



High Protein Smoothies Cookbook

: Balanced, Satisfying Smoothies Under 350
Calories to Support Energy, Control
Appetite, and a Healthy Lifestyle — Includes
a 30-Day Meal Plan for Everyday Vitality

Lila Freshwell

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This is not about perfection.

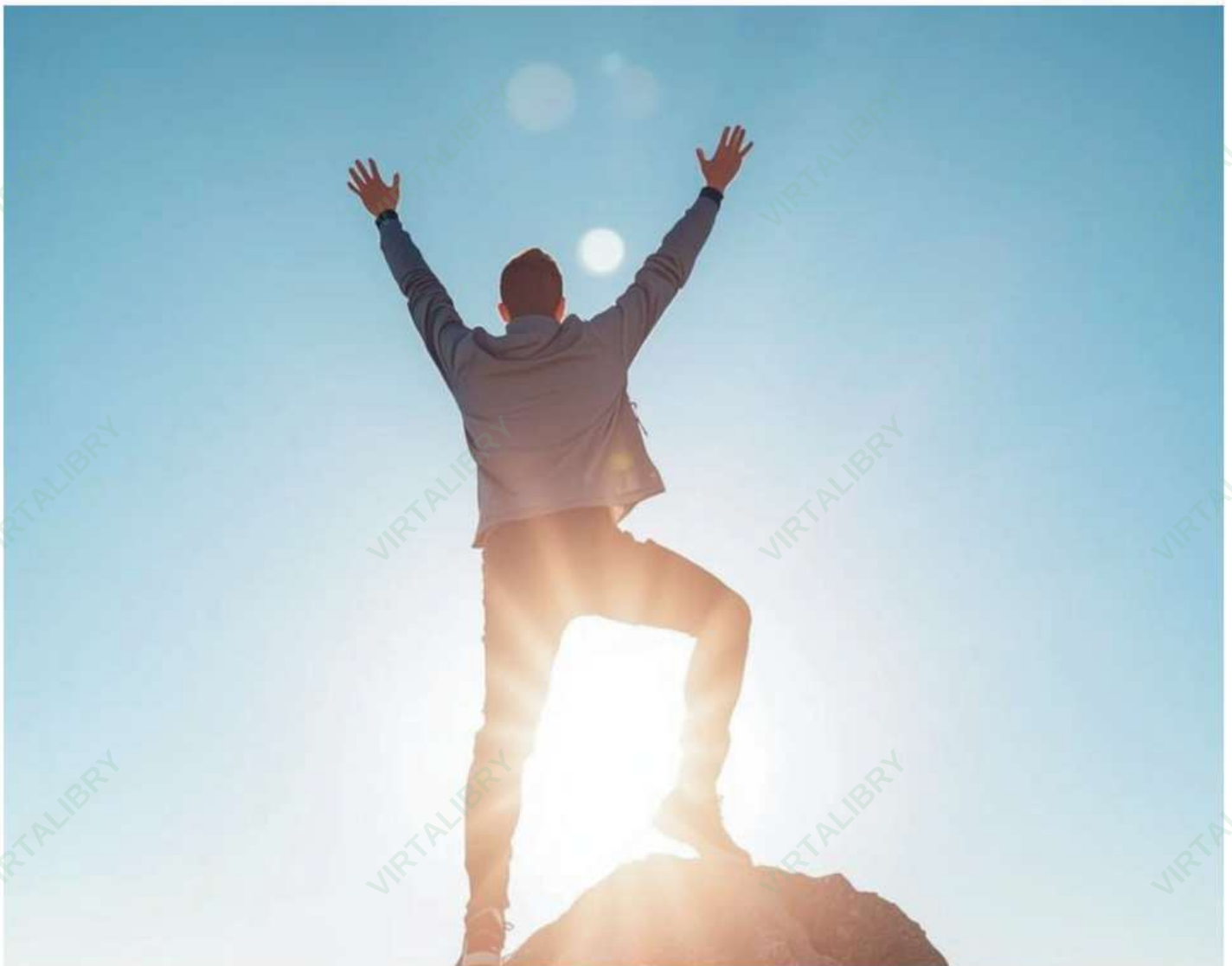
This is about nourishment.

*About choosing foods that support your energy,
your strength, and your well-being.*

Small choices matter.

Gentle habits last.

*And taking care of yourself
is always worth it.*



Welcome to Your High-Protein Journey



Who This Book Is For

This book is for anyone who wants to nourish their body, boost daily energy, and enjoy delicious high-protein smoothies without extra calories or complexity.

It's designed for:

- Busy people who want quick, healthy meals they can make in minutes.
- Fitness lovers who need protein-rich blends for muscle support and recovery.
- Individuals focused on weight management, seeking satisfying smoothies under 350 calories.
- Beginners on a health journey who want simple, reliable recipes without complicated ingredients.
- Anyone craving more vitality, balance, and mindful eating through easy, nutritious blends.

Whether you're starting your wellness journey, returning to healthy habits, or simply looking to energize your day with flavor-packed smoothies, this book is your guide to a stronger, more vibrant you.

Benefits of High-Protein Smoothies

High-protein smoothies help keep you full longer, stabilize energy levels, and reduce cravings throughout the day.

Protein supports muscle health, boosts metabolism, and helps maintain a healthy weight, while fruits and vegetables add essential vitamins and antioxidants.

It's a quick, delicious way to fuel your body with nourishment and stay energized without extra calories.

Why Smoothies for Energy and Satiety

Smoothies are one of the simplest and most effective ways to nourish your body while keeping your energy levels steady. When made with the right balance of protein, fiber, and whole-food ingredients, they help control hunger, support digestion, and prevent sudden spikes or drops in blood sugar.

Protein provides lasting fullness and fuels your muscles, while fruits and vegetables offer natural vitamins and antioxidants for clean, steady energy. Blending everything together makes nutrients easier for your body to absorb — without feeling heavy or tired afterward.

A well-crafted high-protein smoothie gives you a satisfying, nutritious meal in minutes and helps you stay energized, focused, and full throughout the day.



How High-Protein Smoothies Transform Your Day

Appetite Control

High-protein smoothies are a powerful tool for managing hunger throughout the day.

Protein digests slowly, helping you stay full longer and preventing the frequent snacking that often leads to overeating. It also keeps your blood sugar stable, which reduces sudden cravings and energy crashes.

When combined with fiber-rich fruits, greens, and seeds, these smoothies create a strong feeling of fullness without unnecessary calories.

This balance of protein and fiber helps you stay satisfied, focused, and in control of your appetite — making it easier to stick to healthier eating habits.

This steady, lasting satisfaction makes high-protein smoothies especially helpful for busy days when you need reliable nourishment without the temptation of fast food or sugary snacks. By keeping hunger balanced and under control, they support a healthier routine and make mindful eating feel natural and effortless.

Weight Management

High-protein smoothies support healthy weight management by keeping you satisfied longer and reducing the urge to snack between meals.

Protein boosts metabolism, helps maintain lean muscle, and works together with fiber to prevent overeating.

With controlled calories and balanced nutrients, these smoothies make it easier to stay on track without feeling deprived..

Benefits for Skin, Muscles, and Hormones

High-protein smoothies provide the nutrients your body needs to look and feel its best.

Protein supports muscle repair and strength, while vitamins and antioxidants from fruits and vegetables help improve skin tone, elasticity, and overall radiance.

Balanced, whole-food ingredients also contribute to healthier hormone function, supporting stable mood, energy, and overall well-being.

How to Choose Your Recipes

Choosing the right smoothie recipe depends on your goals, your taste, and the kind of energy you need that day. For a filling breakfast, pick blends with oats, nut butters, or Greek yogurt. For a light afternoon boost, choose refreshing fruit- or veggie-based options. After a workout, look for recipes with higher protein to support recovery.

You can also decide based on flavor — creamy, fruity, chocolatey, or refreshing. Listen to your body and select blends that make you feel satisfied and energized.

Don't be afraid to experiment. Most recipes are flexible, and you can easily swap ingredients to adjust sweetness, texture, or protein levels. This freedom helps you create smoothies that fit your lifestyle while keeping your routine enjoyable and simple.

How to Read the Nutritional Info

Understanding the nutritional information helps you choose the smoothies that best fit your goals.

Pay attention first to calories, which show the total energy in each recipe. Next, look at protein — higher numbers mean longer fullness and better support for muscles and metabolism. Carbs and fiber tell you how quickly the smoothie will digest and how long it will keep you satisfied. Fats help stabilize energy and improve nutrient absorption.

If you're tracking weight, focus on calories and protein.

If you want steady energy, look at the balance between carbs, protein, and fiber.

And if you're aiming for muscle recovery, choose recipes with higher protein levels.

Reading nutritional info helps you make mindful choices and understand exactly how each smoothie supports your daily needs.



How to Use the 30-Day Meal Plan

The 30-day plan gives you a simple routine: one morning smoothie, one midday blend, and one evening option. Follow it as written or adjust based on your hunger, energy levels, or preferences.

Use it as a flexible guide — swap recipes, repeat favorites, and choose higher-protein or lighter options when needed.

The goal is consistency and balanced daily nourishment, not strict rules.

How to Use This Book



CHAPTER 1

Smoothie Basics & Tools You Need

Which Blenders Are Suitable

For high-protein smoothies, choosing the right blender truly matters. A good motor and durable blades help blend tougher ingredients — frozen fruits, ice, nuts, and leafy greens — into a smooth, creamy texture without leftover chunks.

The best type of blender depends on your routine.

If you make quick single-serve smoothies, a small personal blender is fast, convenient, and easy to store.

If you prepare smoothies for your family or enjoy making larger batches, a countertop blender with more power and a bigger jar will work better.

It's also important to consider how easy the blender is to clean. Since smoothies often become a daily habit, a blender that you can rinse in seconds or easily take apart will make healthy eating much simpler — and help you stay consistent.



Texture Basics: Thick, Creamy, Icy, and Light

A thick smoothie uses less liquid and more frozen fruit.

A creamy one includes yogurt or banana.

An icy blend needs extra ice or frozen berries.

A light smoothie uses more water or juice for a refreshing feel.

Choosing the Right Blender for Smoothie Success

The quality of your smoothie often depends on how well your blender handles ingredients. A reliable blender helps achieve an even texture, fully breaking down fruits, seeds, and greens for a smooth, drinkable result.

Pay attention to blade design and blending settings. Multiple speed options or pulse modes allow better control over texture, whether you prefer thick, spoonable smoothies or lighter, drinkable blends. Consistent blending also helps flavors combine more evenly.

Size and convenience matter as well. Compact blenders are ideal for quick daily use, while larger models work better for batch preparation or family servings. A stable base and secure lid add comfort and safety during blending.

A blender that fits your lifestyle makes smoothie preparation faster, simpler, and more enjoyable — helping you stay consistent with healthy habits.



