

SMOOTHIEOLOGY

101



**THE
PLUG-AND-PLAY
SMOOTHIE
FORMULA**

SMOOTHIEOLOGY 101

Back when I first discovered that smoothies could provide all of the macronutrients (and micronutrients) that I needed in a meal, I instantly became hooked. I could boost my brain function, build muscle and burn fat in less than a few minutes: All I had to do was throw everything into a blender, pulverize it and chug it down. And, clean up wasn't terrible either.

But after a while, I got tired of my same old smoothie recipe and I realized I needed a better way, so I came up with my own smoothie formula. I wanted to keep things simple and avoid having to always create new recipes. But I also wanted variety when I got bored. My smoothie formula provides the solution. It's one recipe, but it can yield a number of different smoothie flavors.

If you're anything like me, I have a hard time eating the amount of fruits and veggies that are recommended. It's difficult and time-consuming to prep and eat several cups of produce when you live an active life. Plus, chewing away on raw kale get can get boring pretty fast.

But you simply can't skimp on your fruits and veggies for that reason. When you consume a power packed smoothie or two every day, you feeding your body an abundance of vitamins, anti-oxidants, and phytochemicals all of which impact your health, wellness and performance in the gym in amazing ways.

To hit your fruit and veggie quota every day, it's time to break out the blender. When you take matters into your own hands and make your own smoothies, you avoid the added sugars and additives that can be found in store-bought smoothies.

Don't worry about coming up with your own recipes, though, I've got you covered. You'll need to experiment with different flavor combinations, of course, but the guesswork about proportions has been largely removed with this formula. You're about to go through Smoothieology 101 and when you're done reading this post you'll walk away with the skills to be a master smoothie maker. Here's your ultimate guide to smoothie construction:

Step 1: Liquid

Step 2: Veggies

Step 3: Fruit

Step 4: Protein

Step 5: Fat

Step 6: Super-food add-ins

Step 7: Energy boost



STEP ONE:

LIQUID

It’s important that you choose a liquid base that has no sugar or very low sugar. You’ll want to include 8-12oz of liquid. Here are some examples:

| | | |
|--------------------------|-------------------------|---------------------------|
| Water | Cooled herbal tea | Diluted tart cherry juice |
| Unsweetened coconut milk | Unsweetened almond milk | Unsweetened cashew milk |
| | Hemp milk | |



STEP TWO:

VEGGIES

If you have a high powered blender (I give you a review of some suggested blenders at the end of this post), then you can go ahead and throw in whole kale or Swiss Chard-stalks and all. But if you’re a smoothie newbie, you may want to start with a more subtle green veggie like spinach. Throw in 2-3 cups of veggies into your blender. Here are some examples:

| | | |
|---------------|----------|-------------|
| Spinach | Kale | Swiss chard |
| Green cabbage | Cucumber | Zuchinni |



STEP THREE:

FRUIT

To bump up the fiber and flavor, it’s time to throw in some of your favorite fruit. Leave the skin on all your fruit when it’s appropriate to do so (apples and pears). I always like to sharpen the flavor with some lemon zest. Lemon peel contains more vitamins and nutrients than the lemon juice itself. Add ½-1 cup of fruit to your blender:

| | | |
|---|---------|------------|
| Apple | Banana | Pear |
| Mango | Peaches | Cherries |
| Pineapple | Orange | Lemon Zest |
| Berries (strawberries, blueberries, raspberries) | | |



STEP FOUR:

PROTEIN

2 scoops of a high-quality protein powder are your weapon here. Typically, 30g of protein is what 2 scoops will equate to, depending on what brand you use. In a smoothie with fruits and veggies, vanilla flavored protein powder works well. But, always make it personal. You find that you love the taste of your smoothie with a chocolate or strawberry flavored protein, then use it. There is no hard and fast rule on what flavor of protein you use here. Here are a few examples:

| | | |
|---------------------------|--|---------------------|
| Pea protein powder | Grass Fed Whey isolate protein powder | Hemp protein powder |
| Brown rice protein powder | Plant based protein blends (Vega sport, Plant Fusion, Onnit Hemp Force) | |



STEP FIVE:

FAT

Adding some good dietary fat to your smoothie will help your body absorb nutrients and maintain healthy hormone levels. It also provides a rich, creamy consistency to your smoothie instead of a runny, ice clumped liquid. With nuts aim for ¼ of a cup. With nut butter or flaxseed meal aim for 1 TBS. Throw in ½ of a whole avocado. Here are some examples:

| | | |
|---------------------------|---------------|----------------------|
| Almonds | Cashews | Walnuts |
| Macadamia Nuts | Almond butter | Cashew butter |
| All natural peanut butter | Avocado | Ground flaxseed meal |



