

## Smoothie Guide 101

**PROTEIN** is an important building block for enzymes, blood, and tissues.

**FIBER** promotes gut microbiome proliferation and detoxification.

**FATS** help slow digestion, which maintains blood glucose and insulin levels to keep you on an even energy level.

**GREENS** or vegetables rich in colour provide cancer and inflammation fighting phytonutrients.

**FRUIT & Sweeteners** need to be the smallest amount in a meal smoothie. Fruit is rich in fiber and nutrients but they still contain sugar- fruit sugar is better than processed sugars but it's still a sugar.

**+ 6-8 oz of a clean liquid:** filtered water, coconut water, unsweetened nut milks, etc.

<b>Greens</b> 1-2 large handfuls minimum+	<b>Fresh or Frozen</b>  Spinach, Kale, Collards, Sprouts, Herbs, etc.
<b>Protein</b> 20g min.	<b>Preferably Plant Based: Pea,            Pumpkin, Collagen</b> *No Rice ( ¼ cup Hemp hearts= 10g protein)
<b>Extra Fiber</b> 10g min.	<b>Fresh or Frozen Vegetables like            cucumber, cauliflower, zucchini, etc.</b> <b>Rolled Oats- preferably Gluten Free</b>
<b>Fats</b> 1-3 Tbsp	<b>Avocado- fresh or oil, Coconut oil,            Chia/Flax Seeds, Nut/Seed Butters</b>



Helping to keep your engine nourished,

~Lara Rae, CNP