

# Ingredients:

- 3/4 cup frozen tart cherries
- 1 T cocoa powder, unsweetened
- 12 oz high protein milk\*
- 1 tsp vanilla extract

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# Directions:

Blend all ingredients until smooth

\*Fairlife milk or Silk High Protein are good options.

## Nutrition Info:

Calories 210 kcal   Protein 22 g   Fat 1 g   Carbohydrates 30 g



## Ingredients:

1/2 cup Frozen Mixed Berries  
1/2 frozen banana  
2 T chia seeds  
1 scoop vanilla protein powder  
10 oz water

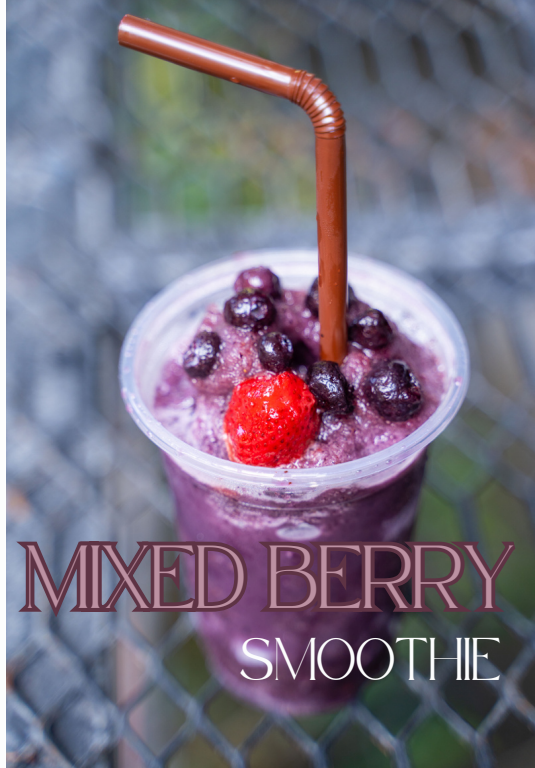
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## Directions:

Blend all ingredients until smooth.

### Nutrition Info:

Calories 287 kcal   Protein 28 g   Fat 7 g   Carbohydrates 30 g



MIXED BERRY  
SMOOTHIE

# Ingredients:

2 dates, pitted  
1 T natural peanut butter  
12 oz skim milk

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# Directions:

Blend all ingredients until smooth.

## Nutrition Info:

Calories 328 kcal   Protein 22 g   Fat 8 g   Carbohydrates 47 g



## Ingredients:

1 cup raw spinach  
1/2 cup frozen pineapple  
1/2 frozen banana  
1 T chia seeds  
1 scoop vanilla protein powder  
10 oz water

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## Directions:

Blend all ingredients until smooth.

### Nutrition Info:

Calories 251 kcal   Protein 28 g   Fat 5 g   Carbohydrates 30 g



GREEN  
SMOOTHIE

## Ingredients:

1/2 cup frozen mango  
1/4 cup frozen banana  
1/2 tsp turmeric  
1 scoop vanilla protein powder  
1 T fresh ginger  
10 oz skim milk  
1 T coconut

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## Directions:

Blend all ingredients until smooth.

### Nutrition Info:

Calories 317 kcal   Protein 35 g   Fat 5 g   Carbohydrates 36 g

