

# Make A Shake: Smoothie Guide

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VIRTUAL SUMMIT  
by LOVE THE GREEN LIFE

## Step 01- Add Fruit

Frozen Banana  
Avocado  
Cherries

Frozen Berries  
Pineapple/Mango  
Powdered Fruit Supplement

## Step 02- Add A Veggie

Dark Leafy Greens  
Pumpkin Puree  
Powdered Green Supplement

Beet/Beet Greens  
Cucumber/Celery

## Step 03- Add Protein Powder

Pea Protein  
Hemp Protein  
Sunflower Protein  
Chia Protein

Pumpkin Seed Protein  
Soy Protein  
Brown Rice Protein  
Vegan Protein Blend



## Step 04- Add Liquid

Water/Coconut Water  
Coffee

Unsweetened Non-Dairy Milk  
Iced Green or Matcha Tea

## Step 05- Add On's

Oats/Granola  
Nuts  
Pure Maple Syrup  
Coconut  
Cacao Nibs

Flax, Hemp or Chia Seeds  
Nut butters  
Cinnamon  
Pure Vanilla Extract  
Unsweetened Cocoa Powder





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## CHOCOLATE CHERRY

- ☐ 1 cup water
- ☐ 1 scoop chocolate protein powder
- ☐ Unsweetened frozen cherries
- ☐ Spinach
- ☐ 1 tablespoon walnuts
- ☐ 1 tablespoon cacao nibs

## PINA COLADA

- ☐ 1 cup unsweetened coconut milk
- ☐ 1 frozen banana
- ☐ Frozen pineapple
- ☐ Powdered greens supplement
- ☐ 1 scoop vanilla protein powder
- ☐ Ice
- ☐ 1 tablespoon shredded coconut

## SUPER GREEN

- ☐ 1 cup unsweetened almond milk
- ☐ Berries
- ☐ ½ banana
- ☐ ½ kiwi
- ☐ Spinach
- ☐ 1 scoop vanilla protein powder
- ☐ 1 tablespoon chia seeds

## CHOCOLATE PEANUT

- ☐ 1 cup unsweetened hazelnut milk
- ☐ 1 banana
- ☐ 1 fist of spinach
- ☐ 1 scoop chocolate protein powder
- ☐ 1 tablespoon natural peanut butter
- ☐ 1 tablespoon cacao nibs

## BLUEBERRY BURST

- ☐ 1 cup unsweetened coconut water
- ☐ Blueberries
- ☐ Strawberries
- ☐ Celery
- ☐ Kale
- ☐ 1 scoop vanilla protein powder
- ☐ ½ avocado

