

# SMOOTHIE RECIPE BUNDLE



# SAVING DINNER

*by Leanne Ely*

## *Smoothies* *Volume-1*

## *Smoothies Volume-1*

**Smoothie 1: Blueberry Cucumber Smoothie**

**Smoothie 2: Spiced Peach Smoothie**

**Smoothie 3: Chocolate Almond Butter Smoothie**

**Smoothie 4: Tropical Mango Smoothie**

**Smoothie 5: Spiced Apple Pie Smoothie**

**Smoothie 6: Blueberry Cream Smoothie**

**Smoothie 7: Raspberry Basil Smoothie**

**Smoothie 8: Pumpkin Chai Smoothie**

**Smoothie 9: Mocha Chip Smoothie**

**Smoothie 10: Chocolate Chip Peach Smoothie**

**Smoothie 11: Chocolate Almond Smoothie**

**Smoothie 12: Banana Berry Smoothie**

**Smoothie 13: Cherry Nutmeg Smoothie**

**Smoothie 14: Green Garden Chocolate Smoothie**

**Smoothie 15: Cherry Peach Smoothie**

**Smoothie 16: Mixed Berry Smoothie**

**Smoothie 17: Apricot Peach Smoothie**

**Smoothie 18: Ginger Pear Chocolate Smoothie**

**Smoothie 19: Mango Raspberry Smoothie**

**Smoothie 20: Carrot Citrus Smoothie**



**INSTRUCTIONS for Gelled Chia Seeds:** In a small container place 2 tablespoons chia seeds and 8 ounces of water. Let sit on the counter until this mixture becomes a soft gel.

Alternative option: place 1/2 teaspoon chia seeds into each section of an ice cube tray. Fill each section with water. Let sit on the counter until gelled. Place the tray in the freezer. Once frozen, you can then store the chia seed cubes in freezer bag and use as needed. Two cubes per smoothie.

## *Blueberry Cucumber Smoothie*

Smoothie 1 – Serves 1

### **INGREDIENTS:**

1/2 cup canned full fat unsweetened coconut milk  
1/2 cup frozen blueberries  
1/2 cup peeled and chopped cucumber  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, place coconut milk, blueberries, cucumber, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Spiced Peach Smoothie*

Smoothie 2 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1/4 cup frozen peaches  
1/2 tablespoon minced ginger  
1 pinch cinnamon  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, place almond milk, peaches, ginger, cinnamon, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Chocolate Almond Butter Smoothie*

Smoothie 3 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1/4 cup canned full fat unsweetened coconut milk, frozen  
1/4 cup spinach  
2 tablespoons almond butter  
1 tablespoons cacao nibs  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, place almond milk, canned full fat unsweetened coconut milk, spinach, almond butter, cacao nibs, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Tropical Mango Smoothie*

Smoothie 4 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened coconut milk  
1/2 cup frozen mango  
2 tablespoons unsweetened coconut flakes  
1/2 teaspoon lime zest  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, place coconut milk, mango, coconut flakes, lime zest, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Spiced Apple Pie Smoothie*

Smoothie 5 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1 apple, peeled, diced and frozen  
1 pinch of cinnamon  
1 pinch of nutmeg  
1 tablespoon almond butter  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, place almond milk, apples, cinnamon, nutmeg, almond butter, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Blueberry Cream Smoothie*

Smoothie 6 – Serves 1

### **INGREDIENTS:**

1/4 cup unsweetened coconut milk  
1/4 cup canned full fat unsweetened coconut milk  
1/4 cup frozen blueberries  
1/4 cup kale  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, place unsweetened coconut milk, canned full fat unsweetened coconut milk, blueberries, kale, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Raspberry Basil Smoothie*

Smoothie 7 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened coconut milk  
1/2 cup frozen raspberries  
1 tablespoon fresh chopped basil  
1/4 cup spinach  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, place coconut milk, raspberries, basil, spinach, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Blueberry Cream Smoothie*

Smoothie 8 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1/2 cup frozen pumpkin puree  
1 teaspoon cinnamon  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, place almond milk, pumpkin puree, cinnamon, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.