Flavor Basics

A sweet smoothie is made with ripe fruits, vanilla, or a touch of natural sweetener.

An refreshing blend usually includes citrus, mint, cucumber, or water-rich fruits for a cool, light taste.

A chocolatey smoothie uses cocoa powder, chocolate protein, or cacao nibs for a rich and satisfying flavor.

A spiced blend features warm notes like cinnamon, ginger, nutmeg, or chai spices, adding depth and comfort.

How to Combine Ingredients

Creating a great smoothie is all about balance. Start with a base — such as water, milk, or a plant-based alternative — to control consistency. Add frozen fruits or ice for thickness and natural sweetness. Include a reliable protein source like Greek yogurt, protein powder, or cottage cheese to keep you full longer. Then choose fiber-rich ingredients like oats, chia seeds, or leafy greens, which support digestion and add natural creaminess.

For flavor, mix ingredients that complement each other: berries with banana, chocolate with peanut butter, mango with pineapple, or greens with citrus. Use spices, cocoa, or extracts to deepen the taste without adding extra calories. If you prefer a smoother texture, blend greens with liquids first, then add fruits and protein. Smoothies are flexible, so don't be afraid to adjust. If it's too thick, add more liquid; if it's too thin, add frozen fruit, yogurt, or ice. With practice, you'll learn how to combine ingredients in a way that suits your taste, your goals, and your daily routine.



Perfect Smoothie Ratios:

Liquids / Fruits / Protein

A great smoothie comes down to simple proportions. Start with 1 cup of liquid for smooth blending, add 1 cup of fruit for natural sweetness and texture, and include 1–2 protein sources to keep you full and energized.

From here, you can adjust: add more liquid for a thinner blend, toss in ice or greens for extra volume, or include a spoon of healthy fats for creaminess and balance.



CHAPTER 2

High-Protein Ingredients Guide

Protein Powders

Protein powders are an easy way to boost the protein content of your smoothies without adding many calories. They blend smoothly, create a creamy texture, and help keep you full and satisfied.

Different types offer unique benefits:

- Whey and whey isolate absorb quickly and add natural creaminess.
- Plant-based proteins like pea, hemp, or buckwheat suit dairy-free diets and have a mild flavor that pairs well with fruits.
- Protein blends combine several sources for a balanced texture and a complete amino acid profile.

Choose powders with simple ingredients, low sugar, and flavors that fit your favorite smoothie combinations.

Whole-Food Protein Sources

Whole-food proteins add natural creaminess, nutrients, and fullness to your smoothies.

- Great options include Greek yogurt, cottage cheese, tofu, high-protein milk, and nut butters.



Superfoods for Smoothies

Superfoods are an easy way to enrich your smoothies with extra vitamins, minerals, antioxidants, and natural energy. Even a small amount can improve texture, flavor, and overall nutritional value.

Popular options include chia seeds and flaxseed for healthy fats and fiber, spirulina for plant-based micronutrients, cacao powder for antioxidants, maca for natural vitality, and berries for a clean, fruity boost. These additions help make your smoothies more balanced, satisfying, and supportive of your daily wellness goals.

Sweeteners: Healthy vs. Refined

Sweeteners play an important role in both the taste and nutritional quality of your smoothies.

Healthy sweeteners—such as honey, maple syrup, dates, or ripe fruits—add natural flavor, a touch of nutrients, and a smoother sweetness that blends well with most ingredients.

Refined sugars, however, offer sweetness without nutrition and can lead to quick energy spikes, making them less ideal for daily smoothies. Choosing natural sweeteners helps keep your

blends balanced, satisfying, and more supportive of long-term wellness.

Low-Calorie Boosters

Low-calorie boosters help increase volume, nutrients, and flavor without adding many calories.

Great options include spinach, kale, cucumber, zucchini, frozen berries, chia gel, and unsweetened almond milk. These ingredients make smoothies more filling, hydrating, and nutrient-dense while keeping them light and under 350 calories.





CHAPTER 3

How to Build a Perfect Smoothie Under 350 Calories

Smart formulas & hacks

A perfectly balanced smoothie follows a simple formula: liquid, protein, fiber, and flavor. When these elements work together, you get a drink that feels filling, tastes great, and stays under 350 calories.

Start with a light liquid base such as water, unsweetened almond milk, or coconut water, then add a clean protein source to support satiety and muscle health. To boost fullness without extra calories, include fiber-rich ingredients like chia seeds, flaxseed, oats, or leafy greens. Frozen fruits and ice help add thickness and volume without increasing calories. For flavor, rely on natural ingredients like spices, cocoa, citrus zest, or vanilla instead of sugary add-ins.

How to Make Smoothies Filling Without Extra Calories

Protein and fiber are key to keeping smoothies filling. Using low-calorie liquids, frozen fruit, ice, and leafy greens adds volume without increasing calories, helping smoothies stay light yet satisfying.



Ten rules of the perfect smoothie

- Start with a light liquid base.
- Always include a protein source.
- Keep fruit portions balanced.
- Add fiber for fullness.
- Use frozen fruit or ice for texture.
- Limit added sugars and syrups.
- Enhance flavor with spices or vanilla.
- Add greens for nutrients, not calories.
- Blend until smooth and creamy.
- Adjust ingredients to your taste and routine.

Common Mistakes That Add Extra Calories

Many smoothies become high in calories due to small but frequent mistakes. Using large portions of fruit, sweetened yogurts, syrups, or nut butters can quickly increase calorie content without adding real satiety.

Another common issue is relying on multiple high-calorie add-ins at once instead of balancing protein, fiber, and volume. Being mindful of portions and ingredient combinations helps keep smoothies light, filling, and aligned with your goals.





CHAPTER 4

Breakfast Energy Smoothies

How you start your morning sets the tone for the entire day.



Oat & Grain Protein Smoothies

Apple Cinnamon Oat Protein Smoothie

Ingredients

- ½ cup rolled oats
- 1 small apple, chopped
- ¾ cup unsweetened almond milk
- ½ cup low-fat Greek yogurt
- 1 scoop vanilla protein powder (no added sugar)
- ½ tsp ground cinnamon
- Ice cubes (optional)

Instructions

1. Add the rolled oats to the blender and blend briefly to create a finer texture.
2. Add the chopped apple, almond milk, Greek yogurt, protein powder, and cinnamon.
3. Blend until smooth and creamy.
4. Add ice if desired and blend again briefly before serving.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~320 kcal | Protein: ~24 g | Fat: ~6 g | Total Carbs: ~38 g | Fiber: ~8 g | Sugar: ~10 g
(natural sugars only)

Banana Quinoa Protein Smoothie

Ingredients

- ½ cup cooked quinoa (cooled)
- ½ medium banana
- ¾ cup unsweetened almond milk
- ½ cup low-fat Greek yogurt
- 1 scoop unflavored or vanilla protein powder (no added sugar)
- ¼ tsp cinnamon (optional)
- Ice cubes (optional)

Instructions

1. Add the cooked quinoa to the blender first.
2. Add banana, almond milk, Greek yogurt, and protein powder.
3. Blend until smooth and creamy.
4. Add ice if desired and blend briefly before serving.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~320 kcal | Protein: ~24 g | Fat: ~6 g | Total Carbs: ~38 g | Fiber: ~8 g | Sugar: ~10 g
(natural sugars only)

Oat & Grain Protein Smoothies

Mango Vanilla Oat Protein Smoothie

Ingredients

- ½ cup rolled oats
- ½ cup frozen mango chunks
- ¾ cup unsweetened almond milk
- ½ cup low-fat Greek yogurt
- 1 scoop vanilla protein powder (no added sugar)
- ¼ tsp vanilla extract
- Ice cubes (optional)

Instructions

1. Add the rolled oats to the blender and blend briefly until finely ground.
2. Add mango, almond milk, Greek yogurt, protein powder, and vanilla extract.
3. Blend until smooth and creamy.
4. Add ice if needed and blend again briefly before serving.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~325 kcal | Protein: ~25 g | Fat: ~6 g | Total Carbs: ~40 g | Fiber: ~7 g | Sugar: ~11 g
(natural sugars only)

Orange Cream Oat Protein Smoothie

Ingredients

- ½ cup rolled oats
- ½ cup fresh orange segments (peeled, no seeds)
- ¾ cup unsweetened almond milk
- ½ cup low-fat Greek yogurt
- 1 scoop vanilla protein powder (no added sugar)
- ¼ tsp vanilla extract
- Zest of ½ orange (optional, for aroma)
- Ice cubes (optional)

Instructions

1. Blend the oats briefly until finely ground.
2. Add all remaining ingredients and blend until smooth and creamy.
3. Add ice if desired and blend again briefly before serving.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~315 kcal | Protein: ~24 g | Fat: ~5 g | Total Carbs: ~39 g | Fiber: ~7 g | Sugar: ~10 g
(natural sugars only)

Oat & Grain Protein Smoothies

Strawberry Vanilla Oat Protein Smoothie

Ingredients

- ½ cup rolled oats
- ½ cup frozen strawberries
- ¾ cup unsweetened almond milk
- ½ cup low-fat Greek yogurt
- 1 scoop vanilla protein powder (no added sugar)
- ¼ tsp vanilla extract
- Ice cubes (optional)

Instructions

1. Blend the oats briefly until finely ground.
2. Add strawberries, almond milk, Greek yogurt, protein powder, and vanilla.
3. Blend until smooth and creamy.
4. Add ice if desired and blend again briefly before serving.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~315 kcal | Protein: ~25 g | Fat: ~5 g | Total Carbs: ~38 g | Fiber: ~7 g | Sugar: ~9 g
(natural sugars only)

Blueberry Chia Protein Smoothie

Ingredients

- ½ cup frozen blueberries
- 1 tbsp chia seeds
- ¾ cup unsweetened almond milk
- ½ cup low-fat Greek yogurt
- 1 scoop vanilla protein powder (no added sugar)
- ¼ tsp vanilla extract
- Ice cubes (optional)

Instructions

1. Add chia seeds and almond milk to the blender and let sit for 1 minute to thicken slightly.
2. Add blueberries, Greek yogurt, protein powder, and vanilla.
3. Blend until smooth and creamy.
4. Add ice if desired and blend briefly before serving.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~305 kcal | Protein: ~24 g | Fat: ~6 g | Total Carbs: ~32 g | Fiber: ~9 g | Sugar: ~8 g
(natural sugars only)

Oat & Grain Protein Smoothies

Kiwi Vanilla Chia Protein Smoothie

Ingredients

- 1 medium kiwi, peeled and sliced
- 1 tbsp chia seeds
- $\frac{3}{4}$ cup unsweetened almond milk
- $\frac{1}{2}$ cup low-fat Greek yogurt
- 1 scoop vanilla protein powder (no added sugar)
- $\frac{1}{4}$ tsp vanilla extract
- Ice cubes (optional)