STEP SIX:

SUPER-FOOD ADD-INS

These are optional but can really add some nutritional depth to your smoothie. Play with different combos here to find which adds in you enjoy the most. You'll need to adjust accordingly to the amounts you use in your smoothie.

| | | |
|-----------------|--|-------------|
| Ginger | Cocoa nibs | Wheat grass |
| Ground cinnamon | Tumeric | Chia seeds |
| Goji berries | Coconut oil (if using, omit any additional fat in step 5) | |
| Maca powder | | |

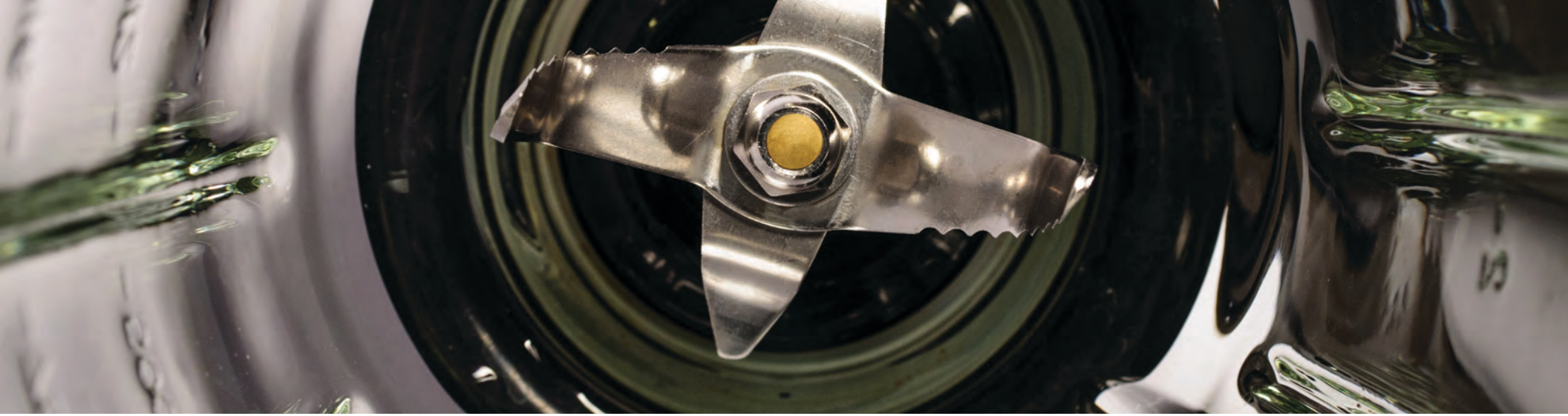


STEP SEVEN:

ENERGY BOOST

Coffee isn't a bad thing. But if it's abused, the acidity of coffee can outweigh its benefits. An alternative would be to include some milder caffeine sources in your smoothie. 50-100mg of caffeine added to your smoothie will do the job. Here are two examples:

| | | |
|-------------------|------------|--|
| Green tea extract | Yerba mate | |
|-------------------|------------|--|



Blender Reviews:

Blendtec Designer Series Wildside Blender

If you've got the budget, the Blendtec Designer Series Wildside Blender can grind, mix, and blend just about anything. Literally.

Blendtec has a video series called "Will it Blend?" In this series they successfully attempt to blend things up like iPads and laser pointers in their high powered blenders. They take these things and pulverize them into a fine powder. If the blender can do that to an iPad, I'm pretty sure it can handle any food item you put into it.

The only downside to this beast machine is that it will dip into your wallet and set you back about \$450 bucks.

Hamilton Beach MultiBlend Blender

If you're looking for something in a better price range without sacrificing the main purpose of a blender, then your best bet is the Hamilton Beach MultiBlend Blender. It's certainly not going to match the performance or horsepower of the Blendtec blender, but for an affordable all-purpose blender, this is the best deal. Your investment: \$40.

You've completed smoothieology 101.

You have more than enough options to get started. Remember, this is a formula. You have the flexibility to make your own recipes following it. Be creative and include the foods you enjoy. Soon, you'll be having one or maybe even two power-packed smoothies a day helping you fuel your workouts and meet your nutritional requirements. If you come up with a killer smoothie using the formula, send it over and share it with me. Talk soon!