



TRUE KET Smoothies & Shakes

40 Recipes

- DIETICIAN DEVISED
- HI FAT/LOW CARB
- VARIED PROTEIN FOR ALL LIFESTYLES
- ACCURATE ANALYSIS

Formulated by a
Registered and Licensed Dietician

Skye Howard RD LD

TRUE KETO
Smoothies & Shakes

40 Recipes

**Containing Low Carb and High Fat
with Varied Levels of Protein to Cater for All
Protein Intake Requirements**

**Formulated By A Dietician Specifically For
The Ketogenic Diet**

by Skye Howard RD LD

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About the Author

Skye has been a practicing Licensed and Registered Dietician for six years. She is certified in Adult Weight Management and is currently studying for her Masters of Science in Nutrition and Wellness.

Her qualifications and studies, along with her work experience as a practicing Dietician, allow her to provide evidence-based information and sophisticated attention to detail that is unquestionably accurate.

Skye lives and practices in Florida, and enjoys providing clinical nutrition education and advice as well as developing recipes, writing articles and books. Other work she undertakes has included leading health and wellness programs for several large organisations and local communities. She gains the most satisfaction from helping people achieve their health and wellness goals.

Skye has a young family who are very supportive of her career and goals. She plans to continue to write health and wellness articles and books that promote a healthy lifestyle.



Introduction

Are you looking for a quick, Ketogenic-friendly snack or meal to go? You are in for a treat with this Ketogenic Smoothie Recipe Book, which includes 40 Ketogenic smoothies that provide adequate fat and low carbohydrate to help you achieve your personalized health and wellness goals.

With 11 recipes providing under 4g carbs, 9 providing 5-7g carbs, and 14 providing 8-10g carbs, you will never go hungry. Developed by a registered and licensed dietician, they are true to the Ketogenic diet, with accurate nutritional analysis.

There is also a range of protein grams in these recipes, from low to moderate, depending on what your needs are. Athletes and those who exercise will require [more protein](#) than those who are sedentary.

The 40 recipes include a variety of flavors and textures to satisfy your palate, including superfoods such as kale, berries, spinach, cocoa, coconut, beets and chia, and with a large variety of other ingredients ranging from almond and coconut milk, MCT oil, coffee, pumpkin and peppermint, to name a few.

Features of the Dietician-Approved Ketogenic Cookbook include:

- 40 dietician approved flavorful and colorful smoothie recipes
- Nutrient analysis for every recipe, including total calories, fat, net carbohydrates and protein
- Recipes categorised into:
 - Under 5g carbs
 - 5g-7g carbs
 - 8g-10g carbs
 - 11-15g carbs
- Includes super foods such as spinach, kale, chia seeds, blueberries and avocado
- Includes Stevia, a natural sweetener derived from the leaves of the plant species *Stevia rebaudiana*.
- Includes MCT Oil, known as Medium-Chain Triglycerides, which is beneficial for those on the Ketogenic diet because it is:
 - Easily absorbed and aids fat digestion
 - Promotes ketosis

Is a quick fuel to organs and muscles

To receive personalized nutritional advice on the proper ratio of fat, carbohydrates and protein, please consult with your local Registered Dietician. For medical advice, please consult your healthcare physician.

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BRIEF EXPLANATION OF CARBOHYDRATE ANALYSIS

Analysing nutrient values of recipes is somewhat complex. It involves taking into consideration the type of fiber content of the ingredients and how they impact on the carbohydrates.

Many of the recipes in this book have a low carb for net grams due to the fiber quality of the ingredients, which are either incompletely or not at all digestible. For example, chia seeds, flax seeds and berries are packed with fiber, which is why the net carb serving is so low in the final analysis.

EXPLANATION OF PROTEIN REQUIREMENTS ON THE KETOGENIC DIET

Based on numerous studies, a good range for daily protein intake is 1.5 - 2.0 grams per kilogram of bodyweight, or 0.7 - 0.9 grams per pound.

For macronutrient ranges, typically 5-10% of calories come from carbs, 15-30% from protein and 65-75% from fat. The exact amount of fat and protein is a matter of individual body responses and activity levels. However, most people on ketogenic diets don't consume of 5% of calories from carbohydrates, and protein intake is moderate. Note: For personalised intake, speak with a Registered Dietician on your specific protein needs per day and per meal. As a guide and quick analysis, there are many free online Keto calculators, such as the [KetoDiet Buddy](#).

Why is protein so important for weight loss?

There are a number of reasons for maintaining the correct protein levels in your Ketogenic Diet:

1. Evidence proves that protein is most satiating for hunger. Being on the Keto diet it is crucial to avoid hunger and one of the crucial ways to avoid carbohydrate craving is to include the correct amount of protein as well as fat in your diet.
2. Evidence also proves that you will burn more calories keeping your diet rich in protein as it increases energy expenditure.
3. Protein is the most important macronutrient for building and preserving muscle tissue, especially for those physically active. And the more muscles you have, the more calories you will burn, even when resting.

Getting a minimum intake of protein is optimal to prevent muscle wasting at 0.8 g/kg body weight. Studies have shown that males maintained their lean muscle mass at 1.4 g /kg body weight and females at 1.2 g/kg. This means that a 150 lb. female needs 82 g grams of protein per day and a 200 lb. male needs on average about 130 grams of protein per day. Therefore, a larger individual may need more protein at a meal than someone else.