Instructions

1. Add chia seeds and almond milk to the blender and let rest for 1 minute.
2. Add kiwi, Greek yogurt, protein powder, and vanilla extract.
3. Blend until smooth and creamy.
4. Add ice if desired and blend briefly before serving.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~300 kcal | Protein: ~24 g | Fat: ~5 g | Total Carbs: ~31 g | Fiber: ~9 g | Sugar: ~7 g
(natural sugars only)

Dragon Fruit Vanilla Chia Protein Smoothie

Ingredients

- $\frac{1}{2}$ cup frozen pink dragon fruit (pitaya)
- 1 tbsp chia seeds
- $\frac{3}{4}$ cup unsweetened almond milk
- $\frac{1}{2}$ cup low-fat Greek yogurt
- 1 scoop vanilla protein powder (no added sugar)
- $\frac{1}{4}$ tsp vanilla extract
- Ice cubes (optional)

Instructions

1. Add chia seeds and almond milk to the blender and let rest for 1 minute.
2. Add dragon fruit, Greek yogurt, protein powder, and vanilla extract.
3. Blend until smooth and creamy.
4. Add ice if desired and blend briefly before serving.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~305 kcal | Protein: ~24 g | Fat: ~5 g | Total Carbs: ~33 g | Fiber: ~8 g | Sugar: ~8 g
(natural sugars only)

Fruit & Berry Morning Boost Smoothies

Strawberry Raspberry Morning Boost Smoothie

Ingredients

- ½ cup frozen strawberries
- ½ cup frozen raspberries
- ¾ cup unsweetened almond milk
- ½ cup low-fat Greek yogurt
- 1 scoop vanilla protein powder (no added sugar)
- ¼ tsp vanilla extract
- Ice cubes (optional)

Instructions

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Add ice if desired and blend briefly before serving.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~295 kcal | Protein: ~23 g | Fat: ~4 g | Total Carbs: ~34 g | Fiber: ~8 g | Sugar: ~9 g
(natural sugars only)

Pineapple Lime Morning Boost Smoothie

Ingredients

- ½ cup frozen pineapple chunks
- Juice of ½ lime
- ¾ cup unsweetened almond milk
- ½ cup low-fat Greek yogurt
- 1 scoop vanilla protein powder (no added sugar)
- ¼ tsp vanilla extract (optional)
- Ice cubes (optional)

Instructions

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Add ice if desired and blend briefly before serving.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~285 kcal | Protein: ~23 g | Fat: ~4 g | Total Carbs: ~33 g | Fiber: ~6 g | Sugar: ~8 g
(natural sugars only)

Fruit & Berry Morning Boost Smoothies

Watermelon Mint Morning Boost Smoothie

Ingredients

- 1 cup seedless watermelon cubes (cold or frozen)
- $\frac{3}{4}$ cup unsweetened almond milk
- $\frac{1}{2}$ cup low-fat Greek yogurt
- 1 scoop vanilla protein powder (no added sugar)
- 5–6 fresh mint leaves
- Juice of $\frac{1}{2}$ lime (optional, for freshness)
- Ice cubes (optional)

Instructions

1. Add all ingredients to a blender.
2. Blend until smooth and refreshing.
3. Add ice if desired and blend briefly before serving.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~270 kcal | Protein: ~22 g | Fat: ~3 g | Total Carbs: ~30 g | Fiber: ~5 g | Sugar: ~8 g
(natural sugars only)

Grapefruit Vanilla Morning Boost Smoothie

Ingredients

- $\frac{1}{2}$ cup fresh pink grapefruit segments (peeled, no seeds)
- $\frac{3}{4}$ cup unsweetened almond milk
- $\frac{1}{2}$ cup low-fat Greek yogurt
- 1 scoop vanilla protein powder (no added sugar)
- $\frac{1}{4}$ tsp vanilla extract
- Ice cubes (optional)

Instructions

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Add ice if desired and blend briefly before serving.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~285 kcal | Protein: ~23 g | Fat: ~4 g | Total Carbs: ~32 g | Fiber: ~6 g | Sugar: ~8 g
(natural sugars only)

Fruit & Berry Morning Boost Smoothies

Pomegranate Berry Morning Boost Smoothie

Ingredients

- ½ cup pomegranate arils (fresh or frozen)
- ½ cup frozen strawberries
- ¾ cup unsweetened almond milk
- ½ cup low-fat Greek yogurt
- 1 scoop vanilla protein powder (no added sugar)
- Ice cubes (optional)

Instructions

1. Add all ingredients to a blender.
2. Blend until smooth and vibrant.
3. Add ice if desired and blend briefly before serving.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~290 kcal | Protein: ~23 g | Fat: ~4 g | Total Carbs: ~34 g | Fiber: ~6 g | Sugar: ~9 g
(natural sugars only)

Cherry Vanilla Morning Boost Smoothie

Ingredients

- ½ cup pitted cherries (fresh or frozen)
- ¾ cup unsweetened almond milk
- ½ cup low-fat Greek yogurt
- 1 scoop vanilla protein powder (no added sugar)
- ¼ tsp vanilla extract
- Ice cubes (optional)

Instructions

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Add ice if desired and blend briefly before serving.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~295 kcal | Protein: ~23 g | Fat: ~4 g | Total Carbs: ~34 g | Fiber: ~6 g | Sugar: ~9 g
(natural sugars only)

Fruit & Berry Morning Boost Smoothies

Plum Berry Morning Boost Smoothie

Ingredients

- 1 medium plum, pitted and chopped (or ½ cup frozen plum slices)
- ½ cup mixed berries (blueberries, raspberries, or strawberries)
- ¾ cup unsweetened almond milk
- ½ cup low-fat Greek yogurt
- 1 scoop vanilla protein powder (no added sugar)
- Ice cubes (optional)

Instructions

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Add ice if desired and blend briefly before serving.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~290 kcal | Protein: ~23 g | Fat: ~4 g | Total Carbs: ~33 g | Fiber: ~6 g | Sugar: ~9 g
(natural sugars only)

Apricot Vanilla Morning Boost Smoothie

Ingredients

- ½ cup frozen apricot halves (or fresh, pitted)
- ¾ cup unsweetened almond milk
- ½ cup low-fat Greek yogurt
- 1 scoop vanilla protein powder (no added sugar)
- ¼ tsp vanilla extract
- Ice cubes (optional)

Instructions

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Add ice if desired and blend briefly before serving.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~285 kcal | Protein: ~23 g | Fat: ~4 g | Total Carbs: ~32 g | Fiber: ~6 g | Sugar: ~8 g
(natural sugars only)



CHAPTER 5

Weight-Loss High-Protein Smoothies

Supporting your weight doesn't require restriction — it starts with balance and nourishment.



Light & Filling Protein Smoothies

Citrus Vanilla Protein Smoothie

Ingredients

- 1 cup unsweetened almond milk
- ½ cup fresh orange segments (seedless)
- ¼ cup low-fat Greek yogurt
- 1 scoop vanilla protein powder (low sugar)
- ¼ tsp vanilla extract
- Ice cubes, as needed

Instructions

1. Pour almond milk into the blender.
2. Add orange segments, Greek yogurt, protein powder, and vanilla.
3. Blend until smooth and light in texture.
4. Add ice and blend again if a colder consistency is desired.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~290 kcal | Protein: ~24 g | Fat: ~5 g | Total Carbs: ~28 g | Fiber: ~5 g | Sugar: ~8 g
(natural sugars only)

Kiwi Green Protein Smoothie

Ingredients

- 1 cup unsweetened almond milk
- 1 kiwi, peeled and sliced
- ½ cup fresh spinach
- ¼ cup low-fat Greek yogurt
- 1 scoop vanilla or unflavored protein powder (low sugar)
- Ice cubes, as needed

Instructions

1. Add almond milk to the blender.
2. Add kiwi, spinach, Greek yogurt, and protein powder.
3. Blend until smooth and light.
4. Add ice and blend briefly for a chilled texture.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~280 kcal | Protein: ~23 g | Fat: ~4 g | Total Carbs: ~30 g | Fiber: ~6 g | Sugar: ~9 g
(natural sugars only)

Light & Filling Protein Smoothies

Papaya Lime Protein Smoothie

Ingredients

- 1 cup unsweetened almond milk
- $\frac{3}{4}$ cup ripe papaya, cubed (chilled or frozen)
- $\frac{1}{4}$ cup low-fat Greek yogurt
- 1 scoop vanilla or unflavored protein powder (low sugar)
- 1 tsp fresh lime juice
- Ice cubes, if needed

Instructions

1. Add almond milk to the blender.
2. Add papaya, Greek yogurt, protein powder, and lime juice.
3. Blend until smooth and light.
4. Add ice and blend briefly for a cooler, refreshing texture.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~285 kcal | Protein: ~23 g | Fat: ~4 g | Total Carbs: ~30 g | Fiber: ~4 g | Sugar: ~9 g (natural sugars only)

Grape Vanilla Protein Smoothie

Ingredients

- 1 cup unsweetened almond milk
- $\frac{3}{4}$ cup seedless red or green grapes (preferably frozen)
- $\frac{1}{4}$ cup low-fat Greek yogurt
- 1 scoop vanilla protein powder (low sugar)
- $\frac{1}{4}$ tsp vanilla extract
- Ice cubes, if needed

Instructions

1. Add almond milk to the blender.
2. Add grapes, Greek yogurt, protein powder, and vanilla.
3. Blend until smooth and refreshing.
4. Add ice if a colder or thicker texture is desired.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~285 kcal | Protein: ~22 g | Fat: ~4 g | Total Carbs: ~31 g | Fiber: ~4 g | Sugar: ~10 g (natural sugars only)

Light & Filling Protein Smoothies

Honeydew Melon Protein Smoothie

Ingredients

- 1 cup unsweetened almond milk
- 1 cup honeydew melon, cubed (chilled or frozen)
- ¼ cup low-fat Greek yogurt
- 1 scoop vanilla or unflavored protein powder (low sugar)
- A few ice cubes, if needed

Instructions

1. Add almond milk to the blender.
2. Add honeydew melon, Greek yogurt, and protein powder.
3. Blend until smooth and light.
4. Add ice and blend briefly for a cooler texture if desired.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~275 kcal | Protein: ~23 g | Fat: ~4 g | Total Carbs: ~29 g | Fiber: ~3 g | Sugar: ~9 g (natural sugars only)

Fig Vanilla Protein Smoothie

Ingredients

- 1 cup unsweetened almond milk
- 2 fresh figs, stems removed (or ½ cup frozen figs)
- ¼ cup low-fat Greek yogurt
- 1 scoop vanilla protein powder (low sugar)
- ¼ tsp vanilla extract
- Ice cubes, as needed

