

SAVING DINNER

with



The Smoothie Club Volume 1

Welcome to the Smoothie Club!

I'm so glad you've decided to join us!

I am your super-excited Dinner Diva! I still can hardly believe I have my very own line of All-in-One Smoothie Mixes and FiberMender.

The Saving Dinner All-in-One Smoothie Mixes meet all my highest criteria for nutrition and is something everyone can enjoy. Let me tell you a little about them.

The All-in-One Smoothie Mixes are made with a proprietary blend of potato, pea, and chlorella proteins and are appropriate for all. They are 100% free of gluten, dairy, egg, soy, corn, peanut, soy and artificial ingredients with 5 grams or less of sweeteners. No grit, no grime, no allergens, and they are delicious! Normally I don't go for vegan protein powders because I find them to be 1) not tasty and/or 2) they bloat me! My All-in-One Smoothie Mixes are the only vegan protein that tastes amazing AND has never bloated me (bonus!)

The FiberMender is an easy-to-use soluble fiber formula to help maintain regularity and balanced GI flora* PLUS using the FiberMender, you end up with an extra 9 grams of fiber, woo hoo!

Listen, when you start your day with 22g of protein, tons of fiber, healthy fat from either coconut milk or almond milk plus some superfood organic berries, you end up with an amazing, colossal "Breakfast-in-a Glass". This is my number one favorite way to start each and every day!

Choose from Chocolate, Vanilla, and Chai. And don't forget the FiberMender! ☺

Smoothies, the Perfect Meal!

It's so easy to throw together a healthy smoothie with our All-in-One Smoothie Mixes and FiberMender! They're the perfect solution for getting out the door quickly on busy mornings. Our Smoothie Mixes provide lasting energy, good protein, plenty of fiber, and great taste without resorting to weird additives or artificial sugars. For just two dollars a day you can have easy, fast smoothies that provide great nutrition and help in the digestion department too! (If you know what I'm saying...hint, hint.)

Breakfast is a great time to make our All-in-One Smoothies—you start the day off with ideal nutrition and set yourself (and your family) up for nutritional success all day.

I've often had an All-in-One Smoothie for lunch when I'm pressed for time and under a writing deadline. It's delicious, fills me up and makes preparing lunch a no brainer.

When I'm traveling, this is breakfast in my hotel room. It's easy—I use one of those shaker bottles with the metal spring in them and some ice water. Before I leave on my trip, I make up little zipper-topped plastic baggies with my All-in-One Smoothie Mix & FiberMender so all I have to do is dump it into my blender bottle. How easy is that?

Smoothies can be as easy as 1-2-3!

1. "Milk." I keep 2 cartons of unsweetened coconut and almond milks in my fridge and trade off with their use throughout the week. I like to do that for the sake of variety. Some people like hemp milk and that's fine, if you can find it unsweetened. It's all about keeping the sugar low. You are going to want some type of non-dairy milk to use as your liquid. In most of these smoothie recipes, there is a specified milk, but you can switch it out for whatever you want to use. People have asked about rice milk, but in my opinion it's too sweet. As far as organic dairy is concerned or goat's milk or raw milk or kefir, my suggestion is to experiment and see what works best for YOUR body.
2. Protein Powders. All of our recipes recommend two scoops of both All-in-One Smoothie Mix and Fibermender. This will give you 15 grams of fiber and 22 grams of protein, a great start on your daily nutrition!
3. Superfoods. I love adding superfoods like berries, cacao nibs, or even spinach or kale to smoothies! Talk about bumping up the nutrition! (And you can't taste the spinach or the kale, believe me!)

This is the best smoothie ever and you're going to love it! The nutrition profile ROCKS and the flavor is ah-ma-zing! Glad you decided to join us!! ☺

Basic Smoothie Recipe

2 scoops Saving Dinner All-in-One Smoothie Mix, your choice of flavor
2 scoops Saving Dinner Fibermender*
1 serving frozen fruit, organic berries are best
Liquid, such as water, unsweetened coconut water, coconut milk or almond milk**

*The All-in-One Smoothie Mixes contain some fiber, but I recommend you take every opportunity to add fiber in!

**We recommend So Delicious Unsweetened Coconut Milk. If you use a canned coconut milk, choose the light version and dilute 1/4 cup coconut milk with 3/4 cup water.

Great Smoothie Add-Ins:

Seeds: Chia, freshly ground flaxseed meal, hemp
Fats: coconut butter, nut butters (not peanut), fish oil
Greens: a handful of frozen kale or spinach



I Like My Smoothie Thinner!

2 scoops Saving Dinner All-in-One Smoothie Mix, your choice of flavor
1/2 cup frozen fruit
10 ounces liquid
1 cup frozen spinach or kale

I Like My Smoothie Thicker!