The recipes in this book have been written to provide varying ranges of protein along with low carbohydrates, for the differing needs of individuals, such as athletes who will require more grams of protein over an adult who gets less activity. Protein needs vary and need to be personalised, based on height, weight, gender, age, and activity.

Can too much protein take you out of Ketosis?

There is no known amount of protein that is shown to interfere with ketosis as everyone responds to protein intake differently, so this is highly personalised. When you eat more protein than your body needs or “excessive intake”, some of the amino acids in the protein will be turned into glucose via a process called gluconeogenesis. The glucogenic amino acid is known as alanine. However, moderate protein, very low-carb and high fat will likely prevent this.

The smoothie and shakes recipes in this book are not meant to serve as excessive protein choices. There are a few recipes that are quite high in protein, however, everyone needs different protein amounts and some people would be looking for higher protein intake.

XANTHAM GUM

Xanthan gum is a universally well-known thickener that has become increasingly popular. It is a corn-based thickener and binder and is used by many reputable ketogenic recipe websites using whole foods, which includes this recipe book. It is high in soluble fiber and stable which makes it great for smoothies, and results in lower net carbs. You could replace the xanthan gum with a thickener of your own choice, but you then need to recalculate the nutritional analysis.

STEVIA

Stevia is a natural sweetener derived from the leaves of the plant species *Stevia rebaudiana*. It comes in liquid, powder or tablet form. It is possible to grow stevia in your garden, then simply grind finely when the plant is mature.

MTC OIL

MCT Oil, known as Medium-Chain Triglycerides is beneficial by those on the Ketogenic diet as it is:

- Easily absorbed and aids with fat digestion
- Promotes ketosis
- Is a quick fuel to organs and muscles

If you wish to add MCT oil to your diet, use 1 tbsp. to start of MCT and gradually increase to 2 tbsp., if desired, after 1-2 weeks. This will allow optimal digestion from stomach.

For extra fat in any of the recipes, add 1 tbsp. (15ml) MCT Oil. 1 tbsp. contains 100 calories, provides 100 calories from fat, with a total fat content of 14g (all saturated).

SMOOTHIE & SHAKE RECIPES

UNDER 5G CARBS

CREAMY CHOCOLATE MILKSHAKE

Calories: 292

Fat: 25 g

Carbohydrates: 4 g

Protein: 15 g

FAT BURNING ESPRESSO SMOOTHIE

Calories: 270.5

Fat: 16 g

Carbohydrates: 2 g

Protein: 30 g

BLUEBERRY BLISS

Calories: 302

Fat: 25 g

Carbohydrates: 4 g

Protein: 15 g

CINNAMON ROLL SMOOTHIE

Calories: 145

Fat: 3.25 g

Carbohydrates: 1.6 g

Protein: 0.6 g

BLUEBERRY AVOCADO SMOOTHIE

Calories: 377

Fat: 22.5 g

Carbohydrates: 4 g

Protein: 32 g

BLACKBERRY CHOCOLATE SHAKE

Calories: 338

Fat: 34 g

Carbohydrates: 4 g

Protein: 1 g

PUMPKIN PIE BUTTERED COFFEE

Calories: 120

Fat: 12 g
Carbohydrates: 2 g
Protein: 1 g

CUCUMBER SPINACH SMOOTHIE

Calories: 335
Fat: 33 g
Carbohydrates: 4 g
Protein: 3 g

ORANGE CREAMSICLE

Calories: 290
Fat: 25 g
Carbohydrates: 4 g
Protein: 15 g

CAYENNE CHOCOLATE SHAKE

Calories: 258
Fat: 26 g
Carbohydrates: 3 g
Protein: 3 g

SHAMROCK SHAKE

Calories: 195
Fat: 19.5 g
Carbohydrates: 4.5 g
Protein: 2 g

CREAMY CHOCOLATE MILKSHAKE

A high fat, extremely low carb, [low to moderate protein](#) shake.

Makes: 2 servings

Serving size: 8 oz.

Nutritional Information (Per serving):

Calories: 292

Fat: 25 g

Carbohydrates: 4 g

Protein: 15 g

All you need:

16 oz. unsweetened almond milk, vanilla

1 packet stevia

4 oz. heavy cream

1 scoop Whey Isolate Chocolate protein powder

½ cup crushed ice

All you do:

Add all ingredients into blender and blend until smooth.

FAT BURNING ESPRESSO SMOOTHIE

An extremely low carb (2g), high fat, higher protein smoothie, for those with higher [Protein requirements](#).

Makes: 1 serving

Serving size: 1 cup

Nutritional Information (Per serving):

Calories: 270.5

Fat: 16 g

Carbohydrates: 2 g

Protein: 30 g

All you need:

1 scoop Isopure Zero Carb protein powder

1 espresso shot

¼ c Greek yogurt, full fat

Liquid stevia, to sweeten

Pinch of cinnamon

5 ice cubes

All you do:

Add all ingredients into blender and blend until smooth.

BLUEBERRY BLISS

A high fat, low carb, moderate protein smoothie, depending on your [protein requirements](#).

Makes: 2 servings

Serving size: 10 oz.