Instructions

1. Add almond milk to the blender.
2. Add figs, Greek yogurt, protein powder, and vanilla.
3. Blend until smooth and creamy-light.
4. Add ice and blend briefly if a cooler texture is desired.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~295 kcal | Protein: ~22 g | Fat: ~5 g | Total Carbs: ~33 g | Fiber: ~5 g | Sugar: ~10 g (natural sugars only)

Light & Filling Protein Smoothies

Pomelo Citrus Protein Smoothie

Ingredients

- 1 cup unsweetened almond milk
- $\frac{3}{4}$ cup pomelo segments, peeled and deseeded
- $\frac{1}{4}$ cup low-fat Greek yogurt
- 1 scoop vanilla or unflavored protein powder (low sugar)
- A few ice cubes, if needed

Instructions

1. Pour almond milk into the blender.
2. Add pomelo segments, Greek yogurt, and protein powder.
3. Blend until smooth and refreshing.
4. Add ice and blend briefly for a colder texture, if desired.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~270 kcal | Protein: ~23 g | Fat: ~4 g | Total Carbs: ~27 g | Fiber: ~4 g | Sugar: ~7 g
(natural sugars only)

Persimmon Vanilla Protein Smoothie

Ingredients

- 1 cup unsweetened almond milk
- $\frac{1}{2}$ cup ripe persimmon, peeled and chopped
- $\frac{1}{4}$ cup low-fat Greek yogurt
- 1 scoop vanilla protein powder (low sugar)
- $\frac{1}{4}$ tsp vanilla extract
- Ice cubes, as needed

Instructions

1. Add almond milk to the blender.
2. Add persimmon, Greek yogurt, protein powder, and vanilla.
3. Blend until smooth and lightly creamy.
4. Add ice and blend briefly if a colder texture is preferred.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~300 kcal | Protein: ~23 g | Fat: ~5 g | Total Carbs: ~32 g | Fiber: ~4 g | Sugar: ~10 g
(natural sugars only)

Fiber-Rich Smoothies for Weight Support

Blueberry Chia Protein Smoothie

Ingredients

- 1 cup unsweetened almond milk
- ½ cup frozen blueberries
- ¼ cup low-fat Greek yogurt
- 1 scoop vanilla protein powder (low sugar)
- 1 tbsp chia seeds
- Ice cubes, as needed

Instructions

1. Add almond milk to the blender.
2. Add blueberries, Greek yogurt, protein powder, and chia seeds.
3. Blend until thick and smooth.
4. Add ice and blend briefly if a colder texture is preferred.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~310 kcal | Protein: ~23 g | Fat: ~6 g | Total Carbs: ~34 g | Fiber: ~10 g | Sugar: ~9 g
(natural sugars only)

Lychee Flax Protein Smoothie

Ingredients

- 1 cup unsweetened almond milk
- ½ cup fresh or canned lychee (in juice, drained well)
- ¼ cup low-fat Greek yogurt
- 1 scoop vanilla protein powder (low sugar)
- 1 tbsp ground flaxseed
- Ice cubes, as needed

Instructions

1. Add almond milk to the blender.
2. Add lychee, Greek yogurt, protein powder, and ground flaxseed.
3. Blend until smooth and creamy.
4. Add ice and blend briefly if a cooler texture is desired.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~305 kcal | Protein: ~23 g | Fat: ~6 g | Total Carbs: ~33 g | Fiber: ~9 g | Sugar: ~9 g
(natural sugars only)

Fiber-Rich Smoothies for Weight Support

Cucumber Spinach Protein Smoothie

Ingredients

- 1 cup unsweetened almond milk
- ½ cup cucumber, chopped (peeled if preferred)
- 1 cup fresh spinach
- ¼ cup low-fat Greek yogurt
- 1 scoop unflavored or vanilla protein powder (low sugar)
- 1 tsp lemon juice
- Ice cubes, as needed

Instructions

1. Add almond milk to the blender.
2. Add cucumber, spinach, Greek yogurt, protein powder, and lemon juice.
3. Blend until smooth and refreshing.
4. Add ice and blend briefly for a colder texture if desired.

Calories: ~265 kcal | Protein: ~22 g | Fat: ~4 g | Total Carbs: ~24 g | Fiber: ~7 g | Sugar: ~6 g (natural sugars only)

Prep: 5 min | Cook: 5 min | Serves: 1



Carrot Ginger Protein Smoothie

Ingredients

- 1 cup unsweetened almond milk
- ½ cup finely grated carrot (or lightly steamed & cooled)
- ¼ cup low-fat Greek yogurt
- 1 scoop vanilla or unflavored protein powder (low sugar)
- ½ tsp fresh ginger, grated (or a pinch of ground ginger)
- ¼ tsp cinnamon (optional)
- Ice cubes, as needed

Instructions

1. Add almond milk to the blender.
2. Add carrot, Greek yogurt, protein powder, and ginger.
3. Blend until smooth and creamy.
4. Add ice and blend briefly for a cooler texture if desired.

Calories: ~300 kcal | Protein: ~23 g | Fat: ~5 g | Total Carbs: ~34 g | Fiber: ~9 g | Sugar: ~9 g (natural sugars only)

Prep: 5 min | Cook: 5 min | Serves: 1



Fiber-Rich Smoothies for Weight Support

Beet Berry Protein Smoothie

Ingredients

- 1 cup unsweetened almond milk
- ½ cup cooked beetroot, cooled and diced
- ½ cup mixed berries (blueberries & raspberries work best)
- ¼ cup low-fat Greek yogurt
- 1 scoop vanilla or unflavored protein powder (low sugar)
- Ice cubes, as needed

Instructions

1. Add almond milk to the blender.
2. Add beetroot, berries, Greek yogurt, and protein powder.
3. Blend until smooth and vibrant in color.
4. Add ice and blend briefly for a thicker, cooler texture.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~305 kcal | Protein: ~23 g | Fat: ~5 g | Total Carbs: ~35 g | Fiber: ~10 g | Sugar: ~9 g
(natural sugars only)

Avocado Spinach Protein Smoothie

Ingredients

- 1 cup unsweetened almond milk
- ¼ ripe avocado
- 1 cup fresh spinach
- ¼ cup low-fat Greek yogurt
- 1 scoop unflavored or vanilla protein powder (low sugar)
- 1 tsp lemon juice
- Ice cubes, as needed

Instructions

1. Add almond milk to the blender.
2. Add avocado, spinach, Greek yogurt, protein powder, and lemon juice.
3. Blend until smooth and creamy.
4. Add ice and blend briefly for a cooler texture if desired.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~320 kcal | Protein: ~22 g | Fat: ~10 g | Total Carbs: ~28 g | Fiber: ~10 g | Sugar: ~6 g
(natural sugars only)

Fiber-Rich Smoothies for Weight Support

Passion Fruit Fiber Protein Smoothie

Ingredients

- 1 cup unsweetened almond milk
- 2 ripe passion fruits (pulp with seeds)
- ¼ cup low-fat Greek yogurt
- 1 scoop vanilla or unflavored protein powder (low sugar)
- 1 tbsp ground flaxseed or chia seeds
- Ice cubes, as needed

Instructions

1. Pour almond milk into the blender.
2. Add passion fruit pulp, Greek yogurt, protein powder, and flaxseed or chia.
3. Blend until smooth and slightly textured from the seeds.
4. Add ice and blend briefly for a cooler, refreshing finish.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~300 kcal | Protein: ~23 g | Fat: ~5 g | Total Carbs: ~32 g | Fiber: ~9 g | Sugar: ~8 g
(natural sugars only)

Pear Flax Protein Smoothie

Ingredients

- 1 cup unsweetened almond milk
- 1 small ripe pear, peeled and chopped
- ¼ cup low-fat Greek yogurt
- 1 scoop vanilla or unflavored protein powder (low sugar)
- 1 tbsp ground flaxseed
- ¼ tsp cinnamon (optional)
- Ice cubes, as needed

Instructions

1. Add almond milk to the blender.
2. Add pear, Greek yogurt, protein powder, flaxseed, and cinnamon.
3. Blend until smooth and creamy.
4. Add ice and blend briefly for a cooler texture if desired.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~305 kcal | Protein: ~23 g | Fat: ~6 g | Total Carbs: ~34 g | Fiber: ~9 g | Sugar: ~9 g
(natural sugars only)



CHAPTER 6

Muscle-Support & Post-Workout Smoothies

Support your body after movement — gently and naturally.



Strength-Building Protein Smoothies

Banana Peanut Strength Protein Smoothie

Ingredients

- 1 cup unsweetened almond milk
- ½ ripe banana
- 1 tbsp natural peanut butter (no added sugar)
- ¼ cup low-fat Greek yogurt
- 1 scoop vanilla or unflavored protein powder (low sugar)
- ¼ tsp cinnamon (optional)
- Ice cubes, as needed

Instructions

1. Pour almond milk into the blender.
2. Add banana, peanut butter, Greek yogurt, protein powder, and cinnamon.
3. Blend until smooth and creamy.
4. Add ice and blend briefly for a thicker texture if desired.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~330 kcal | Protein: ~27 g | Fat: ~9 g | Total Carbs: ~32 g | Fiber: ~5 g | Sugar: ~9 g
(natural sugars only)

Chocolate Oat Strength Protein Smoothie

Ingredients

- 1 cup unsweetened almond milk
- ¼ cup rolled oats
- 1 tbsp unsweetened cocoa powder
- ¼ cup low-fat Greek yogurt
- 1 scoop chocolate or unflavored protein powder (low sugar)
- ¼ tsp vanilla extract
- Ice cubes, as needed

Instructions

1. Add almond milk to the blender.
2. Add oats, cocoa powder, Greek yogurt, protein powder, and vanilla.
3. Blend until smooth and thick.
4. Add ice and blend briefly for a colder, milkshake-like texture.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~340 kcal | Protein: ~28 g | Fat: ~7 g | Total Carbs: ~36 g | Fiber: ~6 g | Sugar: ~8 g
(natural sugars only)

Strength-Building Protein Smoothies

Berry Almond Strength Protein Smoothie

Ingredients

- 1 cup unsweetened almond milk
- $\frac{3}{4}$ cup mixed berries (strawberries & blueberries)
- 1 tbsp almond butter (no added sugar)
- $\frac{1}{4}$ cup low-fat Greek yogurt
- 1 scoop vanilla or unflavored protein powder (low sugar)
- Ice cubes, as needed

Instructions

1. Pour almond milk into the blender.
2. Add berries, almond butter, Greek yogurt, and protein powder.
3. Blend until smooth and creamy.
4. Add ice and blend briefly for a thicker texture if desired.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~335 kcal | Protein: ~26 g | Fat: ~9 g | Total Carbs: ~34 g | Fiber: ~7 g | Sugar: ~8 g
(natural sugars only)