## *Mocha Chip Smoothie*

Smoothie 9 – Serves 1

### **INGREDIENTS:**

1/2 cup canned full fat unsweetened coconut milk, frozen  
1/4 cup chilled coffee  
1/4 cup spinach  
1 tablespoon cacao nibs  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, place canned full fat unsweetened coconut milk, coffee, spinach, cacao nibs, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Chocolate Chip Peach Smoothie*

Smoothie 10 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1/2 cup frozen peaches  
1/2 cup spinach  
2 tablespoons cacao nibs  
1 date, pitted  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, place almond milk, peaches, spinach, cacao nibs, date, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Chocolate Almond Smoothie*

Smoothie 11 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1 tablespoon almond butter  
1/2 cup spinach, chopped  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, add unsweetened almond milk, almond butter, spinach, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Banana Berry Smoothie*

Smoothie 12 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened coconut milk  
1/2 banana, sliced  
1/2 cup frozen blueberries  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, add unsweetened coconut milk, banana, blueberries, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Cherry Nutmeg Smoothie*

Smoothie 13 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1/2 cup frozen cherries  
1/2 teaspoon ground cinnamon  
1/2 teaspoon nutmeg  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, add unsweetened almond milk, cherries, cinnamon, nutmeg, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Green Garden Chocolate Smoothie*

Smoothie 14 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened coconut milk  
1 celery stick, chopped  
1/2 cucumber, sliced  
1/2 apple, peeled  
1/2 cup fresh kale, chopped  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, add unsweetened coconut milk, celery, cucumber, apple, kale, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Cherry Peach Smoothie*

Smoothie 15 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1/4 cup frozen cherries  
1/4 cup frozen peaches  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, add unsweetened almond milk, cherries, peaches, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Mixed Berry Smoothie*

Smoothie 16 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened coconut milk  
1/4 cup frozen blueberries  
1/4 cup frozen strawberries  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, add unsweetened coconut milk, blueberries, strawberries, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Apricot Peach Smoothie*

Smoothie 17 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1/2 cup frozen peaches  
2-3 dried apricots  
1 teaspoon ground nutmeg  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, add unsweetened almond milk, peaches, apricots, nutmeg, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Ginger Pear Chocolate Smoothie*

Smoothie 18 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened coconut milk  
1 pear, sliced  
1/2 cup spinach  
1/2 teaspoon ground ginger  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, add unsweetened coconut milk, pear, spinach, ginger, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Mango Raspberry Smoothie*

Smoothie 19 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1/4 cup frozen mango  
1/4 cup frozen raspberries  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, add unsweetened almond milk, mango, raspberries, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Carrot Citrus Smoothie*

Smoothie 20 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened coconut milk  
1/2 a grapefruit, peeled and seeded  
1 carrot, chopped  
1/2 cup spinach, chopped  
1 teaspoon ginger  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender place, unsweetened coconut milk, grapefruit, carrot, ginger, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

# SAVING DINNER

*by Leanne Ely*

## *Smoothies Volume-2*

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**Smoothie 1: Cinnamon Vanilla Smoothie**

**Smoothie 2: Red Raspberry Chai Smoothie**

**Smoothie 3: Salted “Caramel” Chocolate Smoothie**

**Smoothie 4: Vanilla Cream Smoothie**

**Smoothie 5: Almond Chai “Latte” Smoothie**

**Smoothie 6: Chocolate Power Smoothie**

**Smoothie 7: Vanilla “Sundae” Smoothie**

**Smoothie 8: Chai Gingersnap Smoothie**

**Smoothie 9: Chocolate “Praline” Smoothie**

**Smoothie 10: Orange Spice Smoothie**

**Smoothie 11: Vanilla-Coconut Super Smoothie**

**Smoothie 12: Tropical Ginger-Chai Smoothie**

**Smoothie 13: Chocolate Covered Strawberry Fields Smoothie**

**Smoothie 14: Honey Berry Smoothie**

**Smoothie 15: Almond-Banana Smoothie**

**Smoothie 16: Peachy Chocolate Chip Smoothie**

**Smoothie 17: Blueberry and Coconut Chip Smoothie**

**Smoothie 18: Cinnamon-Chai Smoothie**

**Smoothie 19: Mounds Bar Smoothie**

**Smoothie 20: Cherry Cordial Sunday Smoothie**





**INSTRUCTIONS for Gelled Chia Seeds:** In a small container place 2 tablespoons chia seeds and 8 ounces of water. Let sit on the counter until this mixture becomes a soft gel.

