



Healthy Lifestyle Trainer Smoothies 101



Why protein smoothies?

There are numerous studies that support the use of protein in the diet for everything from disease prevention to fat loss. From a fat loss standpoint, here are a few things to consider:

- x Increased Protein intake triggers the hormone Glucagon. This, in turn, prevents the spiking of your Insulin levels, which simply means you minimize the chance of storing blood sugar as fat. In other words, eat more protein and you bust the belly flab. As long as you understand & follow the basics, you CAN KEEP the belly flab from coming back.
- x Our tissues, nerves, and bones are made up mostly of protein. Proteins help give structure to our cells and is used for growth, tissue repair, and to make essential hormones and enzymes. Essentially, it helps repair and build muscle.
- x Protein requires more calories to digest than carbohydrates or fat. This is called the "thermic effect of food." In other words, your body uses more calories to digest protein than other nutrients.

A study published in the American Journal of Physiology showed that a high protein group of participants (consuming 1 gram of protein per pound of bodyweight per day) had higher thermic effect, meaning they burned more fat—42% more fat to be exact. The lower protein group, (consuming the RDA recommendation of 0.8 grams per kilogram of bodyweight, which is approx 0.4 grams per pound of bodyweight per day) only increased their fat burning by 16%.

- x Protein provides satiety. That's a fancy way of saying you feel fuller for longer when you eat protein.

Using protein in exchange for some of the other things many people frequently eat, such as high sugar and high carbohydrate snacks or breakfast cereals, could result in a better looking and feeling body.

What kind of protein is best?



You want to choose a protein that is a "complete" protein, meaning it has the essential amino acids present in the correct ratios. Generally, this can only be found in an animal-based protein such as whey or egg white protein. However, the brand I recommend, [Garden Of Life Raw Organic Protein](#), is a complete protein, with all 8 essential amino acids. Why Garden of Life? My top two reasons are: 1) It tastes good. Protein powder can sometimes be gross. What good is it if you don't want to eat it?? 2) It's ORGANIC.

That's hard to come by with protein powder. They're frequently loaded up with chemicals you can't pronounce. This, on the other hand, has sprouts and probiotics. Super healthy!

How much protein should I eat?

If we haven't already looked at your body composition and I haven't sent you recommendations for your daily break down of macro-nutrients, [let's schedule that at your next session](#). We'll determine a good balance of protein, carbohydrates and fats for your daily consumption.

But, yeeeeaaarrrgghh!!! I want more protein than that!

Some people who have a goal of muscle building or even weight loss, believe that you should load up on protein. MORE SCOOPS! But your body can only process a certain amount of protein at a time, about 30g in a single sitting. So if you want to really feed your muscles, do it consistently throughout the day. Trying to overload in a single sitting, say by adding more protein powder, is wasting some of that protein.

What tools are needed to make a smoothie?

[A blender](#), measuring cups, and spoons...

As for blenders, [choose one that fits your needs](#). Size, price, durability. All of these things matter. I have found that spending a little more on a good blender is worth every penny. You don't have to break the bank, but if you bought it on the "As Seen on TV" aisle of Walgreens, don't count on it lasting very long!

Why should I incorporate smoothies into my diet?

Smoothies are convenient, healthy, and tasty.

- x I have always been a breakfast eater and I insist that my clients eat breakfast EVERY DAY. But, I know a lot of people think this option just isn't possible all the time. Research shows that eating breakfast helps you stay lean and healthy, but eating convenient "grab & go" foods like frozen waffles, donuts, etc., is a nutritionally incomplete breakfast. If you make a protein shake, the rest of the day you'll feel better mentally and physically and because you had proper nutrition at breakfast, you won't crave nasty snacks.
Smoothies take 30 seconds to 5 minutes at the most depending on how creative you are. How much more convenient than that can you get?
- x It allows you to have a yummy and delicious treat without flooding your body with added sugars and refined carbohydrates. [Healthy snacking](#) is an important part of healthy eating. Skip the potato chips or a second (or third) cup of coffee and power up with something healthy.

- x Got kids? Try to get them on a protein smoothie for breakfast. Studies show that they will be more productive, think clearer, and have a better attention span all day long if they have protein in their breakfast. Plus it will help instill healthy eating habits. I would cut the protein serving size in half for kids under 13.