Nutritional Information (Per serving):

Calories: 302

Fat: 25 g

Carbohydrates: 4 g

Protein: 15 g

All you need:

16 oz. unsweetened almond milk, vanilla

1 packet stevia

4 oz. heavy cream

1 scoop Whey Isolate Vanilla protein powder

¼ cup frozen blueberries, unsweetened

All you do:

Add all ingredients into blender and blend until smooth.

CINNAMON ROLL SMOOTHIE

An all-round extremely low carb (1.6g), low fat and low protein smoothie, to add variety to your daily diet. To increase the fat in this recipe add 1 tbsp. [MCT Oil](#). This will add 100 calories and 14g fat (0 carbs, 0 proteins).

Makes: 1 serving

Serving size: 4 oz.

Nutritional Information (Per serving):

Calories: 145

Fat: 3.25 g

Carbohydrates: 1.6 g

Protein: 0.6 g

All you need:

1 cup unsweetened almond milk

2 tbsp. vanilla protein powder

½ tsp cinnamon

¼ tsp vanilla extract

1 packet stevia

1 tbsp. chia seeds

1 cup ice cubes

All you do:

Add all ingredients into blender and blend until smooth.

BLUEBERRY AVOCADO SMOOTHIE

An extremely low carb (4g), high fat, higher protein smoothie, for those with higher [protein requirements](#).

Makes: 2 servings

Serving size: 6 oz.

Nutritional Information (Per serving):

Calories: 377

Fat: 22.5 g

Carbohydrates: 4 g

Protein: 32 g

All you need:

1 cup unsweetened almond milk, vanilla

1 tbsp. heavy cream

½ avocado, peeled, pitted, sliced

1 scoop Isopure Coconut Zero Carb protein powder

¼ cup frozen blueberries, unsweetened

Liquid stevia, to sweeten

All you do:

Add all ingredients into blender and blend until smooth.

BLACKBERRY CHOCOLATE SHAKE

An extremely low carb (4g), high fat, and extremely low protein (1g) shake. Ensure you make up your daily meal protein intake through other dietary sources.

Makes: 2 servings

Serving size: 5 oz.

Nutritional Information (Per serving):

Calories: 338

Fat: 34 g

Carbohydrates: 4 g

Protein: 1 g

All you need:

1 cup unsweetened coconut milk

¼ cup fresh blackberries

2 tbsp. cacao powder

Liquid stevia, to sweeten

6 ice cubes

¼ tsp xanthan gum

1-2 tbsp. MCT oil

Use 1 tbsp. of MCT to start and gradually increase to 2 tbsp., if desired, after 1-2 weeks. This will allow optimal digestion from stomach.

All you do:

Add all ingredients into blender and blend until smooth.

PUMPKIN PIE BUTTERED COFFEE

An all-round extremely low carb (2g), lower fat and extremely low protein (1g) smoothie, to add variety to your daily diet. Ensure you make up your daily protein intake through other dietary sources. To increase the fat in this recipe add 1 tbsp. [MCT Oil](#). This will add 100 calories and 14g fat (0 carbs, 0 proteins).

Makes: 1 serving

Serving size: 12 oz.

Nutritional Information (Per serving):

Calories: 120

Fat: 12 g

Carbohydrates: 2 g

Protein: 1 g

All you need:

12 oz. hot coffee

2 tbsp. canned pumpkin

1 tbsp. regular butter, unsalted

¼ tsp pumpkin pie spice

Liquid stevia, to sweeten

All you do:

Add all ingredients into blender and blend until frothy.

CUCUMBER SPINACH SMOOTHIE

A high fat, low carb (4g) and low protein (3g) smoothie. Ensure to you make up your daily protein intake through other dietary sources.

Makes: 1 serving

Serving size: 10 oz.

Nutritional Information (Per serving):

Calories: 335

Fat: 33 g

Carbohydrates: 4 g

Protein: 3 g

All you need:

2 large handfuls spinach

½ cucumber, peeled and cubed

6 ice cubes

1 cup coconut milk

Liquid stevia, to sweeten

¼ tsp xanthan gum

1-2 tbsp. MCT oil

All you do:

Add all ingredients into blender and blend until spinach is no longer chunky.

ORANGE CREAMSICLE

A high fat, low carb (4g) and [moderate protein](#) shake.

Makes: 2 servings

Serving size: 10 oz.

Nutritional Information (Per serving):

Calories: 290

Fat: 25 g

Carbohydrates: 4 g

Protein: 15 g

All you need:

16 oz. unsweetened almond milk, vanilla

1 packet stevia

4 oz. heavy cream

1 scoop Whey Isolate Tropical Dreamsicle protein powder

½ cup crushed ice

All you do:

Add all ingredients into blender and blend until smooth.

CAYENNE CHOCOLATE SHAKE

A high fat, low carb (3g), and low protein shake. Ensure to make up your [daily protein requirements](#) through other dietary sources.

Makes: 2 servings

Serving size: 5 oz.

Nutritional Information (Per serving):

Calories: 258

Fat: 26 g

[Carbohydrates: 3 g](#)

Protein: 3 g

All you need:

¼ cup coconut cream

2 tbsp. unrefined coconut oil

1 tbsp. whole chia seeds, spectrum

2 tbsp. cacao

Dash of vanilla extract

Pinch of ground cinnamon

½ pinch cayenne powder

½ - 1 cup water

Ice cubes, if desired

All you do:

Add all ingredients into blender and blend until smooth.