Alternative option: place 1/2 teaspoon chia seeds into each section of an ice cube tray. Fill each section with water. Let sit on the counter until gelled. Place the tray in the freezer. Once frozen, you can then store the chia seed cubes in freezer bag and use as needed. Two cubes per smoothie.

## *Cinnamon Vanilla Smoothie*

Smoothie 1 – Serves 1

### **INGREDIENTS:**

1 cup unsweetened vanilla almond milk  
1/2 cup ice cubes  
1 tablespoon cinnamon  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender place, unsweetened vanilla almond milk, ice cubes, cinnamon, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Red Raspberry Chai Smoothie*

Smoothie 2 – Serves 1

### **INGREDIENTS:**

1 cup unsweetened coconut milk  
1/2 cup frozen red raspberries  
pinch of ground nutmeg  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender place, unsweetened coconut milk, raspberries, nutmeg, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Salted "Caramel" Chocolate Smoothie*

Smoothie 3 – Serves 1

### **INGREDIENTS:**

1 cup unsweetened almond milk  
1/2 cup frozen coffee ice cubes\*  
2 medium dates, rehydrated in hot water  
1 tablespoon cacao nibs  
1 pinch sea salt  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In blender, place almond milk, coffee ice cubes, dates, cacao nibs, salt, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

\* To make "coffee ice cubes" pour room temperature black coffee into an ice tray. Freeze for at least 2 hours and use.

## *Vanilla Cream Smoothie*

Smoothie 4 – Serves 1

### **INGREDIENTS:**

1 cup unsweetened coconut milk  
1/4 cup ice cubes  
1/4 cup frozen strawberries  
1 teaspoon pure vanilla extract  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In blender, place coconut milk, ice cubes, strawberries, vanilla extract, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Almond Chai “Latte” Smoothie*

Smoothie 5 – Serves 1

### **INGREDIENTS:**

1 cup unsweetened almond milk  
1/2 cup frozen coffee ice cubes\*  
1 tablespoon almond butter  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In blender, place almond milk, coffee ice cubes, almond butter, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

\* To make “coffee ice cubes” pour room temperature black coffee into an ice tray. Freeze for at least 2 hours and use.

## *Chocolate Power Smoothie*

Smoothie 6 – Serves 1

### **INGREDIENTS:**

1 cup unsweetened almond milk  
1/4 cup frozen spinach  
1/4 cup frozen mixed berries  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In blender, place almond milk, spinach, berries, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Vanilla “Sundae” Smoothie*

Smoothie 7 – Serves 1

### **INGREDIENTS:**

1 cup unsweetened coconut milk  
1/4 cup frozen sliced banana  
1/4 cup frozen cherries  
1 tablespoon cacao nibs  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In blender, place coconut milk, banana, cherries, cacao nibs, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Chai Gingersnap Smoothie*

Smoothie 8 – Serves 1

### **INGREDIENTS:**

1 cup unsweetened coconut milk  
1/2 cup frozen peach slices  
1 tablespoon fresh grated ginger  
pinch ground nutmeg  
pinch cinnamon  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In blender, place coconut milk, peaches, ginger, nutmeg, cinnamon, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Chocolate “Praline” Smoothie*

Smoothie 9 – Serves 1

### **INGREDIENTS:**

1 cup unsweetened almond milk  
1/2 cup frozen blackberries  
2 tablespoons chopped pecans  
2 medium dried figs, rehydrated in hot water  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In blender, place almond milk, blackberries, pecans, figs, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Orange Spice Smoothie*

Smoothie 10 – Serves 1

### **INGREDIENTS:**

1 cup unsweetened almond milk  
1/2 cup frozen blueberries  
1 tablespoon fresh grated orange zest  
pinch cinnamon  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In blender, place almond milk, blueberries, orange zest, cinnamon, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Vanilla-Coconut Super Smoothie*