2 scoops Saving Dinner All-in-One Smoothie Mix, your choice of flavor
1 scoop Saving Dinner Fibermender
1-2 servings chia, hemp or freshly ground flaxseeds
1 cup frozen fruit
8 ounces liquid
Ice cubes

Cherry Almond Smoothie

Smoothie 1 – Serves 1

INGREDIENTS:

1 cup unsweetened almond milk
1/2 cup frozen dark cherries

2 scoops Saving Dinner All-in-One Vanilla Smoothie Mix
2 scoops Saving Dinner Fibermender



INSTRUCTIONS:

Blend almond milk and frozen cherries until mostly smooth and then add in the Saving Dinner All-in-One Vanilla Smoothie Mix and Fibermender and blend once more. Adjust consistency, if desired.

NUTRITION per serving: 281 Calories; 9g Fat; 24g Protein; 34g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 401mg Sodium. **Exchanges:** 3 Lean Meat; 1 Fruit; 1 Fat; 1 1/2 Other Carbohydrates. **Points:** 7

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Blueberry Chai Smoothie

Smoothie 2 – Serves 1

INGREDIENTS:

1 cup unsweetened coconut milk
1/2 cup frozen blueberries
1 dash ground cinnamon

2 scoops Saving Dinner All-in-One Chai Smoothie Mix
2 scoops Saving Dinner Fibermender



INSTRUCTIONS:

Blend coconut milk, blueberries and cinnamon until almost smooth. Add in the Saving Dinner All-in-One Chai Smoothie Mix and Fibermender. Blend once more until well combined.

NUTRITION per serving: 290 Calories; 11g Fat; 23g Protein; 34g Carbohydrate; 17g Dietary Fiber; 0mg Cholesterol; 236mg Sodium. **Exchanges:** 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 6 1/2 Fat; 9 1/2 Other Carbohydrates. **Points:** 7

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Raspberry Kale Smoothie

Smoothie 3 – Serves 1

INGREDIENTS:

1 cup unsweetened almond milk
1/4 cup frozen raspberries
1/4 cup frozen kale

2 scoops Saving Dinner All-in-One Vanilla Smoothie Mix
2 scoops Saving Dinner Fibermender



INSTRUCTIONS:

Blend almond milk, raspberries and kale until almost smooth. Add in the Saving Dinner All-in-One Vanilla Smoothie Mix and Fibermender. Blend once more until well combined.

NUTRITION per serving: 272 Calories; 9g Fat; 24g Protein; 31g Carbohydrate; 17g Dietary Fiber; 0mg Cholesterol; 406mg Sodium. **Exchanges:** 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 1 1/2 Other Carbohydrates. **Points:** 6

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Smart Chocolate Smoothie

Smoothie 4 - Serves 1

INGREDIENTS:

1 1/4 cups unsweetened almond milk
1/4 cup frozen spinach
5 ice cubes

2 scoops Saving Dinner All-in-One Chocolate Smoothie Mix
2 scoops Saving Dinner Fibermender
1 tablespoon cacao nibs



INSTRUCTIONS:

Blend almond milk, spinach and ice cubes until almost smooth. Add in the Saving Dinner All-in-One Chocolate Smoothie Mix, Fibermender and cacao nibs. Blend once more until well combined.

NUTRITION per serving: 344 Calories; 12g Fat; 26g Protein; 37g Carbohydrate; 22g Dietary Fiber; 0mg Cholesterol; 477mg Sodium. **Exchanges:** 3 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 10 1/2 Other Carbohydrates. **Points:** 8

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Blackberry Vanilla Smoothie

Smoothie 5 - Serves 1

INGREDIENTS:

1 cup unsweetened coconut milk
1/2 cup frozen blackberries

2 scoops Saving Dinner All-in-One Vanilla Smoothie Mix
2 scoops Saving Dinner Fibermender



INSTRUCTIONS:

Blend coconut milk and blackberries until almost smooth. Add in the Saving Dinner All-in-One Vanilla Smoothie Mix and Fibermender. Blend once more until well combined.

NUTRITION per serving: 298 Calories; 10g Fat; 23g Protein; 36g Carbohydrate; 19g Dietary Fiber; 0mg Cholesterol; 236mg Sodium. **Exchanges:** 3 Lean Meat; 1/2 Vegetable; 1 Fruit; 6 1/2 Fat; 1 1/2 Other Carbohydrates. **Points:** 7

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Vanilla Green Smoothie

Smoothie 6 – Serves 1

INGREDIENTS:

1 cup unsweetened almond milk
1/4 cup frozen spinach
1/4 cup frozen kale

2 scoops Saving Dinner All-in-One Vanilla Smoothie Mix
2 scoops Saving Dinner Fibermender



INSTRUCTIONS:

Blend almond milk, spinach and kale until almost smooth. Add in the Saving Dinner All-in-One Vanilla Smoothie Mix and Fibermender. Blend once more until well combined.