SHAMROCK SHAKE

A high fat, low carb, low protein shake. Ensure to make up your [daily protein requirements](#) through other dietary sources.

Makes: 4 servings

Serving size: 1 cup

Nutritional Information (Per serving):

Calories: 195

Fat: 19.5 g

Carbohydrates: 4.5 g

Protein: 2 g

All you need:

1 cup coconut milk, unsweetened

1 avocado, peeled, pitted, sliced

Liquid stevia, to sweeten

1 cup ice

1 tbsp. pure vanilla extract

1 tsp pure peppermint extract

All you do:

Add all ingredients into blender and blend until smooth.

SMOOTHIE & SHAKE RECIPES

5G - 7G CARBS

CHAI COCONUT SHAKE

Calories: 233

Fat: 20 g

Carbohydrates: 5 g

Protein: 4 g

AVOCADO ALMOND SMOOTHIE

Calories: 252

Fat: 18 g

Carbohydrates: 5 g

Protein: 17 g

STRAWBERRY ALMOND DELIGHT

Calories: 304

Fat: 25 g

Carbohydrates: 7 g

Protein: 15 g

CREAMY BLACKBERRY

Calories: 237.5

Fat: 22 g

Carbohydrates: 6 g

Protein: 2.3 g10

PEANUT BUTTER MILKSHAKE

Calories: 253

Fat: 23.8 g

Carbohydrates: 7 g

Protein: 5.5 g10

RASPBERRY SMOOTHIE

Calories: 285

Fat: 22 g

Carbohydrates: 7 g

Protein: 14.5 g

LEPRECHAUN SHAKE

Calories: 217

Fat: 13 g

Carbohydrates: 7.5 g

Protein: 13 g

BREAKFAST EGG SMOOTHIE

Calories: 266

Fat: 17 g

Carbohydrates: 6.3 g

Protein: 22.6 g

PEANUT BUTTER CARAMEL SHAKE

Calories: 366

Fat: 35 g

Carbohydrates: 6 g

Protein: 7 g

CHAI COCONUT SHAKE

A high fat, low carb, low protein shake. Ensure to make up your [daily protein requirements](#) through other dietary sources.

Makes: 2 servings
Serving size: 5 oz.

Nutritional Information (Per serving):

Calories: 233

Fat: 20 g

[Carbohydrates: 5 g](#)

Protein: 4 g

All you need:

- 1 cup unsweetened coconut milk
- 1 tbsp. pure vanilla extract
- 2 tbsp. almond butter
- ¼ cup unsweetened shredded coconut
- 1 tsp ground ginger
- 1 tsp ground cinnamon
- Pinch of allspice
- 1 tbsp. ground flaxseed
- 5 ice cubes

All you do:

Add all ingredients into blender and blend until smooth.

AVOCADO ALMOND SMOOTHIE

A high fat, low carb, [moderate protein](#) smoothie.

Makes: 2 servings

Serving size: 4 oz.

Nutritional Information (Per serving):

Calories: 252

Fat: 18 g

Carbohydrates: 5 g

[Protein: 17 g](#)

All you need:

½ cup unsweetened almond milk, vanilla

½ cup half and half

½ avocado, peeled, pitted, sliced

1 tbsp. almond butter

1 scoop Isopure Zero Carb protein powder

Pinch of cinnamon

½ tsp vanilla extract

2-4 ice cubes

Liquid stevia, to sweeten

All you do:

Add all ingredients into blender and blend until smooth.

STRAWBERRY ALMOND DELIGHT

A high fat, low carb, [moderate protein](#) smoothie.

Makes: 2 servings

Serving size: 10 oz.

Nutritional Information (Per serving):

Calories: 304

Fat: 25 g

[Carbohydrates: 7 g](#)

Protein: 15 g

All you need:

16 oz. unsweetened almond milk, vanilla

1 packet stevia

4 oz. heavy cream

1 scoop Whey Isolate Vanilla protein powder

¼ cup frozen strawberries, unsweetened

All you do:

Add all ingredients into blender and blend until smooth.

CREAMY BLACKBERRY

A high fat, low carb, low protein shake. Ensure to meet your [daily protein meal requirements](#) per meal through other dietary sources.

Makes: 2 servings

Serving size: 4 oz.

Nutritional Information (Per serving):

Calories: 237.5

Fat: 22 g

[Carbohydrates: 6 g](#)

Protein: 2.3 g

All you need:

1 cup fresh blackberries

1 cup ice cubes

Liquid stevia, to sweeten

$\frac{3}{4}$ cup heavy whipping cream

All you do:

Add all ingredients into blender and blend until smooth.

PEANUT BUTTER MILKSHAKE

A high fat, moderate carbs, low protein shake. Ensure to meet your [daily protein meal requirements](#) through other dietary sources.

Makes: 2 servings

Serving size: approximately 1 cup

Nutritional Information (Per serving):

Calories: 253

Fat: 23.8 g

Carbohydrates: 7 g

Protein: 5.5 g

All you need:

½ cup coconut milk, regular

1 cup unsweetened almond milk, vanilla

2 tbsp. all natural peanut butter

1 tsp vanilla extract

1 cup ice cubes

1 packet stevia

All you do:

Add all ingredients into blender and blend until smooth.