Smoothie 11 – Serves 1

### **INGREDIENTS:**

1/3 cup unsweetened coconut milk  
1/4 cup spinach  
1/4 cup kale  
1/4 cup green apple, cored-diced and frozen  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, place coconut milk, spinach, kale, apple, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Tropical Ginger-Chai Smoothie*

Smoothie 12 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1/4 orange, peeled and seeded  
1/2 cup frozen pineapple  
1 tablespoon fresh grated ginger  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, place almond milk, orange, pineapple, ginger, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Chocolate Covered Strawberry Fields Smoothie*

Smoothie 13 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened coconut milk  
1/4 cup fresh baby spinach  
1/4 cup frozen strawberries  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, place coconut milk, spinach, strawberries, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Honey Berry Smoothie*

Smoothie 14 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1/4 cup frozen mixed berries  
1 tablespoon raw honey  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, place almond milk, berries, honey, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.



## *Almond-Banana Smoothie*

Smoothie 15 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened coconut milk  
1 banana, sliced and frozen  
1-2 tablespoons almond butter  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, place coconut milk, banana, almond butter, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Peachy Chocolate Chip Smoothie*

Smoothie 16 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1/4 cup ice cubes  
1/4 cup frozen peaches  
1 tablespoon cacao nibs  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, place almond milk, ice cubes, peaches, cacao nibs, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Blueberry and Coconut Chip Smoothie*

Smoothie 17 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened coconut milk  
1/2 cup frozen blueberries  
2 tablespoons unsweetened coconut flakes  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, place coconut milk, blueberries, coconut flakes, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Cinnamon-Chai Smoothie*

Smoothie 18 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1/4 cup ice cubes  
1 pinch cinnamon  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, place almond milk, ice cubes, cinnamon, and Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Mounds Bar Smoothie*

Smoothie 19 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1/4 cup canned full fat coconut milk  
2 tablespoons unsweetened coconut flakes  
1 tablespoon cacao nibs  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, place almond milk, coconut milk, coconut flakes, cacao nibs, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Cherry Cordial Sunday Smoothie*

Smoothie 20 – Serves 1

### **INGREDIENTS:**

1/3 cup unsweetened coconut milk  
1/4 cup unsweetened almond milk  
1/2 cup frozen dark cherries  
1/2 teaspoon real vanilla extract  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, place coconut milk, almond milk, cherries, vanilla extract, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

# SAVING DINNER

*by Leanne Ely*

## *Smoothies* *Volume-3*

## *Smoothies Volume-3*

**Smoothie 1: Blueberry Ginger Smoothie**

**Smoothie 2: Peach Pie Smoothie**

**Smoothie 3: Cherry Berry Smoothie**

**Smoothie 4: Chai Spice Smoothie**

**Smoothie 5: Field of Greens Smoothie**

**Smoothie 6: Banana Strawberry Smoothie**

**Smoothie 7: Mango Smoothie**

**Smoothie 8: Citrus Smoothie**

**Smoothie 9: Pear Cinnamon Ginger Smoothie**

**Smoothie 10: Mango Strawberry Smoothie**

**Smoothie 11: Strawberry Mint Chocolate Smoothie**

**Smoothie 12: Blueberry Apple Pie Smoothie**

**Smoothie 13: Banana Split Smoothie**

**Smoothie 14: Get Your Greens Smoothie**

**Smoothie 15: Orange Ginger Chocolate Smoothie**

**Smoothie 16: Peaches & Cream Smoothie**

**Smoothie 17: Strawberry Coconut Smoothie**

**Smoothie 18: Island Breeze Smoothie**

**Smoothie 19: Almond Pear Smoothie**

**Smoothie 20: Apricot Blueberry Smoothie**



**INSTRUCTIONS for Gelled Chia Seeds:** In a small container place 2 tablespoons chia seeds and 8 ounces of water. Let sit on the counter until this mixture becomes a soft gel.

Alternative option: place 1/2 teaspoon chia seeds into each section of an ice cube tray. Fill each section with water. Let sit on the counter until gelled. Place the tray in the freezer. Once frozen, you can then store the chia seed cubes in freezer bag and use as needed. Two cubes per smoothie.