Protein smoothie basics

The base for all smoothies is the protein powder or meal replacement powder, water, and ice. Because dietary fat is a necessary nutrient, and many vitamins (like A and D) are fat soluble, it's important to make sure you [have SOME healthy fats](#), even in your snacks. Because Garden of Life is vegan, it is also fat free, so adding a source of healthy fats is a good idea. Instead of water (especially since there is already ice), I suggest almond milk. But you can also substitute cow style milk, rice milk, coconut milk, etc.

After the basics of protein, almond milk and ice, you can add anything to it. Anything! Just keep in mind that the things you add to the smoothie continue to stack up calories. The tradeoff is that when you add wholesome fruits and vegetables, these boost the nutrient content drastically! Just be aware of the increase in sugars when adding fruits.

Upping the ante with chia seeds.



If you'd really like to make your smoothies a nutritional powerhouse, I highly recommend adding chia seeds. One little scoop of chia seeds adds 3g of protein, 6g of dietary fiber and 3g of Omega-3 fatty acids. All for only 77 calories. That's some densely packed nutrition! I personally eat and recommend [The Chia Co](#), an Australian company that grows and harvests their own seeds. Other companies simply purchase seeds from wholesalers. Always [know your sourcing!](#)

Here are some recipes to get you started.

With a little creativity, I bet you could create more options that suit your favorite flavors! If you want to create your own smoothies and are careful about [counting your macro-nutrients](#), here is the root nutrition for a smoothie. By looking up the nutrition facts for other ingredients on [Self.com](#), you can keep track easily.

ROOT NUTRITION: Listing using original flavor, unsweetened almond milk

		w/ Chia seeds
1 Cup of ice 1 Cup of almond milk 1 Scoop Garden of Life RAW Organic Protein Vanilla	Calories: 150 Fat: 3 g Carbs: 12 g Sugars: 8 g Protein: 18 g	Calories: 227 Fat: 8 g Carbs: 19 g Sugars: 8 g Protein: 21 g

Cool Mint Shake

		w/ Chia seeds
1 Cup of ice 1 Cup of almond milk 1 Scoop Garden of Life RAW Organic Protein Vanilla 1 tbsp fresh mint leaves	Calories: 152 Fat: 3 g Carbs: 13 g Sugars: 8 g Protein: 18 g	Calories: 229 Fat: 8 g Carbs: 20 g Sugars: 8 g Protein: 21 g

Mounds

		w/ Chia seeds
1 Cup of ice 1 Cup of coconut milk beverage 1 Scoop Garden of Life RAW Organic Protein Chocolate ½ Cup of Coconut Flakes (unsweetened)	Calories: 354 Fat: 16 g Carbs: 30 g Sugars: 23 g Protein: 18 g	Calories: 431 Fat: 21 g Carbs: 37 g Sugars: 23 g Protein: 21 g

Grande Protein Mocha

		w/ Chia seeds
1 Cup of ice 1 Cup of almond milk 1/2 Cup of coffee 1 Scoop Garden of Life RAW Organic Protein Chocolate	Calories: 151 Fat: 3 g Carbs: 12 g Sugars: 8 g Protein: 18 g	Calories: 228 Fat: 8 g Carbs: 19 g Sugars: 8 g Protein: 21 g

Chocolateeee Chocolate

		w/ Chia seeds
1 Cup of ice 1 Cup of almond milk 1 Scoops Garden of Life RAW Organic Protein Chocolate 1 Tbsp of Unsweetened Cocoa Powder	Calories: 162 Fat: 4 g Carbs: 15 g Sugars: 8 g Protein: 19 g	Calories: 239 Fat: 9 g Carbs: 22 g Sugars: 8 g Protein: 22 g

Strawberry Banana Smoothie

		w/ Chia seeds
1 Cup of ice 1 Cup of almond milk 1 Scoop Garden of Life RAW Organic Protein Vanilla 1 Cup of fresh Strawberries ½ Banana sliced	Calories: 252 Fat: 3 g Carbs: 37 g Sugars: 22 g Protein: 20 g	Calories: 227 Fat: 8 g Carbs: 44 g Sugars: 22 g Protein: 23 g

