



**SMOOTHIES**







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# CONTENTS

1. TROPICAL SMOOTHIE
2. IMMUNITY BOOSTER JUICE
3. GOLDEN TURMERIC LATTE
4. PINA COLADA PROTEIN SMOOTHIE
5. RASPBERRY PROTEIN SMOOTHIE
6. HEMP PROTEIN POWDER SMOOTHIE
7. BEET THE BLUES SMOOTHIE
8. CAROTENE BOOST SMOOTHIE
9. GRAPEFRUIT SMOOTHIE
10. VERY GREEN SMOOTHIE
11. GREEN POWER SMOOTHIE
12. MEAN LEAN SMOOTHIE
13. POST-WORKOUT VEGAN OAT SMOOTHIE
14. MANGO LASSI WITH MINT
15. VANILLA AND COFFEE PROTEIN SMOOTHIE
16. ANTIOXIDANT BLUEBERRY PROTEIN SMOOTHIE





# TROPICAL SMOOTHIE

**NUTRITION PER SERVING:** 240 kcal, 3g Fats, 55g Carbs, 4g Protein

## WHAT YOU NEED

- 3 passion fruits
- 1 banana, chopped
- 1 cup (165g) pineapple, chunks
- 1-1/4 cup (300ml) coconut water
- 1 tbsp. chia seeds
- ice cubes, to serve

## SERVES

2 people

## PREPARATION

5 minutes

## COOK

0 minutes

## WHAT YOU NEED TO DO

Scoop the pulp of the passion fruits into a high-speed blender, add the banana, pineapple, coconut water, and chia seeds. Purée until smooth and serve immediately, topped with ice cubes.





# IMMUNITY BOOSTER JUICE

**NUTRITION PER SERVING:** 272 kcal, 1g Fats, 68g Carbs, 8g Protein

## WHAT YOU NEED

- 1 2/3 cup (400ml) carrot juice
- juice of 1 grapefruit
- 1 inch ginger, peeled and sliced
- 2 apples, core removed, chopped
- ¼ tsp. turmeric
- pinch cayenne pepper

## SERVES

2 people

## PREPARATION

5 minutes

## COOK

0 minutes

## WHAT YOU NEED TO DO

Place all ingredients into a high-speed blender and blend until smooth. Serve with ice cubes.





# GOLDEN TURMERIC LATTE

**NUTRITION PER SERVING:** 53 kcal, 2g Fats, 7g Carbs, 1g Protein

## WHAT YOU NEED

1 ½ cup (350ml) almond milk  
¼ tsp. ground turmeric  
¼ tsp. cinnamon  
¼ tsp. ground ginger  
½ tsp. vanilla extract  
1 tbsp. Maple syrup

## SERVES

2 people

## PREPARATION

5 minutes

## COOK

5 minutes

## WHAT YOU NEED TO DO

Place all the ingredients in a saucepan and continuously stir over low heat.

Once hot, pour into cups and top additional cinnamon to serve. Adjust sweetness if necessary.



# PINA COLADA PROTEIN SMOOTHIE

**NUTRITION PER SERVING:** 182 kcal, 1g Fats, 20g Carbs, 23g Protein

## WHAT YOU NEED

- ½ banana
- 1 cup (165g) pineapple chunks, canned or fresh
- 1 ¼ cup (300ml) coconut milk
- 2 scoops (50g) vanilla whey
- handful ice cubes

## SERVES

2 people

## PREPARATION

5 minutes

## COOK

0 minutes

## WHAT YOU NEED TO DO

Combine all ingredients in a blender. Blend until smooth around 1 minute. Serve immediately.





# RASPBERRY PROTEIN SMOOTHIE

**NUTRITION PER SERVING:** 331 kcal, 12g Fats, 25g Carbs, 29g Protein

## WHAT YOU NEED

- ½ ripe banana
- 1 cup (125g) frozen raspberries
- 1 cup (240ml) almond milk
- 2 tbsp. vanilla whey or pea protein
- 1 tbsp. smooth almond butter
- handful ice cubes

## SERVES

1 person

## PREPARATION

5 minutes

## COOK

0 minutes

## WHAT YOU NEED TO DO

Place all ingredients in a high-speed blender and blitz until smooth.



# HEMP PROTEIN POWDER SMOOTHIE

**NUTRITION PER SERVING:** 310 kcal, 4g Fats, 47g Carbs, 20g Protein

## WHAT YOU NEED

- 2 large oranges, peeled
- 1.5-inch ginger, peeled
- 2 cups (470ml) beetroot juice
- 4 tbsp. hemp powder (unflavoured or vanilla)

## SERVES

2 people

## PREPARATION

10 minutes

## COOK

0 minutes

## WHAT YOU NEED TO DO

Peel and cut the oranges into pieces. Peel and finely chop the ginger.

Place all ingredients in a blender and mix until smooth. Serve in glasses straight away.





# BEET THE BLUES SMOOTHIE

**NUTRITION PER SERVING:** 232 kcal, 5g Fats, 54g Carbs, 5g Protein

## WHAT YOU NEED

- 2/3 cup (150ml) plant milk
- 1/2 cup (100g) cooked beetroot
- 1/2 cup (50g) blueberries
- 1/2 banana
- 1/2 apple
- 1 tsp. chia seeds
- 1 tsp. maca powder

## SERVES

1 person

## PREPARATION

5 minutes

## COOK

0 minutes

## WHAT YOU NEED TO DO

Using a high-power blender, blend all ingredients together until smooth.