# *Blueberry Ginger Smoothie*

Smoothie 1 – Serves 1

## **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1/2 cup frozen blueberries  
1/2 cup fresh spinach  
1 teaspoon ground ginger  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, add unsweetened almond milk, blueberries, spinach, ginger, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

# *Peach Pie Smoothie*

Smoothie 2 – Serves 1

## **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1/2 cup frozen peaches  
1 teaspoon ground cinnamon  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, add unsweetened almond milk, peaches, cinnamon, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Cherry Berry Smoothie*

Smoothie 3 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened coconut milk  
1/4 cup frozen cherries  
1/4 cup frozen raspberries  
1 tablespoon unsweetened coconut flakes  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, add unsweetened coconut milk, cherries, raspberries, coconut, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Chai Spice Smoothie*

Smoothie 4 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
3 to 4 Prunes  
1/4 teaspoon ground cardamom  
1/4 teaspoon ground cinnamon  
1/4 teaspoon ground ginger  
1/4 teaspoon ground pepper  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, add unsweetened almond milk, prunes, cardamom, cinnamon, ginger, pepper, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.



## *Field of Greens Smoothie*

Smoothie 5 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1/2 apple, sliced  
1/2 cucumber, sliced  
1/2 avocado, peeled  
1/2 cup chopped fresh kale  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, add unsweetened almond milk, apple, cucumber, avocado, kale, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Banana Strawberry Smoothie*

Smoothie 6 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1/2 banana, peeled  
1/4 cup frozen strawberries  
1/2 cup fresh spinach  
1 teaspoon ground ginger  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, add unsweetened almond milk, banana, strawberries, spinach, ginger, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Mango Smoothie*

Smoothie 7 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened coconut milk  
1/2 cup frozen mango cubes  
1 teaspoon ground cardamom or nutmeg  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, add unsweetened coconut milk, mango, cardamom or nutmeg, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Citrus Smoothie*

Smoothie 8 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened coconut milk  
1/2 grapefruit, peeled and seeded  
1/2 orange, peeled and seeded  
1 teaspoon fresh lemon juice  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, add unsweetened coconut milk, grapefruit, orange, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Pear Cinnamon Ginger Smoothie*

Smoothie 9 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1 pear, sliced  
1/2 cup fresh spinach  
1/2 teaspoon ground cinnamon  
1/2 teaspoon ground ginger  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, add unsweetened almond milk, pear, spinach, cinnamon, ginger, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Mango Strawberry Smoothie*

Smoothie 10 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened coconut milk  
1/4 cup frozen mango  
1/4 cup frozen strawberries  
1 teaspoon ginger  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender place, unsweetened coconut milk, mango, strawberries, ginger, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Strawberry Mint Chocolate Smoothie*

Smoothie 11 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1/2 cup frozen strawberries  
3-4 mint leaves  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender place, unsweetened almond milk, strawberries, mint leaves, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Blueberry Apple Pie Smoothie*

Smoothie 12 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1/4 cup frozen blueberries  
1/2 apple, sliced  
1 teaspoon ground cinnamon  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender place, unsweetened almond milk, blueberries, apple, cinnamon, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Banana Split Smoothie*

Smoothie 13 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened coconut milk  
1/4 cup frozen cherries  
1/4 cup frozen banana  
1 tablespoon coconut flakes  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender place, unsweetened coconut milk, cherries, banana, coconut flakes, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Get Your Greens Smoothie*

Smoothie 14 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened coconut milk  
1/2 apple, sliced  
1/2 cucumber, sliced  
1 celery stalk, chopped  
1/2 cup spinach  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender place, unsweetened coconut milk, apple, cucumber, celery, spinach, Perfect Paleo Protein and FiberMender (OR gelled chia seeds) blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Orange Ginger Chocolate Smoothie*

Smoothie 15 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1/2 orange, peeled  
1 teaspoon ground ginger  
1/2 cup spinach  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender place, unsweetened almond milk, orange, ginger, spinach, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Peaches & Cream Smoothie*