Coconut Vanilla Strength Protein Smoothie

Ingredients

- 1 cup unsweetened light coconut milk
- $\frac{1}{4}$ cup low-fat Greek yogurt
- 1 scoop vanilla protein powder (low sugar)
- 1 tbsp shredded unsweetened coconut
- $\frac{1}{2}$ tsp vanilla extract
- Ice cubes, as needed

Instructions

1. Pour coconut milk into the blender.
2. Add Greek yogurt, protein powder, shredded coconut, and vanilla.
3. Blend until smooth and creamy.
4. Add ice and blend briefly for a thicker, chilled texture if desired.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~345 kcal | Protein: ~27 g | Fat: ~10 g | Total Carbs: ~30 g | Fiber: ~4 g | Sugar: ~7 g
(natural sugars only)

Strength-Building Protein Smoothies

Honey Oat Strength Protein Smoothie

Ingredients

- 1 cup unsweetened almond milk
- ¼ cup rolled oats
- 1 tsp raw honey
- ¼ cup low-fat Greek yogurt
- 1 scoop vanilla protein powder
- Ice, as needed

Instructions

1. Add almond milk to the blender.
2. Add oats, honey, yogurt, and protein powder.
3. Blend until smooth and thick.
4. Add ice and blend briefly.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~350 kcal | Protein: ~27 g | Fat: ~7 g | Total Carbs: ~38 g | Fiber: ~6 g | Sugar: ~9 g
(natural sugars only)

Vanilla Date Muscle Protein Smoothie

Ingredients

- 1 cup unsweetened almond milk
- 2 small Medjool dates, pitted
- ¼ cup low-fat Greek yogurt
- 1 scoop vanilla protein powder
- ¼ tsp cinnamon
- Ice, as needed

Instructions

1. Add almond milk to the blender.
2. Add dates, yogurt, protein powder, and cinnamon.
3. Blend until smooth.
4. Add ice and blend briefly.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~340 kcal | Protein: ~26 g | Fat: ~6 g | Total Carbs: ~36 g | Fiber: ~5 g | Sugar: ~9 g
(natural sugars only)

Strength-Building Protein Smoothies

Coffee Banana Strength Protein Smoothie

Ingredients

- $\frac{3}{4}$ cup unsweetened almond milk
- $\frac{1}{4}$ cup chilled brewed coffee
- $\frac{1}{2}$ banana
- $\frac{1}{4}$ cup low-fat Greek yogurt
- 1 scoop protein powder
- Ice, as needed

Instructions

1. Add almond milk and coffee to the blender.
2. Add banana, yogurt, and protein powder.
3. Blend until smooth and creamy.
4. Add ice and blend briefly.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~345 kcal | Protein: ~28 g | Fat: ~7 g | Total Carbs: ~35 g | Fiber: ~4 g | Sugar: ~9 g
(natural sugars only)

Tahini Vanilla Strength Protein Smoothie

Ingredients

- 1 cup unsweetened almond milk
- 1 tbsp tahini
- $\frac{1}{4}$ cup low-fat Greek yogurt
- 1 scoop vanilla protein powder
- $\frac{1}{2}$ tsp vanilla extract
- Ice, as needed

Instructions

1. Add almond milk to the blender.
2. Add tahini, yogurt, protein powder, and vanilla.
3. Blend until smooth and creamy.
4. Add ice and blend briefly.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~355 kcal | Protein: ~26 g | Fat: ~11 g | Total Carbs: ~30 g | Fiber: ~5 g | Sugar: ~6 g
(natural sugars only)

Recovery Protein Smoothies

Cherry Vanilla Recovery Protein Smoothie

Ingredients

- 1 cup unsweetened almond milk
- $\frac{3}{4}$ cup frozen cherries (pitted)
- $\frac{1}{4}$ cup low-fat Greek yogurt
- 1 scoop vanilla or unflavored protein powder (low sugar)
- $\frac{1}{2}$ tsp vanilla extract
- Ice cubes, as needed

Instructions

1. Pour almond milk into the blender.
2. Add cherries, Greek yogurt, protein powder, and vanilla.
3. Blend until smooth and creamy.
4. Add ice and blend briefly for a cooler texture if desired.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~300 kcal | Protein: ~25 g | Fat: ~5 g | Total Carbs: ~32 g | Fiber: ~4 g | Sugar: ~8 g
(natural sugars only)

Mango Turmeric Recovery Protein Smoothie

Ingredients

- 1 cup unsweetened almond milk
- $\frac{3}{4}$ cup ripe mango (fresh or frozen)
- $\frac{1}{4}$ cup low-fat Greek yogurt
- 1 scoop vanilla or unflavored protein powder (low sugar)
- $\frac{1}{4}$ tsp ground turmeric
- Pinch of black pepper (optional, enhances turmeric absorption)
- Ice cubes, as needed

Instructions

1. Add almond milk to the blender.
2. Add mango, Greek yogurt, protein powder, turmeric, and black pepper.
3. Blend until smooth and creamy.
4. Add ice and blend briefly for a cooler, refreshing finish.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~305 kcal | Protein: ~25 g | Fat: ~5 g | Total Carbs: ~34 g | Fiber: ~4 g | Sugar: ~9 g
(natural sugars only)

Recovery Protein Smoothies

Strawberry Kefir Recovery Protein Smoothie

Ingredients

- $\frac{3}{4}$ cup low-fat plain kefir
- $\frac{1}{2}$ cup unsweetened almond milk
- $\frac{3}{4}$ cup fresh or frozen strawberries
- 1 scoop vanilla or unflavored protein powder (low sugar)
- $\frac{1}{4}$ tsp vanilla extract
- Ice cubes, as needed

Instructions

1. Pour kefir and almond milk into the blender.
2. Add strawberries, protein powder, and vanilla extract.
3. Blend until smooth and creamy.
4. Add ice and blend briefly for a cooler, refreshing texture.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~295 kcal | Protein: ~24 g | Fat: ~4 g | Total Carbs: ~33 g | Fiber: ~4 g | Sugar: ~8 g
(natural sugars only)

Honey Chamomile Recovery Protein Smoothie

Ingredients

- $\frac{3}{4}$ cup cooled chamomile tea (strongly brewed)
- $\frac{1}{2}$ cup unsweetened almond milk
- $\frac{1}{4}$ cup low-fat Greek yogurt
- 1 scoop vanilla or unflavored protein powder (low sugar)
- 1 tsp raw honey
- $\frac{1}{4}$ tsp vanilla extract
- Ice cubes, as needed

Instructions

1. Brew chamomile tea, allow it to cool completely.
2. Add chamomile tea and almond milk to the blender.
3. Add Greek yogurt, protein powder, honey, and vanilla.
4. Blend until smooth and gently creamy.
5. Add ice and blend briefly if a cooler texture is desired.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~290 kcal | Protein: ~24 g | Fat: ~4 g | Total Carbs: ~30 g | Fiber: ~3 g | Sugar: ~7 g
(natural sugars only)

Recovery Protein Smoothies

Banana Cinnamon Recovery Protein Smoothie

Ingredients

- 1 cup unsweetened almond milk
- ½ ripe banana
- ¼ cup low-fat Greek yogurt
- 1 scoop vanilla protein powder
- ¼ tsp cinnamon
- Ice, as needed

Instructions

1. Add all ingredients to the blender.
2. Blend until smooth and creamy.
3. Add ice and blend briefly if desired.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~300 kcal | Protein: ~25 g | Fat: ~4 g | Total Carbs: ~34 g | Fiber: ~4 g | Sugar: ~9 g
(natural sugars only)

Blueberry Oat Recovery Protein Smoothie

Ingredients

- 1 cup unsweetened almond milk
- ½ cup blueberries
- 2 tbsp rolled oats
- ¼ cup low-fat Greek yogurt
- 1 scoop protein powder

Instructions

1. Blend all ingredients until smooth.
2. Add ice if a colder texture is preferred.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~310 kcal | Protein: ~25 g | Fat: ~5 g | Total Carbs: ~36 g | Fiber: ~5 g | Sugar: ~8 g
(natural sugars only)

Recovery Protein Smoothies

Pear Vanilla Recovery Protein Smoothie

Ingredients

- 1 cup unsweetened almond milk
- 1 small ripe pear, chopped
- ¼ cup low-fat Greek yogurt
- 1 scoop vanilla protein powder

Instructions

1. Add all ingredients to blender.
2. Blend until smooth and silky.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~295 kcal | Protein: ~24 g | Fat: ~4 g | Total Carbs: ~33 g | Fiber: ~4 g | Sugar: ~8 g
(natural sugars only)

Coconut Berry Recovery Protein Smoothie

Ingredients

- ¾ cup unsweetened almond milk
- ¼ cup light coconut milk
- ½ cup mixed berries
- ¼ cup low-fat Greek yogurt
- 1 scoop protein powder

Instructions

1. Blend all ingredients until smooth.
2. Add ice and blend briefly if desired.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~310 kcal | Protein: ~25 g | Fat: ~5 g | Total Carbs: ~36 g | Fiber: ~5 g | Sugar: ~8 g
(natural sugars only)



CHAPTER 7

Refreshing Low-Calorie Protein Smoothies

Hydration, protein, and a moment of freshness.



Citrus & Cooling Protein Smoothies

Lemon Cucumber Cooling Protein Smoothie

Ingredients

- 1 cup cold water or unsweetened almond milk
- ½ cup cucumber, chopped
- Juice of ½ lemon
- ¼ cup low-fat Greek yogurt
- 1 scoop unflavored or vanilla protein powder (low sugar)
- A few ice cubes
- Fresh mint leaves (optional)

Instructions

1. Add water (or almond milk) to the blender.
2. Add cucumber, lemon juice, Greek yogurt, protein powder, and mint if using.
3. Blend until smooth and refreshing.
4. Add ice and blend briefly for an extra cooling finish.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~240 kcal | Protein: ~22 g | Fat: ~3 g | Total Carbs: ~22 g | Fiber: ~4 g | Sugar: ~6 g (natural sugars only)

Pineapple Citrus Cooling Protein Smoothie

Ingredients

- 1 cup cold water or unsweetened coconut water
- ½ cup fresh or frozen pineapple chunks
- Juice of ½ orange or lime
- ¼ cup low-fat Greek yogurt
- 1 scoop vanilla or unflavored protein powder (low sugar)
- A few ice cubes

Instructions

1. Pour water (or coconut water) into the blender.
2. Add pineapple, citrus juice, Greek yogurt, and protein powder.
3. Blend until smooth and creamy.
4. Add ice and blend briefly for an extra cooling texture.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~260 kcal | Protein: ~23 g | Fat: ~3 g | Total Carbs: ~26 g | Fiber: ~4 g | Sugar: ~8 g (natural sugars only)

Citrus & Cooling Protein Smoothies

Grapefruit Cooling Protein Smoothie

Ingredients

- 1 cup cold water or unsweetened almond milk
- ½ cup fresh pink grapefruit segments (peeled, no white pith)
- ¼ cup low-fat Greek yogurt
- 1 scoop vanilla or unflavored protein powder (low sugar)
- 1–2 ice cubes

