



Gourmet Smoothie Recipes

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Introduction

From my experience over the last 18 years as a certified personal trainer and certified weight management consultant, I believe there are 2 keys to improving your nutrition program for optimal fitness and weight loss results. First, you need to have the correct information to succeed.

You need to know the fundamentals of good nutrition in addition to what to eat, the proper quantities (portion sizes), and when to eat. Initially, this may require a lot of attention to detail and may seem tedious at first, but it is by far more effective than taking a “shotgun approach” to your nutrition program. All you need is to keep a detailed food journal for about a week. I’ve included a food journal for you at the end of this guide. Read your food labels and document what you eat in a food journal. Go to www.calorieking.com to look up your calories on what you eat if you don’t have a food label.

You see, once you know how your body responds to the types and amounts of foods you eat, and when you eat, all that is needed for maximal fat loss are some minor adjustments to your caloric intake and to your food ratios (percentages). The fact is that losing body fat is a numbers game. There is not getting around that.

However, even with the right nutrition information, most people continue to struggle with their nutrition (or diet, although I prefer the word ‘nutrition’) and continue to eat less than desirable for the goals they want to achieve. They know better, but there is always that *something* that stands in the way of achieving their fullest potential. That *something* is the second key fundamental element of improving your diet for optimal results.

The second key is preparation. Now, even if you have the right information to succeed, the proper meal plan, all the healthy recipes and cookbooks you could ever ask for, and knowing exactly *what* and *when* you should be eating, if you don’t have the right food ready at the right times, your ruined. Your blood sugar levels will plummet, you’ll feel lethargic and will feel like taking a nap.

The key to keeping your metabolism revved and elevated and is to eat smaller, frequent meals spaced about every 2 ½ to 3 hours apart. A study from the *American Journal of Clinical Nutrition* showed that eating 5 - 6 times per day was associated with eating fewer calories per day, lowering cholesterol levels, and lowering post-meal insulin levels. Eating smaller meals throughout the day allows you to be less hungry at your next meal so you desire less food and stave off cravings.

Going long hours without eating causes your metabolism to slow down. To keep your metabolism burning like a fat-burning furnace, you must continually fuel that fire to keep the calories burning at a higher rate. By consuming supportive food *more frequently*, your metabolism begins burning more calories. When you combine an increase in meal frequency with an adequate protein and fiber intake, you’ll see your body composition rapidly improve.

Here's the SECRET: not all of your meals have to be food meals. In fact, at least 2 of your meals can be easy-to-make, tasty little drinks we'll call gourmet "Power Smoothies."

So, what exactly are these "Power Smoothies?" Well for starters, these "Power Smoothies" are complete "meal replacements." Simply, calling them just a protein shake or smoothie is almost a disservice.

Right now, there are literally hundreds of supplements and smoothies on the market claiming to be "meal replacement" or good-for-you smoothies.

I see more and more commercials lately about fruit and protein smoothies from companies trying to push their products. Simply put, most are completely useless and devoid of good nutrition. They often contain massive amounts of sugar, low quality protein sources and very little fiber. In addition, they're usually missing some critical nutrients that we find in food such as adequate fiber, antioxidants and digestive enzymes.

A "Super Smoothie", on the other hand, is packed with the good stuff like superior quality whey protein isolate, fiber, the 'good' fats, antioxidants to help fight cellular damage, digestive enzymes, and more.

Your "Super Smoothie" isn't just a good smoothie or meal replacement; it's actually superior to most of the meals your neighbors and co-workers are eating around you because, most of their meals are highly processed and loaded with tons of sugar, sodium and calories.

In addition to the good nutrition it provides, the "Super Smoothie" meets your need for quick, easy, high quality food that you can have in a pinch.

In fact, our first "Super Smoothie" guide was first born when a high profile client of ours, a busy mom and business owner, needed a quick nutritional fix between appointments to stick to her meal plan.

So, we created a compliant liquid meal that works in your time crunched schedule. So whenever you need a high quality meal or healthy snack, but don't have the time to make a complete, balanced food plate for yourself, take after this fit, busy, supermom.

Turn to your "Super Smoothie" recipe guide to help you stick to your game plan when you're tight on time or just need a complete healthy meal or snack.

“Super Smoothie” Ingredients

For the record, the “Super Smoothie” isn’t so much a specific shake as it is a list of ingredients.

First you pick your liquid base, next you choose your flavor of protein powder, then you add in your fruits and perhaps a fiber supplement such as [invisifiber](#)®. Consider your carbohydrate timing, and finally, balance your fats according to your needs.