Smoothie 16 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1/2 cup frozen peaches  
1 teaspoon ground ginger  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender place, unsweetened almond milk, peaches, ginger, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Strawberry Coconut Smoothie*

Smoothie 17 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened coconut milk  
1/2 frozen strawberries  
1 tablespoon coconut flakes  
1/2 cup spinach  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender place, unsweetened coconut milk, strawberries, coconut, spinach, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Island Breeze Smoothie*

Smoothie 18 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened coconut milk  
1/4 frozen mango  
1/2 avocado, peeled  
2-3 mint leaves  
1 teaspoon lime juice  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender place, unsweetened coconut milk, mango, avocado, mint, lime juice, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Almond Pear Smoothie*

Smoothie 19 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1 small pear, sliced  
1 tablespoon almond butter  
1/2 cup spinach  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender place, unsweetened almond milk, pear, almond butter, spinach, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Apricot Blueberry Smoothie*

Smoothie 20 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened coconut milk  
2-3 dried apricots  
1/4 cup frozen blueberries  
1 teaspoon cinnamon  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender place, unsweetened coconut milk, apricots, blueberries, cinnamon, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.



# SAVING DINNER

*by Leanne Ely*

## *Smoothies* *Volume-4*

## *Smoothies Volume-4*

**Smoothie 1: Peaches and Cream Smoothie**

**Smoothie 2: Blueberry Ginger Chai Smoothie**

**Smoothie 3: Chocolate Covered Almond and Strawberry Smoothie**

**Smoothie 4: Apple Cinnamon Smoothie**

**Smoothie 5: Almond Cherry Chai Smoothie**

**Smoothie 6: Berry Chocolate Chip Smoothie**

**Smoothie 7: Orange Coconut Dreamsicle Smoothie**

**Smoothie 8: Pineapple Chai Smoothie**

**Smoothie 9: Mint Chocolate Super Smoothie**

**Smoothie 10: Pear Ginger Chai Smoothie.**

**Smoothie 11: Cinnamon Banana Chai Smoothie**

**Smoothie 12: Avocado Chocolate Covered Cherry Smoothie**

**Smoothie 13: Vanilla Berry Smoothie**

**Smoothie 14: Pineapple Strawberry Power Smoothie**

**Smoothie 15: Spiced Blueberry Almond Smoothie**

**Smoothie 16: Tropical Orange Banana Smoothie**

**Smoothie 17: Green Berry Smoothie**

**Smoothie 18: Mango Chip Smoothie**

**Smoothie 19: Chocolate Covered Apple Smoothie**

**Smoothie 20: Spiced Pear Tart Smoothie**



**INSTRUCTIONS for Gelled Chia Seeds:** In a small container place 2 tablespoons chia seeds and 8 ounces of water. Let sit on the counter until this mixture becomes a soft gel.

Alternative option: place 1/2 teaspoon chia seeds into each section of an ice cube tray. Fill each section with water. Let sit on the counter until gelled. Place the tray in the freezer. Once frozen, you can then store the chia seed cubes in freezer bag and use as needed. Two cubes per smoothie.

## *Peaches and Cream Smoothie*

Smoothie 1 – Serves 1

### **INGREDIENTS:**

1/4 cup canned unsweetened full fat coconut milk  
1/4 cup unsweetened coconut milk  
1/2 cup frozen peaches  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, place the canned coconut milk, coconut milk, peaches, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Blueberry Ginger Chai Smoothie*

Smoothie 2 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1/4 cup frozen spinach  
1/4 cup frozen blueberries  
1 tablespoon minced ginger  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, place almond milk, spinach, blueberries, ginger, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

# *Chocolate Covered Almond and Strawberry Smoothie*

Smoothie 3 – Serves 1

## **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1/4 cup frozen strawberries  
2 teaspoons sliced almonds  
1 tablespoons cacao nibs  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, place almond milk, strawberries, almonds, cacao nibs, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

# *Apple Cinnamon Smoothie*

Smoothie 4 – Serves 1

## **INGREDIENTS:**

1/2 cup unsweetened coconut milk  
1/2 cup apple, cored diced and frozen  
1 pinch cinnamon  
1/4 cup frozen kale  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, place coconut milk, apple, cinnamon, kale, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Almond Cherry Chai Smoothie*