RASPBERRY SMOOTHIE

A high fat, moderate carbs, moderate to high protein smoothie, depending on your [daily protein meal requirements](#).

Makes: 2 serving

Serving size: 4-5 oz.

Nutritional Information (Per serving):

Calories: 285

Fat: 22 g

[Carbohydrates: 7 g](#)

Protein: 14.5 g

All you need:

½ cup fresh raspberries

1 cup unsweetened almond milk, vanilla

1 scoop prebiotic fibre (Pinnaclife Prebiotic Fibre)

1 scoop Vanilla Whey Isolate protein powder

2 tbsp. coconut oil

¼ cup coconut flakes, unsweetened

3-4 ice cubes

All you do:

Add all ingredients into blender and blend until smooth.

LEPRECHAUN SHAKE

An all-around moderate fat, carb and low to moderate protein shake.

Makes: 2 servings

Serving size: 5 oz.

Nutritional Information (Per serving):

Calories: 217

Fat: 13 g

Carbohydrates: 7.5 g

Protein: 13 g

All you need:

½ avocado, peeled, pitted, sliced

¼ cup unsweetened coconut milk

Small bunch of baby spinach

¼ cup fresh mint

1 scoop Isopure Zero Carb Whey Protein Isolate

1 tsp vanilla extract

Liquid stevia, to sweeten

Water, if desired

2-3 ice cubes, if desired

All you do:

Halve and peel avocado. Add avocado and remaining ingredients into blender and blend until smooth.

BREAKFAST EGG SMOOTHIE

A moderate carb, high fat, higher protein smoothie, for those with higher [Protein requirements](#).

Makes: 2 servings

Serving size: 4-5 oz.

Nutritional Information (Per serving):

Calories: 266

Fat: 17 g

[Carbohydrates: 6.3 g](#)

Protein: 22.6 g

All you need:

½ cup coconut milk, unsweetened

½ cup Lifeway Organic Whole Milk Kefir, plain

4 tbsp. chia seeds

1 oz. egg substitute dry powder

All you do:

Add all ingredients into blender and blend until smooth.

PEANUT BUTTER CARAMEL SHAKE

A high fat, moderate carbs, low protein shake. Ensure to meet your [daily protein meal requirements](#) through other dietary sources.

Makes: 1 serving
Serving size: 8 oz.

Nutritional Information (Per serving):

Calories: 366

Fat: 35 g

[Carbohydrates: 6 g](#)

Protein: 7 g

All you need:

1 cup ice cubes

1 cup coconut milk, unsweetened

2 tbsp. natural peanut butter

2 tbsp. Sugar-free Torani Salted Caramel

[¼ tsp. xanthan gum](#), to thicken smoothie

1 tbsp. MCT oil

All you do:

Add all ingredients into blender and blend until smooth.

SMOOTHIE & SHAKE RECIPES

8G - 10G CARBS

CREAMY GREEN MACHINE

Calories: 279

Fat: 18 g

Carbohydrates: 9 g

Protein: 18 g

COCONUT SUPERFOOD SMOOTHIE

Calories: 272

Fat: 22 g

Carbohydrates: 8 g

Protein: 15 g

CREAMY STRAWBERRY

Calories: 133.5

Fat: 39 g

Carbohydrates: 9.5 g

Protein: 27 g¹⁰

SPRING SMOOTHIE

Calories: 263

Fat: 19 g

Carbohydrates: 10 g

Protein: 12 g

VANILLA HEMP

Calories: 250

Fat: 20.5 g

Carbohydrates: 9.5 g

Protein: 7 g

CACAO SUPER SMOOTHIE

Calories: 445

Fat: 14 g

Carbohydrates: 9 g

Protein: 16 g

PEPPERMINT MOCHA

Calories: 198

Fat: 16 g
Carbohydrates: 9 g
Protein: 3 g

HAPPY GUT SMOOTHIE

Calories: 409
Fat: 33 g
Carbohydrates: 8 g
Protein: 12 g

STRAWBERRY CHEESECAKE SMOOTHIE

Calories: 247
Fat: 19 g
Carbohydrates: 8 g
Protein: 3 g

SILKEN TOFU SMOOTHIE

Calories: 208
Fat: 12 g
Carbohydrates: 10 g
Protein: 18 g

BLUEBERRY BANANA BREAD

Calories: 507
Fat: 48 g
Carbohydrates: 10 g
Protein: 9 g

MANGO GREEN TEA & CARROT SMOOTHIE

Calories: 133
Fat: 9 g
Carbohydrates: 10 g
Protein: 6 g

PUMPKIN PARADISE

Calories: 268
Fat: 10.5 g
Carbohydrates: 9.5 g
Protein: 29 g

CREAMY GREEN SMOOTHIE

Calories: 316

Fat: 25.8 g

Carbohydrates: 10.5 g

Protein: 13 g

CREAMY GREEN MACHINE

A high fat, moderate carb (depending on your daily carb limit), moderate to higher protein smoothie, for those with higher [Protein requirements](#).

Makes: 2 servings

Serving size: 8 oz.