Instructions

1. Add water (or almond milk) to the blender.
2. Add grapefruit, Greek yogurt, and protein powder.
3. Blend until smooth and light.
4. Add ice and blend briefly for a cooling finish.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~240 kcal | Protein: ~22 g | Fat: ~3 g | Total Carbs: ~24 g | Fiber: ~5 g | Sugar: ~7 g
(natural sugars only)

Citrus Mint Cooling Protein Smoothie

Ingredients

- 1 cup cold water or unsweetened almond milk
- ½ cup orange segments (peeled, no white pith)
- 1 tablespoon fresh lemon juice
- ¼ cup low-fat Greek yogurt
- 1 scoop vanilla or unflavored protein powder (low sugar)
- 5–6 fresh mint leaves
- 1–2 ice cubes

Instructions

1. Add water (or almond milk) to the blender.
2. Add orange, lemon juice, Greek yogurt, protein powder, and mint.
3. Blend until smooth and refreshing.
4. Add ice and blend briefly for a cooling finish.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~235 kcal | Protein: ~22 g | Fat: ~3 g | Total Carbs: ~23 g | Fiber: ~5 g | Sugar: ~7 g
(natural sugars only)

Citrus & Cooling Protein Smoothies

Mandarin Vanilla Protein Cooler

Ingredients

- 1 cup unsweetened almond milk
- 1 cup mandarin segments
- ¼ cup Greek yogurt (low-fat)
- 1 scoop vanilla protein powder
- Ice cubes

Instructions

1. Add almond milk and mandarin to blender.
2. Add yogurt and protein powder.
3. Blend until smooth.
4. Add ice and blend briefly.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~245 kcal | Protein: ~23 g | Fat: ~3 g | Total Carbs: ~28 g | Fiber: ~4 g | Sugar: ~9 g
(natural sugars only)

Yuzu Coconut Protein Refresher

Ingredients

- 1 cup coconut water (unsweetened)
- ¼ cup Greek yogurt
- 1 scoop unflavored or vanilla protein powder
- 1½ tbsp yuzu juice
- Ice cubes

Instructions

1. Pour coconut water into blender.
2. Add yogurt, protein, and yuzu juice.
3. Blend until smooth.
4. Add ice and blend shortly.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~235 kcal | Protein: ~22 g | Fat: ~4 g | Total Carbs: ~22 g | Fiber: ~3 g | Sugar: ~7 g
(natural sugars only)

Citrus & Cooling Protein Smoothies

Kumquat Honey Protein Cooler

Ingredients

- 1 cup cold water or almond milk
- 4–5 kumquats (seeded)
- ¼ cup Greek yogurt
- 1 scoop protein powder
- ½ tsp raw honey (optional)
- Ice cubes

Instructions

1. Blend liquid and kumquats first.
2. Add yogurt, protein, and honey.
3. Blend until smooth.
4. Add ice and blend briefly.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~255 kcal | Protein: ~24 g | Fat: ~3 g | Total Carbs: ~26 g | Fiber: ~5 g | Sugar: ~10g
(natural sugars only)

Bergamot Vanilla Ice Protein Smoothie

Ingredients

- 1 cup unsweetened almond milk
- ¼ cup Greek yogurt
- 1 scoop vanilla protein powder
- 1 tbsp bergamot juice or zest infusion
- Ice cubes

Instructions

1. Add almond milk and yogurt to blender.
2. Add protein and bergamot.
3. Blend until smooth.
4. Add ice and blend briefly.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~240 kcal | Protein: ~23 g | Fat: ~3 g | Total Carbs: ~24 g | Fiber: ~3 g | Sugar: ~8g
(natural sugars only)

Light Hydrating Protein Smoothies

Watermelon Lime Hydrating Protein Smoothie

Ingredients

- 1 cup chilled watermelon cubes (seedless)
- $\frac{3}{4}$ cup cold water or coconut water (unsweetened)
- $\frac{1}{4}$ cup low-fat Greek yogurt
- 1 scoop unflavored or vanilla protein powder (low sugar)
- 1 tablespoon fresh lime juice
- 3–4 ice cubes

Instructions

1. Add water (or coconut water) to the blender.
2. Add watermelon, Greek yogurt, protein powder, and lime juice.
3. Blend until smooth and light.
4. Add ice and blend briefly for extra freshness.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~210 kcal | Protein: ~21 g | Fat: ~2 g | Total Carbs: ~24 g | Fiber: ~3 g | Sugar: ~8 g (natural sugars only)

Cucumber Pear Hydrating Protein Smoothie

Ingredients

- $\frac{1}{2}$ large cucumber, peeled and chopped
- 1 small ripe pear, cored and chopped
- $\frac{3}{4}$ cup cold water or coconut water (unsweetened)
- $\frac{1}{4}$ cup low-fat Greek yogurt
- 1 scoop unflavored or vanilla protein powder (low sugar)
- 1 tablespoon fresh lemon juice
- 3–4 ice cubes

Instructions

1. Add water (or coconut water) to the blender.
2. Add cucumber, pear, Greek yogurt, protein powder, and lemon juice.
3. Blend until smooth and refreshing.
4. Add ice and blend briefly for extra chill.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~215 kcal | Protein: ~21 g | Fat: ~2 g | Total Carbs: ~25 g | Fiber: ~4 g | Sugar: ~7 g (natural sugars only)

Light Hydrating Protein Smoothies

Lychee Rose Hydrating Protein Smoothie

Ingredients

- ¾ cup peeled lychee (fresh or canned in water, drained)
- ¾ cup cold water or coconut water (unsweetened)
- ¼ cup low-fat Greek yogurt
- 1 scoop unflavored or vanilla protein powder (low sugar)
- ½ teaspoon rose water (very light, optional but special)
- 1 teaspoon fresh lemon juice
- 3–4 ice cubes

Instructions

1. Add water (or coconut water) to the blender.
2. Add lychee, Greek yogurt, protein powder, rose water, and lemon juice.
3. Blend until smooth and silky.
4. Add ice and blend briefly for a cool, refreshing finish.

Calories: ~220 kcal | Protein: ~20 g | Fat: ~2 g | Total Carbs: ~26 g | Fiber: ~3 g | Sugar: ~8 g
(natural sugars only)

Prep: 5 min | Cook: 5 min | Serves: 1



Honeydew Basil Protein Smoothie

Ingredients

- 1 cup ripe honeydew melon cubes
- ¾ cup cold water or coconut water (unsweetened)
- ¼ cup low-fat Greek yogurt
- 1 scoop unflavored or vanilla protein powder (low sugar)
- 3–4 fresh basil leaves
- 1 teaspoon fresh lime juice
- 3–4 ice cubes

Instructions

1. Add water (or coconut water) to the blender.
2. Add honeydew melon, Greek yogurt, protein powder, basil, and lime juice.
3. Blend until smooth and light.
4. Add ice and blend briefly for a cool, refreshing finish.

Calories: ~215 kcal | Protein: ~21 g | Fat: ~2 g | Total Carbs: ~25 g | Fiber: ~3 g | Sugar: ~7 g
(natural sugars only)

Prep: 5 min | Cook: 5 min | Serves: 1



Light Hydrating Protein Smoothies

Pear Lavender Protein Smoothie

Ingredients

- 1 small ripe pear, chopped
- $\frac{3}{4}$ cup cold water or almond milk
- $\frac{1}{4}$ cup low-fat Greek yogurt
- 1 scoop vanilla protein powder (low sugar)
- $\frac{1}{4}$ tsp food-grade lavender (or lavender extract, very light)
- 3–4 ice cube

Instructions

1. Add liquid to the blender.
2. Add pear, yogurt, protein, and lavender.
3. Blend until smooth.
4. Add ice and blend briefly.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~220 kcal | Protein: ~21 g | Fat: ~2 g | Total Carbs: ~26 g | Fiber: ~4 g | Sugar: ~8 g
(natural sugars only)

Pineapple Aloe Hydrating Protein Smoothie

Ingredients

- $\frac{3}{4}$ cup fresh pineapple chunks
- $\frac{1}{4}$ cup aloe vera gel (food-grade, unsweetened)
- $\frac{3}{4}$ cup cold coconut water
- 1 scoop unflavored protein powder
- 2–3 ice cubes

Instructions

1. Add coconut water to blender.
2. Add pineapple, aloe, and protein powder.
3. Blend until silky smooth.
4. Add ice and blend briefly.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~210 kcal | Protein: ~20 g | Fat: ~2 g | Total Carbs: ~24 g | Fiber: ~3 g | Sugar: ~7 g
(natural sugars only)

Light Hydrating Protein Smoothies

Kiwi Coconut Water Protein Smoothie

Ingredients

- 2 ripe kiwis, peeled
- $\frac{3}{4}$ cup coconut water (unsweetened)
- $\frac{1}{4}$ cup low-fat Greek yogurt
- 1 scoop vanilla protein powder
- 3–4 ice cubes

Instructions

1. Add coconut water to blender.
2. Add kiwi, yogurt, and protein powder.
3. Blend until smooth.
4. Add ice and blend again briefly.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~215 kcal | **Protein:** ~21 g | **Fat:** ~2 g | **Total Carbs:** ~25 g | **Fiber:** ~4 g | **Sugar:** ~8 g
(natural sugars only)

Honeydew Mint Protein Cooler

Ingredients

- 1 cup honeydew melon cubes
- $\frac{3}{4}$ cup cold water
- $\frac{1}{4}$ cup low-fat Greek yogurt
- 1 scoop unflavored protein powder
- 5–6 fresh mint leaves
- 3–4 ice cubes

Instructions

1. Add water to blender.
2. Add honeydew, yogurt, protein, and mint.
3. Blend until smooth and refreshing.
4. Add ice and blend briefly.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~205 kcal | **Protein:** ~20 g | **Fat:** ~2 g | **Total Carbs:** ~23 g | **Fiber:** ~3 g | **Sugar:** ~6 g
(natural sugars only)



CHAPTER 8

Dessert-Inspired Protein Smoothies

Dessert flavors you love, balanced nutrition you trust.