Smoothie 5 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1/2 cup frozen cherries  
1 tablespoon almond butter  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, place almond milk, cherries, almond butter, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Berry Chocolate Chip Smoothie*

Smoothie 6 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened coconut milk  
1/4 cup frozen mixed berries  
1/4 cup frozen spinach  
1 tablespoon cacao nibs  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, place coconut milk, berries, spinach, cacao nibs, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Orange Coconut Dreamsicle Smoothie*

Smoothie 7 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened coconut milk  
1/2 orange, peeled seeded and frozen  
1 tablespoon unsweetened coconut flakes  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, place coconut milk, orange, coconut flakes, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Pineapple Chai Smoothie*

Smoothie 8 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1/4 cup frozen pineapple  
1/4 cup frozen kale  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, place almond milk, pineapple, kale, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Mint Chocolate Super Smoothie*

Smoothie 9 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened coconut milk  
1/2 banana sliced and frozen  
1/4 cup frozen kale  
2 tablespoons chopped mint leaves  
1 tablespoon cacao nibs  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, place coconut milk, banana, kale, spinach, mint leaves, cacao nibs, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Pear Ginger Chai Smoothie.*

Smoothie 10 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1 pear, peeled, cored, chopped and frozen  
1 tablespoon minced ginger  
1 date, pitted  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, place almond milk, pear, ginger, date, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.



## *Cinnamon Banana Chai Smoothie*

Smoothie 11 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1/4 cup spinach  
1 banana, chopped and frozen  
1 teaspoon cinnamon  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, add almond milk, spinach, banana, cinnamon, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Avocado Chocolate Covered Cherry Smoothie*

Smoothie 12 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1/4 cup frozen cherries  
1/4 cup chopped avocado  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, add almond milk, cherries, avocado, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Vanilla Berry Smoothie*

Smoothie 13 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened coconut milk  
1/2 cup frozen blackberries  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, add coconut milk, blackberries, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); Blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Pineapple Strawberry Power Smoothie*

Smoothie 14 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened coconut milk  
1/4 cup frozen pineapple  
1/4 cup frozen strawberries  
1/4 cup chopped kale  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, add coconut milk, pineapple, strawberries, kale, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Spiced Blueberry Almond Smoothie*

Smoothie 15 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1/2 cup frozen blueberries  
1 teaspoons cinnamon  
1 tablespoons almond butter  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, add almond milk, blueberries, cinnamon, almond butter, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Tropical Orange Banana Smoothie*

Smoothie 16 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened coconut milk  
1/2 orange, peeled, seeded and frozen  
1/2 banana, chopped and frozen  
2 tablespoons unsweetened coconut flakes  
1/4 cup spinach  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, add coconut milk, orange, banana, coconut flakes, spinach, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Green Berry Smoothie*

Smoothie 17 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened coconut milk  
1/2 cup frozen mixed berries  
1/2 cup chopped kale  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, add coconut milk, berries, kale, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Mango Chip Smoothie*

Smoothie 18 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1/2 cup frozen mango  
1 tablespoon cacao nibs  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, add almond milk, mango, cacao nibs, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Chocolate Covered Apple Smoothie*

Smoothie 19 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened coconut milk  
1 apple, peeled, chopped and frozen  
1/4 cup spinach  
1 tablespoon cacao nibs  
1 pitted date  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, add coconut milk, apple, spinach, cacao nibs, date, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.

## *Spiced Pear Tart Smoothie*

Smoothie 20 – Serves 1

### **INGREDIENTS:**

1/2 cup unsweetened almond milk  
1 pear, peeled, chopped and frozen  
1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1 tablespoon almond butter  
2 dates, pitted  
1 scoop Perfect Paleo Protein  
1 scoop FiberMender OR 2 tablespoons gelled chia seeds

**INSTRUCTIONS:** In a blender, add almond milk, pear, cinnamon, nutmeg, almond butter, dates, Perfect Paleo Protein and FiberMender (OR gelled chia seeds); blend until smooth and enjoy! It's ok to add a tad more milk or water, if a thinner smoothie is preferred.