



LeanBiotics™

7 Healthy Smoothie Recipes



Are smoothies part of your daily routine? If not, they should be! Whether you're dashing out the door to work, picking up the kids at daycare, or leaving the gym after a workout, smoothies are a tasty, convenient way to fit more fruits, vegetables, fiber, and protein in your diet.

And, if you're looking to lose weight, a smoothie packed with the right ingredients will help you reach your goal. With a little know-how and some advance planning, you can quickly and easily make smoothies at home that not only taste delicious but help you eat nutritiously. Depending on your goals, a smoothie can serve as a meal replacement, a healthy snack or a post-workout meal.

Here are our 7 Healthy Smoothie Recipes, each from a different color group for a variety of health benefits. Use our suggestions, or experiment on your own and share your recipes with us!



Greenbiotics Smoothie

- 1 scoop LeanMeal RS™ French Vanilla
- 1 cup unsweetened almond milk
- 1 pitted date
- 2 cups chopped kale
- ½ banana
- 1 to 1 ½ cups ice cubes

Nutrition (per serving): *Calories: 337; Total Fat: 5g; Saturated Fat: 1g; Monounsaturated Fat: 2g; Cholesterol: 50mg; Sodium: 408mg; Carbohydrate: 58g; Dietary Fiber: 15g; Sugar: 27g; Protein: 24g*



Orange Creamsicle Smoothie

- 1 scoop LeanMeal RS™ French Vanilla
- 1 peeled, frozen orange
- ½ banana
- 1 cup milk (soy, cashew or almond)
- 2 tablespoon orange zest

Nutrition (per serving): *Calories: 289; Total Fat: 4g; Saturated Fat: 1g; Monounsaturated Fat: 1g; Cholesterol: 50mg; Sodium: 350mg; Carbohydrate: 48g; Dietary Fiber: 18g; Sugar: 26g; Protein: 20g*



Raspberry Red Smoothie

- 1 scoop LeanMeal RS™ French Vanilla
- 1 cup frozen berries (raspberries, strawberries, blackberries)
- ½ cup pomegranate juice
- 1 cup soy milk

Nutrition (per serving): *Calories: 300; Total Fat: 7g; Saturated Fat: 2g; Monounsaturated Fat: 1g; Cholesterol: 50mg; Sodium: 264mg; Carbohydrate: 37g; Dietary Fiber: 16g; Sugar: 18g; Protein: 27g*



Coffee Chocolate Leanachino

- 1 scoop LeanMeal RS™ Dutch Chocolate
- 1 cup chilled coffee
- ½ frozen banana
- 1 cup almond milk
- 1 cup ice cubes

Nutrition (per serving): *Calories: 216; Total Fat: 6g; Saturated Fat: 1g; Monounsaturated Fat: 2g; Cholesterol: 45mg; Sodium: 381mg; Carbohydrate: 27g; Dietary Fiber: 12g; Sugar: 11g; Protein: 20g*



Tropical Mango Smoothie

- 1 scoop LeanMeal RS™ French Vanilla
- ½ banana
- 1 cup frozen mango pieces
- 1 cup unsweetened coconut water or almond milk
- 1 tablespoon lime zest
- Juice from 1 lime

Nutrition (per serving): *Calories: 296; Total Fat: 4.5g; Saturated Fat: 1.0g; Monounsaturated Fat: 1.5g; Cholesterol: 50mg; Sodium: 340mg; Carbohydrate: 50g; Dietary Fiber: 13g; Sugar: 32g; Protein: 21g*



Watermelon Strawberry Mint Smoothie

- 1 scoop LeanMeal RS™ French Vanilla
- 1 cup frozen watermelon pieces
- 4 fresh strawberries
- 1 cup unsweetened coconut water
- 3-4 fresh mint leaves
- 1 teaspoon fresh ginger root (or ¼ teaspoon dried ginger)

Nutrition (per serving): *Calories: 256; Total Fat: 2g; Saturated Fat: 1g; Monounsaturated Fat: 0g; Cholesterol: 50mg; Sodium: 220mg; Carbohydrate: 47g; Dietary Fiber: 11g; Sugar: 32g; Protein: 20g*



Peanut Butter Oatmeal Smoothie

- 1 scoop LeanMeal RS™ Dutch Chocolate
- ½ banana
- 2 tablespoons creamy peanut butter
- ¼ cup Old Fashioned Oats
- 1 cup cashew milk

Nutrition (per serving): *Calories: 473; Total Fat: 24g; Saturated Fat: 4g; Monounsaturated Fat: 13g; Cholesterol: 45mg; Sodium: 496mg; Carbohydrate: 47g; Dietary Fiber: 16g; Sugar: 11g; Protein: 29g*

And on the 7th day, we created this smoothie. It is indulgent but the fat is primarily from unsaturated sources and the fiber and protein content are high. Reward yourself with this smoothie after a hard workout!