

SAVING DINNER

with



The Smoothie Club Volume 4

Welcome to the Smoothie Club!

I'm so glad you're here!

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

Creamy Strawberry Vanilla Smoothie

Smoothie 1 – Serves 1

INGREDIENTS:

3/4 cup unsweetened coconut milk
1/2 cup frozen strawberries
1/4 cup vanilla coconut yogurt

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



INSTRUCTIONS:

In a high quality blender, add coconut milk. Dump in the frozen strawberries. Blend until mostly smooth and then add in the yogurt, Saving Dinner All-in-One Vanilla Smoothie Mix and Fibermender and blend once more. Add in a little more coconut milk if a thinner consistency is desired.

NUTRITION per serving: 383 Calories; 11g Fat; 23g Protein; 58g Carbohydrate; 18g Dietary Fiber; 0mg Cholesterol; 235mg Sodium. **Exchanges:** 3 Lean Meat; 0 Vegetable; 2 Fruit; 5 Fat; 1 1/2 Other Carbohydrates. **Points:** 10

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Chai Get Well Smoothie

Smoothie 2 – Serves 1

INGREDIENTS:

1 cup unsweetened almond milk, divided
1 tablespoon chia seeds
1 cup frozen raspberries
1 teaspoon ground cinnamon

2 teaspoons flax seeds, freshly ground
2 scoops Saving Dinner All-in-One
Chai Smoothie Mix
2 scoops Saving Dinner Fibermender



INSTRUCTIONS:

In a high quality blender, add almond milk and chia seeds. Wait 10 minutes to allow chia seeds to gel. Add frozen raspberries. Blend until mostly smooth and then add in the cinnamon, flax seeds, Saving Dinner All-in-One Chai Smoothie Mix and Fibermender and blend once more.

NUTRITION per serving: 610 Calories; 15g Fat; 28g Protein; 101g Carbohydrate; 28g Dietary Fiber; 0mg Cholesterol; 411mg Sodium. **Exchanges:** 1/2 Grain(Starch); 3 1/2 Lean Meat; 4 1/2 Fruit; 2 Fat; 9 1/2 Other Carbohydrates. **Points:** 15

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DO-AHEAD TIP: Prepare orange.

Chocolate Covered Orange Smoothie

Smoothie 3 – Serves 1

INGREDIENTS:

3/4 cup unsweetened coconut milk
1 medium orange, peeled and frozen
1/2 cup frozen blueberries

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



INSTRUCTIONS:

In a high quality blender, add the coconut milk, frozen oranges, and blueberries. Blend until mostly smooth and then add Saving Dinner All-in-One Chocolate Smoothie Mix and Fibermender and blend once more. Serve right away.

NUTRITION per serving: 350 Calories; 9g Fat; 24g Protein; 50g Carbohydrate; 21g Dietary Fiber; 0mg Cholesterol; 232mg Sodium. **Exchanges:** 3 Lean Meat; 0 Vegetable; 1 1/2 Fruit; 5 Fat; 10 Other Carbohydrates. **Points:** 8

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Refreshing Cran-Raspberry Smoothie

Smoothie 4 - Serves 1

INGREDIENTS:

3/4 cup unsweetened almond milk
1/4 cup pure cranberry juice, no sugar, no artificial sweetener
1/2 cup frozen raspberries

1 tablespoon chopped mint
2 scoops Saving Dinner All-in-One Vanilla Smoothie Mix
2 scoops Saving Dinner Fibermender



INSTRUCTIONS:

In a high quality blender, add in the almond milk and cranberry juice. Dump in the frozen raspberries. Blend until mostly smooth and then add in the mint, Saving Dinner All-in-One Vanilla Smoothie Mix and Fibermender and blend once more.

NUTRITION per serving: 402 Calories; 8g Fat; 24g Protein; 67g Carbohydrate; 20g Dietary Fiber; 0mg Cholesterol; 359mg Sodium. **Exchanges:** 3 Lean Meat; 0 Vegetable; 2 1/2 Fruit; 1 Fat; 1 1/2 Other Carbohydrates. **Points:** 10

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Spiced Green Chai Smoothie

Smoothie 5 - Serves 1

INGREDIENTS:

1 cup unsweetened coconut milk
4 ounces baby spinach
1 teaspoon ground cinnamon
1/2 medium avocado

1/3 cup frozen dark cherries
2 scoops Saving Dinner All-in-One Chai Smoothie Mix
2 scoops Saving Dinner Fibermender



INSTRUCTIONS:

In a high quality blender, add in the coconut milk, spinach, cinnamon, avocado and frozen cherries. Blend until mostly smooth and then add in the Saving Dinner All-in-One Chai Smoothie Mix and Fibermender and blend once more. Serve right away.