So let’s look at some of the typical ingredients we use in our Super Smoothie recipes (Remember though, you don’t have to stick with just these recipes). Getting creative, you can either add to or replace ingredients from the list below to create one of several hundred “Super Smoothie” varieties.)

- A liquid base such as purified [Perfect Water](#)®, Almond Breeze®, non-fat, skim, or 1% milk, fresh juice (made in your own juicer), iced coffee, etc.
- A high-quality protein powder (ideally, a whey protein isolate blend). I highly recommend [Nutrilite](#)® Whey Protein Powder, available in a chocolate or vanilla flavor packets or their ready-to-drink blend. This is by far the best tasting protein powder on the market!
- Fruit (fresh or frozen) such as berries, pineapples, mangos, peaches, etc.
- Dark leafy greens such as baby spinach
- Ground flax seeds/flax meal (if whole, grind in a coffee grinder)
- Mixed nuts and seeds such as pecans, almonds, walnuts, cashews, pumpkin seeds, sunflower seeds, etc.
- Low-fat dairy such as plain yogurt or Stonyfield Farms® organic yogurt
- Fibrous grains such as whole grain oats (1 tbsp.)
- 2-3 drops of extracts such as vanilla, peppermint, almond, coconut, mint, etc.

From this list alone, you can make hundreds of different delicious combinations. Get creative and experiment with all sorts of varieties. Just keep in mind that, like any other meal, the size and amount of each shake should vary according to your nutritional needs.

These gourmet “Super Smoothies” are low in fat, low in sugar and contain a healthy dose of high quality whey protein to help repair damaged muscles after intense exercise and most importantly, they tastes great!

Low - Fat Chocolate Espresso

- 3 oz Chocolate yogurt (Stonyfield Farms® no-fat “After Dark Chocolate”)
- 1 shots espresso (chilled)
- 4 oz chilled coffee
- ½ cup ice
- 5 chocolate-covered espresso beans (bought mine in **STARBUCKS**®...yum!)
- 1 packet of chocolate whey protein powder [Nutrilite](#)® Chocolate Whey Protein is my protein powder of choice)

Nutritional info: Calories: 259, fat 4 grams, carbohydrates 35 grams, protein 32 grams, fiber 4 grams

Low-Fat Chocolate Almond De-Light

- 8 oz Chocolate Almond Breeze
- ½ cup ice
- 1 packet [Nutrilite](#)® Chocolate Whey Protein

Nutritional info: Calories: 250, fat 5 grams, carbohydrates 27 grams, protein 27 grams, fiber 2 grams

Chocolate Mint

- 8 oz Chocolate Almond Breeze®
- ½ cup ice
- 1 packet [Nutrilite](#)® Chocolate Whey Protein
- 2 - 3 drops peppermint extract

Nutritional info: Calories: 250, fat 5 grams, carbohydrates 27 grams, protein 27 grams, fiber 2 grams

Chocolate Banana

- 6 oz Chocolate Almond Breeze®
- ½ cup ice
- 1 packet [Nutrilite](#)® Chocolate Whey Protein
- 1 medium banana (frozen, peeled)

Nutritional info: Calories: 355, fat 5.4 grams, carbohydrates 54 grams, protein 28 grams, fiber 5 grams

Low-Fat Almond Joy

- 8 oz Chocolate Almond Breeze
- ½ cup ice
- 1 packet [Nutrilite](#)® Chocolate Whey Protein
- 2 - 3 drops coconut extract

Nutritional info: Calories: 250, fat 5 grams, carbohydrates 27 grams, protein 27 grams, fiber 2 grams

Chocolate Peanut Butter Cup

- 8 oz Chocolate Almond Breeze®
- ½ cup ice
- 1 packet [Nutrilite](#)® Chocolate Whey Protein
- 1 tbsp Fresh Ground Peanut Butter

Nutritional info: Calories: 344, fat 13 grams, carbohydrates 30 grams, protein 31 grams, fiber 3 grams

Very Berry Breakfast Smoothie

- 4 oz organic fat-free strawberry yogurt (Stonyfield Farms®)
- ½ cup ice
- 1/4 Cup Raspberries
- 1/4 Cup Blackberries
- 1/4 Cup Blueberries
- 1 packet [Nutrilite®](#) Vanilla Whey Protein
- 1 packet of [invisiber®](#)

Nutritional info: Calories: 267 , fat 2 grams, carbohydrates 35 grams, protein 31 grams, fiber 8 grams

Pina Colada

- 8 oz Vanilla Almond Breeze
- ½ cup ice
- 1 packet [Nutrilite®](#) Vanilla Whey Protein
- 1/2 Cup Pineapple Chunks (fresh)
- 2 Drops Coconut Extract