Nutritional Information (Per serving):

Calories: 279

Fat: 18 g

[Carbohydrates: 9 g](#)

[Protein: 18 g](#)

All you need:

½ cup unsweetened almond milk, vanilla

½ cup half and half

½ avocado, peeled, pitted, sliced

½ cup frozen blueberries, unsweetened

1 cup spinach

1 tbsp. almond butter

1 scoop Isopure Zero Carb protein powder

2-4 ice cubes

1 packet stevia

All you do:

Add all ingredients into blender and blend until smooth.

COCONUT SUPERFOOD SMOOTHIE

A high fat, moderate carb (depending on your daily carb limit), moderate protein smoothie, for those with higher [Protein requirements](#).

Makes: 2 servings

Serving size: 6 oz.

Nutritional Information (Per serving):

Calories: 272

Fat: 22 g

[Carbohydrates: 8 g](#)

Protein: 15 g

All you need:

½ cup unsweetened almond milk, vanilla

½ cup coconut cream

1 scoop Isopure Zero Carb protein powder

½ cup frozen blueberries, unsweetened

2-4 ice cubes

All you do:

Add all ingredients into blender and blend until smooth.

For added protein, add in 1 scoop of Isopure Zero Carb protein powder for 25 g.

CREAMY STRAWBERRY

A high fat, moderate carb (depending on your daily carb limit), higher protein smoothie, for those with higher [Protein requirements](#).

Makes: 2 servings

Serving size: 1 cup

Nutritional Information (Per serving):

Calories: 133.5

Fat: 39 g

[Carbohydrates: 9.5 g](#)

Protein: 27 g

All you need:

1 cup ice cubes

½ cup water

1 scoop Isopure Zero Carb Strawberry protein powder

3 slices avocado, peeled, pitted

1 oz. MCT oil

1/2 cup frozen strawberries, unsweetened

All you do:

Add all ingredients into blender and blend until smooth.

SPRING SMOOTHIE

A high fat, moderate carb (depending on your daily carb limit), [lower protein](#) smoothie.

Makes: 2 servings

Serving size: 8 oz.

Nutritional Information (Per serving):

Calories: 263

Fat: 19 g

[Carbohydrates: 10 g](#)

Protein: 12 g

All you need:

2 large handfuls mixed greens (spinach and kale)

1 oz. almonds, unsalted

¼ cup frozen blueberries, unsweetened

1 tbsp. chia seeds

1 cup raspberry tea, unsweetened

All you do:

Add all ingredients into blender and blend until smooth.

VANILLA HEMP

A high fat, moderate carb (depending on your daily carb limit), low protein smoothie. Ensure to meet your [daily protein meal requirements](#) through other dietary sources.

Makes: 2 serving

Serving size: 8 oz.

Nutritional Information (Per serving):

Calories: 250

Fat: 20.5 g

[Carbohydrates: 9.5 g](#)

Protein: 7 g

All you need:

1 cup water

1 cup unsweetened hemp milk, vanilla

1 ½ tbsp. coconut oil, unrefined

½ cup frozen berries, mixed

4 cup leafy greens (kale and spinach)

1 tbsp. flaxseeds or chia seeds

1 tbsp. almond butter

All you do:

Add all ingredients into blender and blend until smooth.

CACAO SUPER SMOOTHIE

A high fat, moderate carb (depending on your daily carb limit), moderate protein smoothie, depending on your daily [Protein requirements](#).

Makes: 2 servings

Serving size: 10 oz.

Nutritional Information (Per serving):

Calories: 445

Fat: 14 g

[Carbohydrates: 9 g](#)

Protein: 16 g

All you need:

½ cup unsweetened almond milk, vanilla

½ cup half and half

½ avocado, peeled, pitted, sliced

½ cup frozen blueberries, unsweetened

1 tbsp. cacao powder

1 scoop Whey Isolate Vanilla protein powder

Liquid stevia, to sweeten

All you do:

Add all ingredients into blender and blend until smooth.

PEPPERMINT MOCHA

A moderate fat, moderate carb (depending on your daily carb limit) and very low protein smoothie. Ensure to meet your [daily protein meal intake](#) through other dietary sources.

Makes: 2 servings
Serving size: 6 oz.

Nutritional Information (Per serving):

Calories: 198
Fat: 16 g
Carbohydrates: 9 g
Protein: 3 g

All you need:

1 cup cold coffee
1/3 Organic Chocolove Dark Chocolate, 73%
2 tbsp. avocado, peeled, pitted, sliced
½ cup half and half
2 tbsp. fresh mint (about 20 leaves) or 1 tsp mint extract
2 tsp cacao powder
¼ cup water
Liquid stevia, to sweetener
¼ cup ice cubes

All you do:

In a medium saucepan, heat chocolate over low heat then stir in half and half, water, cacao and liquid stevia.

Add remaining ingredients into blender with chocolate mixture and blend until

smooth.

HAPPY GUT SMOOTHIE

A high fat, lower carb (depending on your daily carb limit) low protein smoothie. Ensure to meet your [daily meal protein intake](#) through other dietary sources.

Makes: 1 serving

Serving size: 10 oz.

Nutritional Information (Per serving):

Calories: 409

Fat: 33 g

[Carbohydrates: 8 g](#)

Protein: 12 g

All you need:

2-3 cup spinach leaves

1 ½ tbsp. coconut oil, unrefined

½ cup plain full fat yogurt

1 tbsp. chia seeds

1 serving aloe vera leaves

½ cup frozen blueberries, unsweetened

1 tbsp. hemp hearts

1 cup water

1 scoop Pinnaclife Prebiotic Fibre

All you do:

Add all ingredients into blender and blend until smooth.