# CAROTENE BOOST SMOOTHIE

**NUTRITION PER SERVING:** 194 kcal, 8g Fats, 23g Carbs, 6g Protein

## WHAT YOU NEED

- 2 medium carrots
- ½ orange
- 1 peach
- ¾ cup (200g) natural yogurt
- ⅞ cup (200ml) water
- 2 tbsp. goji berries

## SERVES

2 people

## PREPARATION

5 minutes

## COOK

0 minutes

## WHAT YOU NEED TO DO

Wash, peel and roughly chop the fruit and veg, then place them in a high-speed blender alongside the yogurt, water, and goji berries.

Blend until smooth and serve straight away.

## NOTE:

- Add a scoop of vanilla or unflavoured protein powder for a protein boost.





# GRAPEFRUIT SMOOTHIE

**NUTRITION PER SERVING:** 233 kcal, 4g Fats, 37g Carbs, 16g Protein

## WHAT YOU NEED

- 1 pink grapefruit
- 1 medium banana
- 1 cup (200g) strawberries
- ¼ cup (65g) Greek yogurt
- 1 scoop vanilla whey

## SERVES

2 people

## PREPARATION

5 minutes

## COOK

0 minutes

## WHAT YOU NEED TO DO

Blend all the ingredients in a blender and serve.



# VERY GREEN SMOOTHIE

**NUTRITION PER SERVING:** 154 kcal, 2g Fats, 31g Carbs, 5g Protein

## WHAT YOU NEED

2 cups baby spinach  
½ cucumber  
2 celery sticks  
handful parsley  
handful mint  
1 apple  
½ orange, juiced  
¼ lime, juiced  
¼ lemon, juiced  
2 pineapple rings

## SERVES

2 people

## PREPARATION

5 minutes

## COOK

0 minutes

## WHAT YOU NEED TO DO

Place the ingredients in a blender (you can leave the skins on the apples and cucumber) and puree, adding water or ice as needed.





# GREEN POWER SMOOTHIE

NUTRITION PER SERVING: 136 kcal, 1g Fats, 34g Carbs, 1g Protein

## WHAT YOU NEED

- 1 kiwi, peeled
- 4 big handfuls spinach
- 1/4 cucumber
- 1 stalk celery
- 1 cup (235ml) 100% apple juice
- 2 pineapple rings
- 2 tsp. honey

## SERVES

2 people

## PREPARATION

5 minutes

## COOK

0 minutes

## WHAT YOU NEED TO DO

Add all ingredients into a blender and blitz until smooth.

Serve immediately.



# MEAN LEAN SMOOTHIE

**NUTRITION PER SERVING:** 220 kcal, 12g Fats, 24g Carbs, 5g Protein

## WHAT YOU NEED

- 2 kale leaves
- ½ avocado
- ½ apple
- ½ cucumber
- 1 celery stalk
- ½ lemon, juiced
- mint spring

## SERVES

1 person

## PREPARATION

5 minutes

## COOK

0 minutes

## WHAT YOU NEED TO DO

Wash all ingredients and place in a high-speed blender.

Blend everything until smooth and serve with ice cubes.





# POST-WORKOUT VEGAN OAT SMOOTHIE

**NUTRITION PER SERVING:** 369 kcal, 16g Fats, 43g Carbs, 15g Protein

## WHAT YOU NEED

2 tbsp. (20g) oats  
1 small ripe banana  
1 tbsp. almond butter  
1 tsp. raw cacao nibs  
1 cup (200ml) soy milk

## SERVES

1 person

## PREPARATION

10 minutes

## COOK

0 minutes

## WHAT YOU NEED TO DO

Place the oats in a small bowl and cover with boiling water, then set aside.

Place the banana, almond butter and cocoa nibs into a blender. Add in the soy milk and drained oats, then blitz until smooth.

Serve straight away in a glass.



# MANGO LASSI WITH MINT

**NUTRITION PER SERVING:** 180 kcal, 6g Fats, 34g Carbs, 8g Protein

## WHAT YOU NEED

- 1 ripe mango
- 8.8 oz.(250g) natural yogurt, 0% fat
- 2/5 cup (100ml) water
- 1-2 tsp. stevia
- 4 handfuls spinach
- 4 tbsp. mint leaves, chopped

## SERVES

2 people

## PREPARATION

5 minutes

## COOK

0 minutes

## WHAT YOU NEED TO DO

Place all ingredients into a high-speed blender and blend until smooth. Serve in glasses.





# VANILLA AND COFFEE PROTEIN SMOOTHIE

**NUTRITION PER SERVING:** 174 kcal, 6g Fats, 4g Carbs, 26g Protein

## WHAT YOU NEED

1/4 cup (60ml) espresso  
1 2/3 cup (400ml) almond milk  
2 scoops vanilla whey  
2 tsp. cinnamon  
2 tbsp. flax seeds  
handful ice

## SERVES

2 people

## PREPARATION

10 minutes

## COOK

0 minutes

## WHAT YOU NEED TO DO

Place all ingredients in a high-speed blender and mix until smooth. Serve cold in a glass.



# ANTIOXIDANT BLUEBERRY PROTEIN SMOOTHIE

**NUTRITION PER SERVING:** 197 kcal, 4g Fats, 14g Carbs, 26g Protein

## WHAT YOU NEED

- 1/2 cup (125ml) coconut water
- 1/2 cup (125ml) almond milk, unsweetened
- 1 scoop vanilla whey protein
- 1/2 cup (50g) frozen blueberries
- 1 tsp ground cinnamon
- 1 tsp chia seeds

## SERVES

1 person

## PREPARATION

5 minutes

## COOK

0 minutes

## WHAT YOU NEED TO DO

Blend all the ingredients in a high-speed blender until smooth and serve.