Nutritional info: Calories: 287, fat 4.2 grams, carbohydrates 39.5 grams, protein 26.8 grams, fiber 4.2grams

Orange Dream Supreme

- 1 packet [Nutrilite®](#) Vanilla Whey Protein
- 6 oz. Orange Juice (fresh squeezed)
- ½ cup ice

Nutritional info: Calories: 160, fat 1.7 grams, carbohydrates 12.3 grams, protein 25.6 grams, fiber 1.2 grams

Tropical Delight

- 6 oz water
- ½ cup ice
- 1 packet [Nutrilite®](#) Vanilla Whey Protein
- 1/4 Cup Pineapple Chunks (fresh)
- 3 medium size Strawberries
- ½ banana frozen (peeled)
- 2 Drops Coconut Extract

Nutritional info: Calories: 203, fat 1.5 grams, carbohydrates 24 grams, protein 25.9 grams, fiber 3.25 grams

Perfect Recovery

- 6 oz [Perfect Water®](#)
- 1 packet [Nutrilite®](#) Vanilla Whey Protein
- ¼ Cup Fresh Raspberries
- ¼ Cup Fresh Blueberries
- ½ cup ice
- Blueberry [Nutrilite®](#) [Twist Tube](#)

Nutritional info: Calories: 262, fat 1.8 grams, carbohydrates 11.9 grams, protein 25.6 grams, fiber 2 grams

Raspberry - Lemonade

- 8 oz Organic Lemonade
- 1 packet [Nutrilite®](#) Vanilla Whey Protein
- ½ Cup Fresh Raspberries
- ¼ Cup ice

Nutritional info: Calories: 247, fat 2 grams, carbohydrates 34.3 grams, protein 25.8 grams, fiber 5 grams

Apple Pie

- 6 oz vanilla almond breeze (unsweetened)
- 1 packet [Nutrilite](#)® Vanilla Whey Protein
- ½ cup ice
- 2 tbsp apple juice concentrate
- 1 tsp apple pie spice
- 3 graham cracker squares
- ½ whole organic Granny Smith apple (chopped)

Nutritional info: Calories: 271, fat 6.2 grams, carbohydrates 29 grams, protein 27.4 grams, fiber 5.7 grams

Blueberry Pie

- 6 oz vanilla almond breeze (unsweetened)
- ½ cup ice
- 1 packet [Nutrilite](#)® Vanilla Whey Protein
- ½ cup blueberries (frozen)
- 3 graham cracker squares

Nutritional info: Calories: 258, fat 5.9 grams, carbohydrates 34.7 grams, protein 27.7 grams, fiber 6.6 grams

GUILT-FREE Frozen Chocolate Pudding

Looking for a NEW guilt-free dessert? Here's a great new recipe you will love...guaranteed!

Ready in 1 hour
Makes 4 servings

½ Packet Nutrilite chocolate whey protein
1/4 to 1/2 cup brewed coffee, cooled
1/4 cup instant oats, unflavored
1/4 cup low-fat cottage cheese
2 tbsp sliced almonds
1 cup fat-free whipped cream

1. In bowl, combine all ingredients except whipped cream. Use an immersion blender to mix until smooth.
2. Add more coffee if too thick. Fold in whipped cream.
3. Refrigerate overnight and serve or freeze for an hour, stirring every 15 minutes, and serve! ENJOY!

Nutrients per serving: calories: 140, fats: 3g, carbohydrates 12g, dietary fiber 1g, sugars 3g, protein 15g , iron 3mg

Hope you enjoy your “Super Smoothie Recipe Guide”! The greatest thing about the “Super Smoothie” is the fact that you can tailor it to your own desires, food preferences, tastes, and calorie needs whether you need a quick healthy breakfast, a pre-workout energy smoothie, a post-workout recovery smoothie or just a smoothie to cool you off.

When combined with the “**10 Healthy Habits Cheat Sheet**”, meal planning and preparation, sticking to a healthy meal plan will be easier than you ever imagined allowing you to reach your fitness and weight loss goals in record time.

