

1000+ Smoothie Combinations

Portion / Measurement terms:

Any number between 1 - 20 means the amount (i.e. 10 - 15 grapes)

½ means half the amount... (i.e. ½ a cup of peas).

1 ser means 1 x serving (i.e. 30g x 1 ser).

Handful means a handful.

100% means 100%.

50/50 means half and half.

Cup means approximately 1 cup or half a standard mug.

Tbsp. means tablespoon.

Choose Only 1

Add 1st Option

Choose 1 - 2

Add 2nd & 3rd Option

Choose Only 1

Add Last Option

The Base Taste

The BIG Taste

The Final Touch

Bases:

	<u>400ml</u>
Just Water (400ml)	100%
Milk & Water	50/50
Soy milk & Water	50/50
Almond Milk & Water	50/50
Oat Milk & Water	50/50
Rice Milk & Water	50/50
Cashew Milk & Water	50/50

Green:

Rocket	1 cup
Spinach	1 cup
Broccoli	1 cup
Avocado	½
Kiwi	1
Kale	1 cup
Peas	½ cup
Green Cabbage	Handful

Lush Fruits:

Mango	½
Pineapple	1 cup
Banana	1
Peach	1
Oranges (or similar...)	1
Apple	1
Pear	1
Bell Pepper	1
Tomato	1

Back to 'The BIG Taste':

Any +1 from 'The BIG Taste'. 1

Powders:

	<u>30g</u>
Any Whey Protein Flavour	1 ser
Any Pea Protein Flavour	1 ser
Any Egg Protein Flavour	1 ser
Any Plant Protein Flavour	1 ser
Hemp Protein Powder	1 ser

*'1 ser' = 1 x 30g serving**

Thicker Bases:

Skyr (5 - 6 tbsp)

+

Water (200ml)

...or...

Yogurt (5 - 6 tbsp)

+

Water (200ml)

Berries & Similar:

Blackberries	10-15
Strawberries	10
Raspberries	10-15
Blueberries	10-15
Cranberries	10-15
Grapes	10-15
Cherries	10

Vita Veggies & Similar:

Cucumba	½
Carrot	1
Lettuce	Handful
Purple Cabbage	Handful
Sweetcorn	½ cup
Asparagus	2 - 3
Beetroot	½ cup

Natural Protein:

Raw egg	1
Pumpkin seeds	4 tbsp
Cashew nuts	10
Almonds	10
Peanut butter	1 tbsp

Miss this option:

You can skip the final touch if you would prefer.

With dairy products, go vegan and vegetarian when preferred.

With regards to protein powders, avoid using weight gainers.

...Enjoy!

14 of GoalSet Fitness' Approved Smoothies

- **Snack smoothies under 200kcal can be consumed as one of your two daily snacks.**
- **Replacement meal smoothies can replace one of your daily meals: breakfast, lunch or dinner.**

The Smoothie	What's Inside	In The Making
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Snack smoothies <200kcal

Cool Vanilla Coffee	400ml almond milk 1 & ½ tablespoons coffee 2 tablespoons vanilla protein powder	Kcal: 155	Just Mix and Blend
Spicy Wake-Up	1 kiwi 10 blueberries 50ml ginger shot 100ml pure orange juice 1 x 5g tropical flavor BCAA 200ml water	Kcal: 150	Just Mix and Blend
Strawberry Decker	10 small strawberries 200ml almond milk 100 - 150ml of water	Kcal: 120	Just Mix and Blend
Mini Pink	4 strawberries 200ml almond milk 1 tablespoon vanilla protein powder	Kcal: 111	Just Mix and Blend
Black Fruit Protein	400ml almond milk 10 black berries 8 blueberries 2 tablespoons vanilla protein powder	Kcal: 180	Just Mix and Blend

Meal Replacement Smoothies 200+ kcal

Pink Lady	1 banana 4 strawberry 3 tablespoons greek yogurt 300ml almond milk	Kcal: 234	Just Mix and Blend
Spicey Energy	1 banana 1 carrot 300ml soya milk 10 blueberries Approx. ¼ teaspoon cinnamon	Kcal 307	Just Mix and Blend
BB Sweetie	1 banana 15 blueberries 300ml Soya Milk	Kcal 297	Just Mix and Blend
Mumma's Mango	½ mango 1 banana 3 tablespoons greek yogurt 300ml almond milk	Kcal 262	Just Mix and Blend
Cinnamon Carrot	2 small carrots 1 small banana 250ml almond milk 2 tablespoons vanilla protein powder ¼ cinnamon powder	Kcal: 258	Just Mix and Blend
Mini Pink Double Up	8 strawberries 350ml almond milk 2 tablespoons vanilla protein powder	Kcal: 212	Just Mix and Blend
Pale-Pink	3 small strawberries 1 banana 1 tablespoon peanut butter 200ml almond milk 50-100ml water 2 tablespoon vanilla protein powder	Kcal: 340	Just Mix and Blend
Apple Cinnamon Filler	3 tbsp vanilla yogurt 1 small apple 1 small pear <¼ teaspoon cinnamon powder 200ml almond milk	Kcal: 288	Just Mix and Blend
Quick Fill Up	1 handful spinach 1 cucumber 1 banana 2 medium carrots 400ml almond milk	Kcal: 264	Just Mix and Blend

...Enjoy!