

3-2-1 GO SMOOTHIE GUIDE

Smoothies are an easy way to put a ton of nutrient-dense ingredients into a quick, tasty meal or snack. Use this guide to build amazing smoothies so that you are always 3-2-1 ready to go!

Step One - READY:

Choose your base - about one cup of any of the following. You can top off with extra water to increase volume if needed:

- Unsweetened nut or seed milk (almond, cashew, hemp, coconut)
- Unsweetened oat milk
- Filtered water
- Organic milk, if tolerated
- Unsweetened green tea

Step Two - SET:

ADD PROTEIN. Protein powder is easiest - look for one with minimal ingredients and use the amount suggested on the packaging (1-2 scoops). Avoid any added sugar or sugar substitutes that you don't tolerate. Whey protein works for most, but if dairy sensitive or vegan/vegetarian, opt for plant-based protein.

Options:

- Whey protein powder
- Collagen peptides
- Plant-based protein powder (hemp, rice, pea, coconut, pumpkin, or others)
- Goat's milk protein powder
- Egg white protein powder
- Unsweetened plain yogurt
- Organic tofu
- Beans (½ cup)

Step Three - 3-2-1 GO!

ADD THREE VEGGIES

Options: (serving size is one cup of leafy greens, ½ cup of others)

- Spinach or baby spinach
- Organic kale
- Arugula
- Romaine
- Parsley
- Cauliflower (fresh or frozen)
- Cucumber (peeled and chopped, with or without seeds removed)
- Zucchini (peeled and chopped)
- Jicama
- Tomatoes
- Broccoli
- Celery
- Carrot (shredded or chopped finely)*
- Sweet potato*
- Butternut squash*
- Acorn squash*

- Beets*
- Kabocha squash*
- Pumpkin (canned/pureed or baked)*

ADD TWO FATS

Options:

- ½ Tbsp of nut or seed butter (almond, cashew, sunflower, hazelnut, etc)
- ½ oz (about 8) nuts (almonds, cashews, macadamia nuts, hazelnuts, etc)
- 1 Tbsp seeds (sunflower, pumpkin, hemp, chia)
- ½ Tbsp Coconut oil
- ½ Tbsp Coconut manna/butter
- ¼ Avocado
- ¼ cup canned coconut milk (full fat)
- 3 Tbsp dried coconut flakes

ADD ONE FRUIT

Options: (serving is ½ cup unless otherwise specified)

- Wild blueberries
- Raspberries
- Blackberries
- Strawberries
- Papaya
- ½ banana
- Cherries
- Chopped apple
- Chopped pear
- Chopped melon
- Pineapple
- Mango
- Orange
- Lemon - ½ squeezed juice or flesh without peel
- Lime - ½ squeezed juice or flesh without peel

Blend all ingredients together in a high powered blender and enjoy!

Notes:

For Paleo: Use collagen peptides, avoid protein powders that contain whey/pea/rice/soy proteins. Skip yogurt and beans.

For Keto: Skip fruit or stick with ½ cup berries. Avoid higher starch veggies denoted with [*]

Vegan/vegetarian: Use vegan protein powder, avoid whey, egg, or collagen peptides. Or opt for beans or organic tofu for protein.

AIP: Opt for collagen peptides for protein. Focus on avocado and moderate amounts of coconut fats based on your preferences. No tomatoes. No nuts/seeds.