STRAWBERRY CHEESECAKE SMOOTHIE

A high fat, lower carb (depending upon your daily carb limit) and very low protein (3g) smoothie. Ensure to meet your [daily protein meal intake](#) through other dietary sources.

Makes: 1 serving

Serving size: 4 oz.

Nutritional Information (Per serving):

Calories: 247

Fat: 19 g

[Carbohydrates: 8 g](#)

Protein: 3 g

All you need:

½ cup frozen strawberries, unsweetened

½ cup unsweetened vanilla almond milk

Liquid stevia, to sweeten

½ tsp vanilla extract

2 oz. cream cheese, regular

3-4 ice cubes

Water, optional

All you do:

Add all ingredients into blender and blend until smooth.

Add 1 scoop of Isopure Zero Carb protein powder for higher protein intake, if desired.

SILKEN TOFU SMOOTHIE

A lower fat, moderate carb (depending on your daily carb limit) and [moderate protein](#) smoothie.

Makes: 2 servings

Serving size: 5 oz.

Nutritional Information (Per serving):

Calories: 208

Fat: 12 g

[Carbohydrates: 10 g](#)

Protein: 18 g

All you need:

½ cup strawberries, unfrozen

Silken tofu

1 cup unsweetened almond milk, vanilla

Pinch of cinnamon

Liquid Stevia, to sweeten

All you do:

Add all ingredients into blender and blend until smooth.

BLUEBERRY BANANA BREAD

A high fat, moderate carb (depending on your daily carb limit), and low protein smoothie. Ensure to meet your daily [meal protein requirement](#) through other dietary sources.

Makes: 2 servings

Serving size: 5 oz.

Nutritional Information (Per serving):

Calories: 507

Fat: 48 g

[Carbohydrates: 10 g](#)

Protein: 9 g

All you need:

3 tbsp. ground flaxseed

1 tbsp. chia seeds, whole

1 cup coconut milk

Liquid stevia, to sweeten

¼ cup frozen blueberries, unsweetened

1 tbsp. MCT oil

1 ½ tsp banana extract, McCormick's

2 tbsp. almond meal

All you do:

Add all ingredients into blender and blend until smooth.

MANGO GREEN TEA & CARROT SMOOTHIE

A lower fat, moderate carb (depending on your daily carb limit), low protein smoothie. Ensure to meet your [daily meal protein intake](#) through other dietary sources.

Makes: 2 servings

Serving size: 8 oz.

Nutritional Information (Per serving):

Calories: 133

Fat: 9 g

[Carbohydrates: 10 g](#)

Protein: 6 g

All you need:

2 cup water

½ cup baby carrots

Pinch of fresh ginger

½ cup frozen mango

Liquid stevia, to sweeten

1 tbsp. chia seed

All you do:

Add all ingredients into blender and blend until smooth.

PUMPKIN PARADISE

A lower fat, moderate carb (depending on your daily carb limit), higher protein smoothie, for those with [higher protein requirements](#). To increase the fat add 1 tbsp. (15ml) MCT Oil. 1 tbsp. contains 100 calories, provides 100 calories from fat, with a total fat content of 14g (saturated).

Makes: 1 serving

Serving size: 6 oz.

Nutritional Information (Per serving):

Calories: 268

Fat: 10.5 g

Carbohydrates: 9.5 g

Protein: 29 g

All you need:

½ cup unsweetened almond milk, vanilla

½ cup water

½ cup canned pumpkin

½ tsp pumpkin pie spice

Stevia packet

1 scoop Isopure Zero Carb protein powder

1 oz. cream cheese

2-3 ice cubes

Ground cinnamon, to taste

All you do:

Add all ingredients into blender and blend until smooth. Top with a sprinkle of cinnamon, if desired.

CREAMY GREEN SMOOTHIE

A high fat, moderate carb (depending on your daily carb limit), [low to moderate protein](#) smoothie.

Makes: 2 serving

Serving size: approximately 1 cup

Nutritional Information (Per serving):

Calories: 316

Fat: 25.8 g

[Carbohydrates: 10.5 g](#)

Protein: 13 g

All you need:

- ¼ avocado, peeled, pitted, sliced
- 4 broccoli florets, if desired
- 1 bunch of kale and spinach
- 1 slice honeydew
- ½ cup coconut milk
- 2 tbsp. plain Greek yogurt, full fat
- 1 tbsp. almond butter
- ½ cup unsweetened almond milk, vanilla
- ¼ cup water, optional
- ½ scoop Isopure Zero Carb Protein powder

All you do:

Blend vegetables and nuts first then add in remaining ingredients; blend until smooth. For added crunch, garnish the top with a few a walnuts, if desired.

