

Build Your Best Green Smoothie!

→ Choose a Base

1/3-1/2 a cup

Skim Milk, Almond Milk, Cashew Milk, Coconut Milk, or Water

Base this off of your own needs and other ingredients. If you have lots of juicy fruit, you won't need much of a base. If you need calcium add a milk!

→ Load Up on Greens

2 cups or 2 handfuls

Spinach, Kale, Swiss Chard, Baby Kale, Romaine

My favorite is spinach because it blends nicely.



→ Add Flavor w/ Fruit & Other Veggies

1 cup

Apples, Bananas, Mango Pieces, Berries, Watermelon, Oranges, Kiwis,

Pears, Grapes, Carrots, Beets, Cucumbers

Berries are my favorite because they're sweet and full of nutrients. I also like bananas because they make the smoothie super sweet and creamy!



→ Beef it Up with Protein

1 Scoop

Your favorite or preferred protein powder

I love plant based proteins because of the added veggie powder but whey proteins tend to be a bit more palatable. Keep it in mind as your blending. My favorites are: Vega, Garden of Life, and Cellucor.

→ Extras

A pinch or a sprinkle

Flax seeds, chia seeds, ginger, parsley, lemon, cinnamon, almond butter, peanut butter, hemp

These can all enhance the flavor and nutritional value of your smoothie! I put the butters here because you shouldn't rely on them for flavor or thickness.



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