NUTRITION per serving: 266 Calories; 9g Fat; 25g Protein; 29g Carbohydrate; 16g Dietary Fiber; 0mg Cholesterol; 435mg Sodium. **Exchanges:** 3 Lean Meat; 1 Vegetable; 1 Fat; 1 1/2 Other Carbohydrates. **Points:** 7

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Mexican Hot Chocolate Smoothie

Smoothie 7 – Serves 1

INGREDIENTS:

1 cup unsweetened almond milk
1/4 cup unsweetened coconut milk
10 ice cubes
1 dash cayenne pepper

2 scoops Saving Dinner All-in-One Chocolate Smoothie Mix
2 scoops Saving Dinner Fibremender
1 tablespoon cacao nibs



INSTRUCTIONS:

Blend almond milk, coconut milk, ice cubes and cayenne until almost smooth. Add in the Saving Dinner All-in-One Chocolate Smoothie Mix, Fibremender and cacao nibs. Blend once more until well combined.

NUTRITION per serving: 337 Calories; 13g Fat; 25g Protein; 35g Carbohydrate; 21g Dietary Fiber; 0mg Cholesterol; 410mg Sodium. **Exchanges:** 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 3 Fat; 10 1/2 Other Carbohydrates. **Points:** 8

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Berry Medley Smoothie

Smoothie 8 – Serves 1

INGREDIENTS:

1/2 cup unsweetened coconut milk
1/3 cup water
1/4 cup frozen blueberries
1/4 cup frozen raspberries

1/4 cup frozen blackberries
2 scoops Saving Dinner All-in-One Vanilla Smoothie Mix
2 scoops Saving Dinner Fibremender



INSTRUCTIONS:

Blend coconut milk, water and berries until almost smooth. Add in the Saving Dinner All-in-One Vanilla Smoothie Mix and Fibremender. Blend once more until well combined.

NUTRITION per serving: 336 Calories; 8g Fat; 23g Protein; 50g Carbohydrate; 20g Dietary Fiber; 0mg Cholesterol; 231mg Sodium. **Exchanges:** 3 Lean Meat; 0 Vegetable; 2 Fruit; 4 Fat; 1 1/2 Other Carbohydrates. **Points:** 8

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Spiced Vanilla Chai Smoothie

Smoothie 9 - Serves 1

INGREDIENTS:

1 cup unsweetened almond milk
1/2 cup ice cubes
1 dash cinnamon

1 scoop Saving Dinner All-in-One Vanilla Smoothie Mix
1 scoop Saving Dinner All-in-One Chai Smoothie Mix
2 scoops Saving Dinner Fibremender



INSTRUCTIONS:

Blend almond milk, ice and cinnamon until almost smooth. Add in the Saving Dinner All-in-One Vanilla Smoothie Mix, Saving Dinner All-in-One Chai Smoothie Mix, and Fibremender. Blend once more until well combined.

NUTRITION per serving: 246 Calories; 8g Fat; 23g Protein; 25g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 404mg Sodium. **Exchanges:** 0 Grain(Starch); 3 Lean Meat; 1 Fat; 5 1/2 Other Carbohydrates. **Points:** 6

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Chocolate Covered Strawberry Smoothie

Smoothie 10 - Serves 1

INGREDIENTS:

1 cup unsweetened almond milk

1/2 cup frozen strawberries

2 scoops Saving Dinner All-in-One Chocolate Smoothie Mix

2 scoops Saving Dinner Fibermender

1 tablespoon cacao nibs



INSTRUCTIONS:

Blend almond milk and frozen strawberries until mostly smooth and then add in the Saving Dinner All-in-One Chocolate Smoothie Mix, Fibermender and cacao nibs and blend once more. Adjust consistency, if desired.

NUTRITION per serving: 424 Calories; 12g Fat; 26g Protein; 62g Carbohydrate; 23g Dietary Fiber; 0mg Cholesterol; 401mg Sodium. **Exchanges:** 3 1/2 Lean Meat; 2 Fruit; 1 1/2 Fat; 10 1/2 Other Carbohydrates. **Points:** 10

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Bonus Smoothie Tip

Want to have your smoothies ready-to-go even faster in the mornings? Have a tiny little bit of time to invest? Try this!

Pre-prepare some of your ingredients ahead of time. Freeze berries, spinach, coconut milk, almond milk, and anything else you want to throw in your smoothies. Eye-ball measure them into zipper-topped plastic baggies, ice cube trays, and/or muffin tins. Once they're solid, be sure to put them in freezer-quality zipper-topped plastic bags.

This is also a great way to 'save' produce that won't get eaten before it goes bad.

Got Questions?

Need Help? Visit our Customer Service

Live Chat

and chat with our skilled Customer Service Team.

We're here to help you with all your dinner needs.

Come "talk" directly with one of our staff right then and there.

If we're not in feel free to leave us an email and we'll get back to you just as soon as we can.

Visit our website at

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for all of the details
and any assistance you need.

