml or 3.4fl oz

Orange 1, small

Frozen Mango Chunks 70g or 2.5oz

Fresh Pineapple 60g or 2.1oz

Sunflower Seeds 2 tbsp

Tropical Sunflower Smoothie

Med Carb

livingplusrx.com

Method

Place all ingredients—pineapple, orange, mango, sunflower seeds, orange juice, and water—into a blender. Blend until smooth and creamy, ensuring the sunflower seeds are well incorporated.

MFP Barcode



Living+

Allergen Information

Contains none.



Vanilla Date Perform Smoothie

High Carb

Living+

Fueling and recovering are very individualized components of nutrition. Some people prefer liquids in the pre and post-training meals. This liquid-based smoothie is a great option to help you reach your carbohydrate needs in these windows.

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

Makes 1

Almond Milk 250ml or 8.4fl oz, unsweetened

Dates 6 (50g), pitted

Oats 40g or 1.4oz

Banana 1 large, frozen

Vanilla Extract 1/2 tsp

Vanilla Date Perform Smoothie

High Carb

Method

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

MFP Barcode



Living+

Allergen Information

Contains tree nuts.



Vibrant Beet and Berry Blend

Med Carb

Living+

This smoothie brings together the earthy sweetness of beets, the vibrant tang of blueberries, and a citrusy zing from lemon, all beautifully melded with apple juice. It's a delightful concoction that's not only a feast for the eyes but also a treasure trove of antioxidants and nutrients.

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

Makes 1

Beet 1, cooked

Apple Juice 150ml or 5fl oz

Frozen Blueberries 100g or 3.5oz

Lemon Juice 1 lemon

Lemon Zest 1 lemon

Vibrant Beet and Berry Blend

Med Carb

livingplusrx.com

Method

Place the chopped beet, apple juice, blueberries, lemon zest, and lemon juice into your blender. Secure the lid and blend on high until the mixture is smooth and homogeneous.

MFP Barcode

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

Living+

Allergen Information

Contains none.



Wellness Shot

Low Carb | Low Calorie

Living+

Support your immune system and invigorate your senses with this Wellness Shot. The zesty kick of lemons, combined with the earthy flavors of turmeric and ginger, is balanced beautifully by the sweetness of pineapple juice. Black pepper not only adds a hint of spice but also helps in activating the beneficial properties of turmeric.

Prep: 10 min | Cook: 0 min | Fresh: 1 day | Beginner

Makes 10 shots ~300ml

Pineapple Juice 300ml or 10 fl oz

Fresh Turmeric 200g or 7oz

Fresh Ginger 200g or 7oz

Lemon 2 lemons

Black Pepper 1/2 tsp

Wellness Shot

Low Carb | Low Calorie

Method

Begin by washing the lemons, turmeric, and ginger thoroughly. Peel the lemons but not the turmeric and ginger. For the lemons, you only need the juice, so you can either squeeze them manually or use a juicer.

Add the lemon juice, turmeric, ginger, pineapple juice, and black pepper to a blender. Blend the mixture on high until everything is well combined and you achieve a smooth consistency.

Position a cheesecloth or a fine sieve over a bowl or jug, and pour the blended mixture through it to filter out the pulp.

Using the back of a spoon or your hands, press down on the solids to extract as much liquid as possible.

Transfer the liquid to a bottle or container. It's best consumed fresh, but you can refrigerate and shake well before drinking.

MFP Barcode



Living+

Allergen Information

Contains none.