“10 Healthy Habits Cheat Sheet”

- 1. When did you last eat?** If it's been longer than 3 -4 hours, it's time to eat...or grab a smoothie!
- 2. Where is the complete protein?** Are you about to eat at least 1 serving of complete protein? If not, find some protein (20 - 25g for women and 40g for men).
- 3. Where are the veggies?** Are you about to eat at least at least 2 servings of veggies? Prepare them anyway you like, but eat them with every feeding opportunity. (One serving is about ½ cup of veggies)
- 4. Where are the carbs?** If you have unwanted body fat to lose but *haven't* just worked out, put down the pasta, bread, rice, potatoes and any other starchy carb in favor of a double serving of fruits and veggies- yep, even at restaurants. Just be sure to get them without butter!
- 5. Are you following the 2 to 10 rule?** Be sure to get at least 2 grams of fiber for at least every 10 grams of carbohydrates. Check for fiber content on labels for breads, cereals, rice, pasta, etc. If you have a hard time getting fiber in, consider using a high quality fiber supplement such as Nutrilite [invisifiber®](#).
- 6. Where are your fats coming from?**
Today you need some “healthy” fat from cold-pressed extra virgin olive oil, from mixed nuts, fresh ground peanut or almond butter and from ground flaxseeds/flaxseed oil. Spread them throughout the day but make sure to add them in. Aim for between 6 - 10 fat grams per meal to help keep you satisfied and avoid hunger.
- 7. Did you take your fish oil yet?**
Make sure you don't miss taking a capsule or two with each feeding opportunity. If you are not getting enough healthy fish fats, consider a fish-oil supplement.
- 8. Are you drinking enough pure water or green tea?**
Avoid the calorie-containing drinks; send back the soda, fruit juice, and anything else with more than 0 calories.
- 9. Are you eating 5- 6 smaller meals per day?** In a recent study, eating 5-6 times per day was associated with eating fewer calories per day, lowering cholesterol levels, and lowering post-meal insulin levels. Combine an increased meal frequency with an increased protein and fiber intake, and you'll see your body composition improve rapidly.
- 10. Are you breaking the 10% rule?** Are you breaking any of the rules above? If so, count this feeding opportunity as part of your 10%, log it, & get back on track with your very next meal.

Food and Activity Journal

Date:

MEAL	TIME	FOOD AND DRINK CONSUMED (Amount)	Calories	Total in Grams				
				Pro	Carb	Fat	Fiber	Sod mg.
1								
2								
3								
4								
5								
			Totals					

EXERCISE AND ACTIVITY
Number of Steps today:
What did I do to be more active today? (Include activity and time)

FOOD FOR THOUGHT (Notes, goals, insights, challenges, reminders, questions for my nutrition coach)

How to Order Nutralite® Whey Protein



1. Go to my partner store www.esupplementshop.com
2. Click on **log – in** at the upper **right hand corner**.
3. Next, go to the very bottom far right corner where it says **create account**.

After you create your account, it will ask you to create a **password**. After you create your **password**, scroll down and click **submit**. You'll get your personal **9 digit shopping code** you need to enter when you visit **www.esupplementshop.com** to order.

Log-in to **www.esupplementshop.com** using your **9 digit code** and **password**.

Now you're ready to place your order for your [Nutralite](http://www.nutralite.com) Whey Protein!

For a limited time, there is **FREE SHIPPING** of orders over \$75 at **www.esupplementshop.com**

*They have some really amazing energy bars, meal bars and 100 calorie snack bars too! **Ask me for some free samples!***

Joe Ramirez, CFT, CPT

719-229-2639

www.esupplementshop.com

www.womensbootcampfitness.com

\$87.00 value

FREE FITNESS & WEIGHT LOSS DIAGNOSTIC CONSULTATION

Expires in 30 days, claim right now!

___ **Yes!** I want to schedule a private consultation with you to discuss hiring you as my Fitness and nutrition coach. I understand that your services are “in-demand” and your time is limited. That’s why I’m acting now to take advantage of this gift certificate (a \$87 value) and requesting to schedule a private Body Diagnostic Consultation with you at your next available appointment.

During my Body Diagnostic Consultation you will give me a complete fitness assessment, and then share exactly what I need, to get in **the best shape of my life**. Including:

- Specific to me information and custom fitness and nutrition recommendations
- Finally! Actionable advice on how I can achieve my health & fitness goals
- The opportunity to sign on with you as a client and get fit and healthy once and for all.

If there's availability, I understand you are the premiere health & fitness expert in Colorado Springs, and demand is huge!

I’m sick of wasting my time on false solutions and promises that don’t deliver. I’m ready to commit 100% to do what it takes to achieve my goals and take action now.

Furthermore, I understand that if I’m able to hire you as my fitness coach, my success is **100% guaranteed**. I’m not only going to get maximum health, fitness, and weight loss results in minimum time, but I’m going to build a solid foundation to ensure I maintain my results FOR THE REST OF MY LIFE!

That is why I am calling your office right away to claim this gift certificate and schedule my Body Diagnostic Consultation (\$87 value) while openings last!

Expires in 30 days, claim right now!

Call 719-229-2639 to schedule your appointment