Orangesicle

		w/ Chia seeds
1 Cup of ice 1 Cup of almond milk 1 Scoop Garden of Life RAW Organic Protein Vanilla Juice from 1 fresh squeezed orange	Calories: 189 Fat: 3 g Carbs: 21 g Sugars: 15 g Protein: 19 g	Calories: 329 Fat: 8 g Carbs: 28 g Sugars: 15 g Protein: 22 g

Banana Chocolate Smoothie

		w/ Chia seeds
1 Cup of ice 1 Cup of almond milk 1 Scoops Garden of Life RAW Organic Protein Chocolate 1 Sliced Banana (fresh or frozen)	Calories: 255 Fat: 3 g Carbs: 39 g Sugars: 22 g Protein: 19 g	Calories: 332 Fat: 8 g Carbs: 46 g Sugars: 22 g Protein: 22 g

The Elvis

		w/ Chia seeds
1 Cup of ice 1 Cup of almond milk 1 Scoop Garden of Life RAW Organic Protein Chocolate ½ Sliced Banana (frozen or fresh) 2 Tbsp. Peanut Butter	Calories: 402 Fat: 18 g Carbs: 32 g Sugars: 17 g Protein: 27 g	Calories: 479 Fat: 23 g Carbs: 39 g Sugars: 17 g Protein: 30 g

Chocolate Covered Cherry

		w/ Chia seeds
1 Cup of ice 1 Cup of almond milk 2 Scoops Garden of Life RAW Organic Protein Chocolate ½ Cup of Unsweetened Frozen Cherries	Calories: 185 Fat: 4 g Carbs: 20 g Sugars: 15 g Protein: 18 g	Calories: 262 Fat: 9 g Carbs: 27 g Sugars: 15 g Protein: 21 g

Creamy Vanilla

		w/ Chia seeds
1 Cup of ice 1 Cup of almond milk 1 Scoop Garden of Life RAW Organic Protein Vanilla 1 tsp. Vanilla Extract ½ tsp. Cinnamon ½ tsp. Nutmeg	Calories: 167 Fat: 4 g Carbs: 15 g Sugars: 9 g Protein: 18 g	Calories: 244 Fat: 9 g Carbs: 22 g Sugars: 9 g Protein: 21 g

Strawberry Milkshake

		w/ Chia seeds
1 Cup of ice 1 Cup of almond milk (vanilla) 1 Scoop Garden of Life RAW Organic Protein Vanilla ½ cup Strawberries (frozen or fresh)	Calories: 185 Fat: 3 g Carbs: 21 g Sugars: 15 g Protein: 18 g	Calories: 262 Fat: 8 g Carbs: 28 g Sugars: 15 g Protein: 21 g

To make this creamier, I chose to specify vanilla almond milk. YUM!

Berry Berry Green Smoothie

		w/ Chia seeds
1 Cup of ice 1 Cup of almond milk 1 Scoop of Garden of Life RAW Organic Protein Vanilla 1 Cup of Frozen Mixed Berries 1 Handful of Spinach	Calories: 233 Fat: 4 g Carbs: 30 g Sugars: 18 g Protein: 20 g	Calories: 310 Fat: 9 g Carbs: 37 g Sugars: 18 g Protein: 23 g

Raspberry Mocha

		w/ Chia seeds
1 Cup of ice ½ Cup of almond milk 1 Scoop Garden of Life RAW Organic Protein Chocolate ¼ Cup Raspberries ½ cup of coffee	Calories: 167 Fat: 3 g Carbs: 16 g Sugars: 9 g Protein: 18 g	Calories: 244 Fat: 8 g Carbs: 23 g Sugars: 9 g Protein: 21 g

Whether your goal is to change body composition (in other words, to reduce your body fat percentage – we NEVER look at weight in isolation!), to increase muscle mass or just to really incorporate [healthy eating](#), I hope that somewhere in these recipes you find one or two that really catch you.

Getting into the habit of healthy eating can be a big change in a lot of people's lives and can sometimes be challenging. A quick, convenient and delicious option for both breakfast and snacking an help.

- *Mike Luque*

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