SMOOTHIE & SHAKE RECIPES
11G - 15G CARBS
FOR THOSE WITH HIGHER DAILY CARB
LIMITS

BANANA ALMOND SMOOTHIE

Calories: 89

Fat: 5 g

Carbohydrates: 11.5 g

Protein: 2.2 g

KICKING KALE SHAKE

Calories: 164.5

Fat: 11 g

Carbohydrates: 10.7g

Protein: 3 g

RED VELVET SMOOTHIE

Calories: 228

Fat: 16 g

Carbohydrates: 13 g

Protein: 7 g

ENDURANCE BEET SMOOTHIE

Calories: 396

Fat: 26 g

Carbohydrates: 15 g

Protein: 26 g

WHIPPED SHAKE

Calories: 238

Fat: 22 g

Carbohydrates: 13 g

Protein: 6.3 g

CHOCOLATE CHIP BANANA SMOOTHIE

Calories: 307.5

Fat: 26.5 g

Carbohydrates: 13 g

Protein: 7.2 g

BANANA ALMOND SMOOTHIE

A low fat, moderate carb (depending on your daily carb limit), very low protein smoothie. Ensure to meet your [daily meal protein requirements](#) through other dietary sources. For increased fat add one tbsp. (15ml) MCT oil. 1 tbsp. contains 100 calories, provides 100 calories from fat, with a total fat content of 14g (saturated).

Makes: 2 servings

Serving size: 4 oz.

Nutritional Information (Per serving):

Calories: 89

Fat: 5 g

[Carbohydrates: 11.5 g](#)

Protein: 2.2 g

All you need:

1 banana, under ripe, small, frozen (under ripe bananas are abundant in prebiotic fiber)

1 cup spinach

¾ cup unsweetened almond milk, vanilla

1 tbsp. almond butter

All you do:

Add all ingredients into blender and blend until smooth.

KICKING KALE SHAKE

A lower fat, moderate carb (depending upon your daily carb limit), very low protein shake. Ensure to meet your [daily protein meal intake](#) through other dietary sources. To increase fat add one tbsp. (15ml) MCT oil. 1 tbsp. contains 100 calories, provides 100 calories from fat, with a total fat content of 14g (saturated).

Makes: 1 serving

Serving size: 8 oz.

Nutritional Information (Per serving, without protein powder):

Calories: 164.5

Fat: 11 g

[Carbohydrates: 10.7g](#)

Protein: 3 g

All you need:

1 small sweet potato, cooked, cooled, sliced

¾ cup unsweetened almond milk, vanilla

½ tsp ground cinnamon

¼ tsp ground allspice

¼ tsp ground nutmeg

1 tsp pure vanilla extract

2 slices avocado, peeled, pitted, sliced

Liquid stevia, to taste

1 scoop Isopure Zero Carb protein powder, if desired

All you do:

Add all ingredients into blender and blend until smooth.

RED VELVET SMOOTHIE

A moderate fat, moderate carb (depending upon your daily carb limit), low protein smoothie. Ensure to meet your [daily protein meal requirement](#) through other dietary sources.

Makes: 2 servings

Serving size: 9 oz.

Nutritional Information (Per serving):

Calories: 228

Fat: 16 g

[Carbohydrates: 13 g](#)

Protein: 7 g

All you need:

2 cup unsweetened almond milk, vanilla

2 cup ice cubes

2-3 slices avocado, peeled, pitted, sliced

1 beet, small, cooked

2 tbsp. cacao

¼ tsp pure vanilla extract

Liquid stevia, to sweeten

All you do:

Add all ingredients into blender and blend until smooth.

ENDURANCE BEET SMOOTHIE

A high fat, moderate to high carb (depending on your daily carb limit), higher protein smoothie.

Makes: 1 serving

Serving size: 16 oz.

Nutritional Information (Per serving, with MCT Oil):

Calories: 396

Fat: 26 g

Carbohydrates: 15 g

Protein: 26 g

All you need:

1 small beet, cooked

1 oz. walnuts

Pinch of cinnamon

Small piece fresh ginger

1 scoop Unjury Unflavored Protein

1 cup unsweetened almond milk

1 cup cold water

1 small carrot, sliced

2 slices red apple

1 tbsp. MCT oil, optional

All you do:

Add all ingredients into blender and blend until smooth.

WHIPPED SHAKE

A high fat, low to moderate carb (depending upon your daily carb limit), low protein shake. Ensure to meet your [daily meal protein intake](#) through other dietary sources.

Makes: 1 serving

Serving size: 10 oz.

Nutritional Information (Per serving):

Calories: 238

Fat: 22 g

[Carbohydrates: 13 g](#)

Protein: 6.3 g

All you need:

1 cup unsweetened almond milk

1/3 cup heavy whipping cream

2-4 drops liquid stevia

½ tsp vanilla extract

2 tbsp. cacao (use 1 tbsp. for lower carbohydrate)

3 ice cubes

All you do:

Add all ingredients into blender and blend until smooth.

CHOCOLATE CHIP BANANA SMOOTHIE

A high fat, moderate to high carb (depending upon your daily carb limit), moderate protein smoothie.

Makes: 6 servings

Serving size: 4-5 oz.

Nutritional Information (Per serving):

Calories: 307.5

Fat: 26.5 g

Carbohydrates: 13 g

Protein: 7.2 g

All you need:

1 frozen medium banana, under ripe, sliced (under ripe bananas are abundant in prebiotic fibre)

1 cup almond butter

Liquid stevia, to taste

2 tbsp. cacao powder

½ cup Enjoy Life Dairy-Free Chocolate Chips

2 cups unsweetened almond milk, vanilla

2 cup ice cubes

All you do:

Add all ingredients into blender and blend until smooth.