Chocolate & Creamy Dessert Protein Smoothies

Chocolate Banana Cream Protein Smoothie

Ingredients

- 1 small ripe banana (about ½ cup slices)
- ¾ cup unsweetened almond milk
- ¼ cup low-fat Greek yogurt
- 1 scoop chocolate or unflavored protein powder (low sugar)
- 1 tablespoon unsweetened cocoa powder
- ½ teaspoon vanilla extract
- 3–4 ice cubes

Instructions

1. Add almond milk to the blender.
2. Add banana, Greek yogurt, protein powder, cocoa, and vanilla.
3. Blend until smooth and creamy.
4. Add ice and blend briefly for a thick, dessert-like finish.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~295 kcal | Protein: ~24 g | Fat: ~7 g | Total Carbs: ~30 g | Fiber: ~6 g | Sugar: ~8 g
(natural sugars only)

Vanilla Cheesecake Protein Smoothie

Ingredients

- ¾ cup unsweetened almond milk
- ½ cup low-fat cottage cheese or Greek yogurt
- 1 scoop vanilla protein powder (low sugar)
- ½ teaspoon vanilla extract
- 1 tablespoon lemon juice (very light, for cheesecake note)
- 3–4 ice cubes

Instructions

1. Add almond milk to the blender.
2. Add cottage cheese (or yogurt), protein powder, vanilla, and lemon juice.
3. Blend until completely smooth and creamy.
4. Add ice and blend briefly for a thick, dessert-like texture.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~285 kcal | Protein: ~25 g | Fat: ~6 g | Total Carbs: ~28 g | Fiber: ~3 g | Sugar: ~7 g
(natural sugars only)

Chocolate & Creamy Dessert Protein Smoothies

Chocolate Peanut Butter Cream Protein Smoothie

Ingredients

- ¾ cup unsweetened almond milk
- ¼ cup low-fat Greek yogurt
- 1 scoop chocolate protein powder (low sugar)
- 1 tablespoon natural peanut butter (no added sugar)
- 1 tablespoon unsweetened cocoa powder
- ½ teaspoon vanilla extract
- 3–4 ice cubes

Instructions

1. Add almond milk to the blender.
2. Add Greek yogurt, protein powder, peanut butter, cocoa, and vanilla.
3. Blend until smooth and creamy.
4. Add ice and blend briefly for a thick, dessert-like finish.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~305 kcal | Protein: ~26 g | Fat: ~9 g | Total Carbs: ~29 g | Fiber: ~5 g | Sugar: ~7 g
(natural sugars only)

Chocolate Pudding Protein Smoothie

Ingredients

- ¾ cup unsweetened almond milk
- ¼ cup low-fat Greek yogurt
- 1 scoop chocolate protein powder (low sugar)
- 1½ tablespoons unsweetened cocoa powder
- 1 tablespoon chia seeds
- ½ teaspoon vanilla extract
- 3–4 ice cubes

Instructions

1. Add almond milk to the blender.
2. Add Greek yogurt, protein powder, cocoa, chia seeds, and vanilla.
3. Blend until thick and smooth.
4. Add ice and blend briefly to reach a pudding-like consistency.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~290 kcal | Protein: ~25 g | Fat: ~6 g | Total Carbs: ~27 g | Fiber: ~7 g | Sugar: ~6 g
(natural sugars only)

Chocolate & Creamy Dessert Protein Smoothies

Mocha Cream Dessert Protein Smoothie

Ingredients

- ¾ cup unsweetened almond milk
- ¼ cup low-fat Greek yogurt
- 1 scoop chocolate or mocha protein powder (low sugar)
- ½ cup chilled brewed coffee (or cold brew)
- 1 tablespoon unsweetened cocoa powder
- ½ teaspoon vanilla extract
- 3–4 ice cubes

Instructions

1. Add almond milk and chilled coffee to the blender.
2. Add Greek yogurt, protein powder, cocoa, and vanilla.
3. Blend until smooth and creamy.
4. Add ice and blend briefly for a dessert-like finish.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~295 kcal | Protein: ~26 g | Fat: ~6 g | Total Carbs: ~28 g | Fiber: ~4 g | Sugar: ~6 g (natural sugars only)

Caramel Pear Cream Protein Smoothie

Ingredients

- 1 small ripe pear, peeled and chopped
- ¾ cup unsweetened almond milk
- ¼ cup low-fat Greek yogurt or cottage cheese
- 1 scoop vanilla protein powder (low sugar)
- ½ teaspoon vanilla extract
- 1 teaspoon date syrup or maple syrup (optional, very light)
- 3–4 ice cubes

Instructions

1. Add almond milk to the blender.
2. Add pear, yogurt (or cottage cheese), protein powder, vanilla, and syrup (if using).
3. Blend until smooth and creamy.
4. Add ice and blend briefly for a dessert-like texture.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~285 kcal | Protein: ~25 g | Fat: ~6 g | Total Carbs: ~30 g | Fiber: ~4 g | Sugar: ~8 g (natural sugars only)

Chocolate & Creamy Dessert Protein Smoothies

Honey Cinnamon Vanilla Cream Protein Smoothie

Ingredients

- ¾ cup unsweetened almond milk
- ½ cup low-fat cottage cheese or Greek yogurt
- 1 scoop vanilla protein powder (low sugar)
- 1 teaspoon honey
- ¼ teaspoon ground cinnamon
- ½ teaspoon vanilla extract
- 3–4 ice cubes

Instructions

1. Add almond milk to the blender.
2. Add cottage cheese (or yogurt), protein powder, honey, cinnamon, and vanilla.
3. Blend until smooth and creamy.
4. Add ice and blend briefly for a silky, dessert-like texture.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~280 kcal | Protein: ~25 g | Fat: ~5 g | Total Carbs: ~29 g | Fiber: ~3 g | Sugar: ~7 g
(natural sugars only)

Peach Custard Protein Smoothie

Ingredients

- 1 cup ripe peach slices (fresh or frozen)
- ¾ cup unsweetened almond milk
- ¼ cup low-fat Greek yogurt or cottage cheese
- 1 scoop vanilla protein powder (low sugar)
- ½ teaspoon vanilla extract
- 1 tablespoon cornstarch-free vanilla pudding mix or 1 tablespoon oats (for custard feel)
- 3–4 ice cubes

Instructions

1. Add almond milk to the blender.
2. Add peach, yogurt (or cottage cheese), protein powder, vanilla, and pudding mix (or oats).
3. Blend until smooth and creamy.
4. Add ice and blend briefly for a custard-like texture.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~290 kcal | Protein: ~24 g | Fat: ~5 g | Total Carbs: ~31 g | Fiber: ~4 g | Sugar: ~9 g
(natural sugars only)

Sweet Treat-Inspired Protein Smoothies

Strawberry Cheesecake Protein Smoothie

Ingredients

- 1 cup strawberries (fresh or frozen)
- $\frac{3}{4}$ cup unsweetened almond milk
- $\frac{1}{4}$ cup low-fat cottage cheese or Greek yogurt
- 1 scoop vanilla protein powder (low sugar)
- $\frac{1}{2}$ teaspoon vanilla extract
- 1 tablespoon lemon juice (very light, for cheesecake note)
- 3–4 ice cubes

Instructions

1. Add almond milk to the blender.
2. Add strawberries, cottage cheese (or yogurt), protein powder, vanilla, and lemon juice.
3. Blend until smooth and creamy.
4. Add ice and blend briefly for a thick, dessert-like finish.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~290 kcal | Protein: ~25 g | Fat: ~6 g | Total Carbs: ~30 g | Fiber: ~4 g | Sugar: ~8 g
(natural sugars only)

Blueberry Muffin Protein Smoothie

Ingredients

- $\frac{3}{4}$ cup blueberries (fresh or frozen)
- $\frac{3}{4}$ cup unsweetened almond milk
- $\frac{1}{4}$ cup low-fat Greek yogurt or cottage cheese
- 1 scoop vanilla protein powder (low sugar)
- 2 tablespoons oats
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{1}{2}$ teaspoon vanilla extract
- 3–4 ice cubes

Instructions

1. Add almond milk to the blender.
2. Add blueberries, yogurt (or cottage cheese), protein powder, oats, cinnamon, and vanilla.
3. Blend until smooth and creamy.
4. Add ice and blend briefly for a muffin-like texture.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~285 kcal | Protein: ~24 g | Fat: ~5 g | Total Carbs: ~31 g | Fiber: ~5 g | Sugar: ~7 g
(natural sugars only)

Sweet Treat-Inspired Protein Smoothies

Vanilla Cookie Dough Protein Smoothie

Ingredients

- ¾ cup unsweetened almond milk
- ¼ cup low-fat Greek yogurt or cottage cheese
- 1 scoop vanilla protein powder (low sugar)
- 2 tablespoons oat flour (or finely ground oats)
- 1 tablespoon almond butter (no added sugar)
- ½ teaspoon vanilla extract
- Pinch of sea salt
- 3–4 ice cubes

Instructions

1. Add almond milk to the blender.
2. Add yogurt (or cottage cheese), protein powder, oat flour, almond butter, vanilla, and salt.
3. Blend until smooth and creamy.
4. Add ice and blend briefly for a cookie-dough-like texture.

Calories: ~290 kcal | Protein: ~25 g | Fat: ~6 g | Total Carbs: ~30 g | Fiber: ~4 g | Sugar: ~7 g
(natural sugars only)

Prep: 5 min | Cook: 5 min | Serves: 1



Raspberry Cream Dessert Protein Smoothie

Ingredients

- ¾ cup raspberries (fresh or frozen)
- ¾ cup unsweetened almond milk
- ¼ cup low-fat Greek yogurt or cottage cheese
- 1 scoop vanilla protein powder (low sugar)
- ½ teaspoon vanilla extract
- 1 teaspoon honey or maple syrup (optional, very light)
- 3–4 ice cubes

Instructions

1. Add almond milk to the blender.
2. Add raspberries, yogurt (or cottage cheese), protein powder, vanilla, and honey (if using).
3. Blend until smooth and creamy.
4. Add ice and blend briefly for a silky, dessert-like texture.

