



Protein Smoothie Cards

8 blender recipes to power your day

Blend your way to better

A great smoothie is your fastest, most flexible tool for hitting your protein goal. These 8 favorites are member-tested, GLP-1 friendly, and easy to customize. Each delivers 28–38g of protein in about 3 minutes — no cooking required.

THE PERFECT SMOOTHIE FORMULA

1 cup	Liquid base	Almond milk, coconut water, cold brew, or dairy milk
1 scoop	Protein powder	Whey, plant, or collagen — 20–25g per scoop
½–1 cup	Frozen fruit	Berries, mango, banana, or pineapple
1 tbsp	Healthy fat	Nut butter, chia, flax, or avocado
1 handful	Bonus greens	Spinach or kale — you won't taste it
3–5 cubes	Ice	For thickness and that milkshake texture

BLENDER PRO TIPS

- **Liquid first** Prevents powder from clumping at the bottom.
- **Frozen > ice** Frozen fruit = thicker, colder, more nutrients.
- **Blend greens first** Blend spinach with liquid 30 sec before adding fruit.
- **Sip slowly** GLP-1 friendly — protects against nausea + reflux.

COACH'S TIP

Meal-prep hack: freeze pre-portioned smoothie bags. Dump + blend + go.





Smoothie Recipes

Cards 1 & 2

BERRY BLISS

Antioxidant-packed classic

PROTEIN

32g

CALORIES

285

TIME

3 MIN

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 scoop vanilla protein powder
- 1 cup mixed frozen berries
- ½ frozen banana
- 1 tbsp chia seeds
- 1 cup fresh spinach (optional)
- 3–4 ice cubes

BLEND IT

1. Add liquid to blender first, then protein powder.
2. Add all other ingredients on top.
3. Blend 45–60 seconds until smooth and creamy.

COACH'S TIP

Spinach adds zero flavor and huge nutrition. You won't taste it, promise.

CHOCOLATE PEANUT BUTTER

Tastes like a milkshake

PROTEIN

36g

CALORIES

365

TIME

3 MIN

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 scoop chocolate protein powder
- 1 frozen banana
- 1 tbsp natural peanut butter
- 1 tbsp cocoa powder
- 1 tsp vanilla extract
- 4–5 ice cubes

BLEND IT

1. Add almond milk and protein powder to blender.
2. Add banana, PB, cocoa, and vanilla.
3. Top with ice. Blend until thick and frothy.

COACH'S TIP

Cravings crusher — sweet, satisfying, 36g protein. Skip the actual candy bar.





Smoothie Recipes

Cards 3 & 4

GREEN GODDESS

Sneaky-healthy energy boost

PROTEIN

28g

CALORIES

265

TIME

3 MIN

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 scoop vanilla protein powder
- 1 cup fresh spinach
- ½ frozen banana
- ½ green apple, chopped
- 1 tbsp almond butter
- 1 tsp fresh ginger
- 4–5 ice cubes

BLEND IT

1. Blend spinach with almond milk first (30 sec).
2. Add protein powder, fruit, almond butter, ginger.
3. Add ice, blend until smooth. Pour and enjoy.

COACH'S TIP

Perfect post-workout — replaces electrolytes, muscles, and mood.

TROPICAL SUNRISE

Vacation in a glass

PROTEIN

30g

CALORIES

310

TIME

3 MIN

INGREDIENTS

- 1 cup coconut water
- 1 scoop vanilla protein powder
- ½ cup frozen mango
- ½ cup frozen pineapple
- ¼ cup non-fat Greek yogurt
- 1 tbsp shredded coconut
- 3–4 ice cubes

BLEND IT

1. Combine coconut water and protein powder in blender.
2. Add frozen fruit, yogurt, and coconut.
3. Blend 60 sec until thick and tropical.

COACH'S TIP

Coconut water + electrolytes = your GLP-1 friend on hot days.





Smoothie Recipes

Cards 5 & 6

COFFEE KICKSTART

Breakfast + caffeine in one

PROTEIN

34g

CALORIES

295

TIME

3 MIN

INGREDIENTS

- 1 cup cold brew coffee (or chilled)
- 1 scoop chocolate protein powder
- ½ frozen banana
- 1 tbsp almond butter
- 1 tsp cocoa powder
- Pinch of cinnamon
- 4–5 ice cubes

BLEND IT

1. Combine cold brew and protein powder in blender.
2. Add banana, almond butter, cocoa, cinnamon.
3. Blend until smooth. Best in a to-go cup.

COACH'S TIP

GLP-1 friendly: coffee + protein + fat = smooth energy without the crash.

VANILLA CINNAMON ROLL

Dessert for breakfast

PROTEIN

30g

CALORIES

285

TIME

3 MIN

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 scoop vanilla protein powder
- ½ cup old-fashioned oats
- ½ frozen banana
- 1 tsp cinnamon
- ½ tsp vanilla extract
- 1 pitted date (optional)
- 4–5 ice cubes

BLEND IT

1. Combine almond milk, oats, and protein powder.
2. Add banana, cinnamon, vanilla, and date.
3. Blend 60 sec until thick and creamy.

COACH'S TIP

Oats add slow-release carbs — perfect if you have a big workout planned.





Smoothie Recipes

Cards 7 & 8

STRAWBERRY CHEESECAKE

Cottage cheese secret weapon

PROTEIN

38g

CALORIES

295

TIME

3 MIN

INGREDIENTS

- $\frac{3}{4}$ cup unsweetened almond milk
- 1 scoop vanilla protein powder
- $\frac{1}{2}$ cup low-fat cottage cheese
- 1 cup frozen strawberries
- 1 tsp vanilla extract
- 1 graham cracker (optional)
- 4–5 ice cubes

BLEND IT

1. Blend cottage cheese and almond milk 30 sec until smooth.
2. Add protein powder, strawberries, and vanilla.
3. Blend until creamy. Crumble graham on top.

COACH'S TIP

Cottage cheese blends INVISIBLY and adds 12g extra protein. Life changing.

PIÑA COLADA RECOVERY

Post-workout tropical treat

PROTEIN

28g

CALORIES

320

TIME

3 MIN

INGREDIENTS

- 1 cup coconut milk (light)
- 1 scoop vanilla protein powder
- 1 cup frozen pineapple
- $\frac{1}{2}$ frozen banana
- 2 tbsp shredded coconut
- 1 tbsp chia seeds
- 3–4 ice cubes

BLEND IT

1. Combine coconut milk and protein powder in blender.
2. Add pineapple, banana, coconut, and chia.
3. Blend 60 sec. Garnish with extra coconut flakes.

COACH'S TIP

Anti-inflammatory bromelain from pineapple helps muscle recovery.