NUTRITION per serving: 520 Calories; 26g Fat; 29g Protein; 57g Carbohydrate; 24g Dietary Fiber; 0mg Cholesterol; 336mg Sodium. **Exchanges:** 0 Grain(Starch); 3 Lean Meat; 1 Vegetable; 1 1/2 Fruit; 9 1/2 Fat; 9 1/2 Other Carbohydrates. **Points:** 14

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Triple Chocolate Smoothie

Smoothie 6 – Serves 1

INGREDIENTS:

1 cup unsweetened almond milk
1/2 tablespoon cacao nibs
1/2 cup vanilla coconut yogurt, frozen

1 teaspoon cocoa powder
2 scoops Saving Dinner All-in-One Chocolate Smoothie Mix
2 scoops Saving Dinner Fibermender



INSTRUCTIONS:

In a high quality blender, add the almond milk, cacao nibs, frozen yogurt and cocoa powder. Blend until mostly smooth and then add in the Saving Dinner All-in-One Chocolate Smoothie Mix and Fibermender and blend once more.

NUTRITION per serving: 384 Calories; 14g Fat; 24g Protein; 47g Carbohydrate; 20g Dietary Fiber; 0mg Cholesterol; 405mg Sodium. **Exchanges:** 0 Grain(Starch); 3 1/2 Lean Meat; 1 Fat; 10 1/2 Other Carbohydrates. **Points:** 9

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Ginger Peach Smoothie

Smoothie 7 – Serves 1

INGREDIENTS:

1 cup unsweetened coconut milk
1/2 cup frozen peaches
1 tablespoon grated gingerroot

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



INSTRUCTIONS:

In a high quality blender, add coconut milk and frozen peaches. Blend until mostly smooth and then add in the ginger, Saving Dinner All-in-One Vanilla Smoothie Mix and Fibermender and blend once more.

NUTRITION per serving: 291 Calories; 10g Fat; 23g Protein; 34g Carbohydrate; 17g Dietary Fiber; 0mg Cholesterol; 236mg Sodium. **Exchanges:** 3 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 6 1/2 Fat; 1 1/2 Other Carbohydrates. **Points:** 7

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DO-AHEAD TIP: Prepare apple.

Spiced Chai Apple Pie Smoothie

Smoothie 8 – Serves 1

INGREDIENTS:

3/4 cup unsweetened almond milk
1/4 cup peeled granny smith apple slices, frozen
1/4 cup mixed frozen berries
1 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg
1 teaspoon flax seeds, freshly ground
2 scoops Saving Dinner All-in-One
Chai Smoothie Mix
2 scoops Saving Dinner Fibermender



INSTRUCTIONS:

In a high quality blender, add in the almond milk. Dump in the frozen apples and berries. Blend until mostly smooth and then add in the cinnamon, nutmeg, flax seeds, Saving Dinner All-in-One Chai Smoothie Mix and Fibermender and blend once more. Serve right away.

NUTRITION per serving: 287 Calories; 9g Fat; 24g Protein; 35g Carbohydrate; 18g Dietary Fiber; 0mg Cholesterol; 357mg Sodium. **Exchanges:** 0 Grain(Starch); 3 Lean Meat; 1/2 Fruit; 1 Fat; 9 1/2 Other Carbohydrates. **Points:** 7

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Chocolate Grasshopper Smoothie

Smoothie 9 - Serves 1

INGREDIENTS:

1 cup unsweetened coconut milk
1/4 cup frozen spinach
1/4 cup chopped mint

2 scoops Saving Dinner All-in-One
Chocolate Smoothie Mix
2 scoops Saving Dinner Fibermender
4 ice cubes



INSTRUCTIONS:

In a high quality blender, add coconut milk, frozen spinach and mint. Blend until mostly smooth and then add in the Saving Dinner All-in-One Chocolate Smoothie Mix, Fibermender and ice cubes then blend once more.

NUTRITION per serving: 279 Calories; 10g Fat; 24g Protein; 28g Carbohydrate; 19g Dietary Fiber; 0mg Cholesterol; 273mg Sodium. **Exchanges:** 3 Lean Meat; 1 Vegetable; 6 1/2 Fat; 10 Other Carbohydrates. **Points:** 6

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Chocolate Chip Cookie Smoothie

Smoothie 10 - Serves 1

INGREDIENTS:

1 cup unsweetened almond milk
1 tablespoon cacao nibs
1/2 teaspoon ground cinnamon
1/2 cup vanilla coconut yogurt, frozen

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



INSTRUCTIONS:

In a high quality blender, add in the almond milk. Dump in the cacao nibs, cinnamon and frozen yogurt. Blend until mostly smooth and then add in the Saving Dinner All-in-One Smoothie Mixes and Fibermender and blend once more. Serve right away.

NUTRITION per serving: 408 Calories; 15g Fat; 25g Protein; 50g Carbohydrate; 22g Dietary Fiber; 0mg Cholesterol; 405mg Sodium. **Exchanges:** 0 Grain(Starch); 3 1/2 Lean Meat; 1 1/2 Fat; 6 Other Carbohydrates. **Points:** 10

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Bonus Smoothie Tip

Canned coconut milk + water = So Delicious© style coconut milk

Just blend and enjoy!

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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