Calories: ~280 kcal | Protein: ~24 g | Fat: ~5 g | Total Carbs: ~29 g | Fiber: ~6 g | Sugar: ~7 g
(natural sugars only)

Prep: 5 min | Cook: 5 min | Serves: 1



Sweet Treat-Inspired Protein Smoothies

Lemon Cream Pie Protein Smoothie

Ingredients

- $\frac{3}{4}$ cup unsweetened almond milk
- $\frac{1}{4}$ cup low-fat Greek yogurt or cottage cheese
- 1 scoop vanilla protein powder (low sugar)
- 2 tablespoons oats (for pie-crust feel)
- 1 tablespoon fresh lemon juice
- $\frac{1}{2}$ teaspoon lemon zest
- $\frac{1}{2}$ teaspoon vanilla extract
- 3–4 ice cubes

Instructions

1. Add almond milk to the blender.
2. Add yogurt (or cottage cheese), protein powder, oats, lemon juice, zest, and vanilla.
3. Blend until smooth and creamy.
4. Add ice and blend briefly for a light, pie-like texture.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~275 kcal | Protein: ~24 g | Fat: ~5 g | Total Carbs: ~28 g | Fiber: ~3 g | Sugar: ~7 g
(natural sugars only)

Cherry Vanilla Dessert Protein Smoothie

Ingredients

- $\frac{3}{4}$ cup cherries (fresh or frozen, pitted)
- $\frac{3}{4}$ cup unsweetened almond milk
- $\frac{1}{4}$ cup low-fat Greek yogurt or cottage cheese
- 1 scoop vanilla protein powder (low sugar)
- $\frac{1}{2}$ teaspoon vanilla extract
- 1 teaspoon honey or maple syrup (optional, very light)
- 3–4 ice cubes

Instructions

1. Add almond milk to the blender.
2. Add cherries, yogurt (or cottage cheese), protein powder, vanilla, and honey (if using).
3. Blend until smooth and creamy.
4. Add ice and blend briefly for a soft, dessert-like texture.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~285 kcal | Protein: ~25 g | Fat: ~5 g | Total Carbs: ~30 g | Fiber: ~4 g | Sugar: ~8 g
(natural sugars only)

Sweet Treat-Inspired Protein Smoothies

Peach Cobbler Protein Smoothie

Ingredients

- 1 cup ripe peach slices (fresh or frozen)
- $\frac{3}{4}$ cup unsweetened almond milk
- $\frac{1}{4}$ cup low-fat Greek yogurt or cottage cheese
- 1 scoop vanilla protein powder (low sugar)
- 2 tablespoons oats (for cobbler-style texture)
- $\frac{1}{4}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon vanilla extract
- 3–4 ice cubes

Instructions

1. Add almond milk to the blender.
2. Add peach slices, yogurt (or cottage cheese), protein powder, oats, cinnamon, and vanilla.
3. Blend until smooth and creamy.
4. Add ice and blend briefly for a warm, dessert-like finish.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~290 kcal | Protein: ~24 g | Fat: ~5 g | Total Carbs: ~31 g | Fiber: ~4 g | Sugar: ~9 g
(natural sugars only)

Vanilla Almond Cake Protein Smoothie

Ingredients

- $\frac{3}{4}$ cup unsweetened almond milk
- $\frac{1}{4}$ cup low-fat Greek yogurt or cottage cheese
- 1 scoop vanilla protein powder (low sugar)
- 2 tablespoons oat flour (or finely ground oats)
- 1 tablespoon almond butter (no added sugar)
- $\frac{1}{2}$ teaspoon vanilla extract
- Pinch of sea salt
- 3–4 ice cubes

Instructions

1. Add almond milk to the blender.
2. Add yogurt (or cottage cheese), protein powder, oat flour, almond butter, vanilla, and salt.
3. Blend until smooth and creamy.
4. Add ice and blend briefly for a cake-like, dessert texture.

Prep: 5 min | Cook: 5 min | Serves: 1



Calories: ~285 kcal | Protein: ~25 g | Fat: ~6 g | Total Carbs: ~29 g | Fiber: ~4 g | Sugar: ~7 g
(natural sugars only)



CHAPTER 9

30-Day High-Protein Meal Plan for Vitality

Small daily choices create lasting energy and balance.



How to use the plan

This plan is designed to be flexible. Ingredients can be substituted based on taste, availability, or dietary needs.

Proteins may be swapped within the same category, such as whey for plant-based protein or Greek yogurt for cottage cheese. Fruits and vegetables can be exchanged in similar portions without significantly affecting calories.

Healthy fats like nut butters, seeds, or avocado can replace one another in small amounts. Sweeteners are optional and may be reduced, omitted, or replaced with natural alternatives.

To adjust texture, add ice or frozen fruit for thickness, or a little extra liquid for a lighter blend.

Choose substitutions that keep the plan enjoyable and easy to follow long term.

Rules for substitutions

This 30-day meal plan is designed to make healthy eating simple, flexible, and sustainable. Each day includes three smoothie moments that support your energy from morning to evening.

You can follow the plan exactly as written or use it as a guide. Feel free to swap smoothies between days or weeks based on your taste, schedule, or ingredient availability.

Each recipe already includes nutritional information, so there's no need to count calories manually. Focus on consistency rather than perfection — even small daily choices make a difference over time.

Prepare ingredients in advance when possible to save time during busy days. Most smoothies take only a few minutes to blend, making this plan easy to follow even with a full schedule.

Most importantly, listen to your body. Adjust portions, liquids, or ingredients as needed, and allow this plan to support your lifestyle — not control it.

30-DAY SCHEDULE WITH 3 SMOOTHIES PER DAY

Day 1

Breakfast: Apple
Cinnamon Oat Protein
Smoothie (p.19)

Lunch: Strawberry
Raspberry Morning
Boost Smoothie (p.23)

Dinner: Lemon
Cucumber Cooling
Protein Smoothie (p.46)

Day 2

Breakfast: Banana
Quinoa Protein
Smoothie (p.19)

Lunch: Pineapple Lime
Morning Boost
Smoothie (p.23)

Dinner: Watermelon
Lime Hydrating Protein
Smoothie (p.50)

Day 3

Breakfast: Mango Vanilla
Oat Protein Smoothie
(p.20)

Lunch: Pomegranate
Berry Morning Boost
Smoothie (p.25)

Dinner: Mandarin
Vanilla Protein Cooler
(p.48)

Day 4

Breakfast: Strawberry
Vanilla Oat Protein
Smoothie (p.21)

Lunch: Cherry Vanilla
Morning Boost Smoothie
(p.25)

Dinner: Cucumber Pear
Hydrating Protein
Smoothie (p.50)

30-DAY SCHEDULE WITH 3 SMOOTHIES PER DAY

Day 5

Breakfast: Blueberry
Chia Protein Smoothie
(p.21)

Lunch: Grapefruit
Vanilla Morning Boost
Smoothie (p.24)

Dinner: Lychee Rose
Hydrating Protein
Smoothie (p.51)

Day 6

Breakfast: Kiwi Vanilla
Chia Protein Smoothie
(p.22)

Lunch: Plum Berry
Morning Boost
Smoothie (p.26)

Dinner: Honeydew Basil
Protein Smoothie (p.51)

Day 7

Breakfast: Dragon Fruit
Vanilla Chia Protein
Smoothie (p.22)

Lunch: Apricot Vanilla
Morning Boost Smoothie
(p.26)

Dinner: Pineapple Aloe
Hydrating Protein
Smoothie (p.52)

Day 8

Breakfast: Citrus Vanilla
Protein Smoothie (p.28)

Lunch: Blueberry Chia
Protein Smoothie (p.32)

Dinner: Kiwi Coconut
Water Protein Smoothie
(p.53)

30-DAY SCHEDULE WITH 3 SMOOTHIES PER DAY

Day 9

Breakfast: Kiwi Green Protein Smoothie (p.28)

Lunch: Lychee Flax Protein Smoothie (p.32)

Dinner: Honeydew Mint Protein Cooler (p.53)

Day 10

Breakfast: Papaya Lime Protein Smoothie (p.29)

Lunch: Cucumber Spinach Protein Smoothie (p.33)

Dinner: Bergamot Vanilla Ice Protein Smoothie (p.49)

Day 11

Breakfast: Grape Vanilla Protein Smoothie (p.29)

Lunch: Carrot Ginger Protein Smoothie (p.33)

Dinner: Yuzu Coconut Protein Refresher (p.48)

Day 12

Breakfast: Honeydew Melon Protein Smoothie (p.30)

Lunch: Beet Berry Protein Smoothie (p.34)

Dinner: Kumquat Honey Protein Cooler (p.49)

30-DAY SCHEDULE WITH 3 SMOOTHIES PER DAY

Day 13

Breakfast: Fig Vanilla Protein Smoothie (p.30)

Lunch: Avocado Spinach Protein Smoothie (p.34)

Dinner: Citrus Mint Cooling Protein Smoothie (p.47)

Day 14

Breakfast: Pomelo Citrus Protein Smoothie (p.31)

Lunch: Passion Fruit Fiber Protein Smoothie (p.35)

Dinner: Grapefruit Cooling Protein Smoothie (p.47)

Day 15

Breakfast: Persimmon Vanilla Protein Smoothie (p.31)

Lunch: Pear Flax Protein Smoothie (p.35)

Dinner: Lemon Cream Pie Protein Smoothie (p.61)

Day 16

Breakfast: Banana Peanut Strength Protein Smoothie (p.37)

Lunch: Strawberry Kefir Recovery Protein Smoothie (p.42)

Dinner: Vanilla Almond Cake Protein Smoothie (p.62)

30-DAY SCHEDULE WITH 3 SMOOTHIES PER DAY

Day 17

Breakfast: Chocolate
Oat Strength Protein
Smoothie (p.37)

Lunch: Mango Turmeric
Recovery Protein
Smoothie (p.41)

Dinner: Raspberry
Cream Dessert Protein
Smoothie (p.60)

Day 18

Breakfast: Berry
Almond Strength
Protein Smoothie (p.38)

Lunch: Cherry Vanilla
Recovery Protein
Smoothie (p.41)

Dinner: Peach Custard
Protein Smoothie (p.58)

Day 19

Breakfast: Coconut
Vanilla Strength Protein
Smoothie (p.38)

Lunch: Honey
Chamomile Recovery
Protein Smoothie (p.42)

Dinner: Strawberry
Cheesecake Protein
Smoothie (p.59)

Day 20

Breakfast: Honey Oat
Strength Protein
Smoothie (p.39)

Lunch: Banana
Cinnamon Recovery
Protein Smoothie (p.43)

Dinner: Blueberry
Muffin Protein Smoothie
(p.59)

30-DAY SCHEDULE WITH 3 SMOOTHIES PER DAY

Day 21

Breakfast: Vanilla Date
Muscle Protein
Smoothie (p.39)

Lunch: Blueberry Oat
Recovery Protein
Smoothie (p.43)

Dinner: Vanilla Cookie
Dough Protein Smoothie
(p.60)

Day 22

Breakfast: Coffee
Banana Strength Protein
Smoothie (p.40)

Lunch: Pear Vanilla
Recovery Protein
Smoothie (p.44)

Dinner: Chocolate
Banana Cream Protein
Smoothie (p.55)

Day 23

Breakfast: Tahini Vanilla
Strength Protein
Smoothie (p.40)

Lunch: Coconut Berry
Recovery Protein
Smoothie (p.44)

Dinner: Vanilla
Cheesecake Protein
Smoothie (p.55)

Day 24

Breakfast: Chocolate
Peanut Butter Cream
Protein Smoothie (p.56)

Lunch: Mocha Cream
Dessert Protein
Smoothie (p.57)

Dinner: Peach Cobbler
Protein Smoothie (p.62)

30-DAY SCHEDULE WITH 3 SMOOTHIES PER DAY

Day 25

Breakfast: Chocolate
Pudding Protein
Smoothie (p.56)

Lunch: Caramel Pear
Cream Protein Smoothie
(p.57)

Dinner: Cherry Vanilla
Dessert Protein
Smoothie (p.61)

Day 26

Breakfast: Honey
Cinnamon Vanilla Cream
Protein Smoothie (p.58)

Lunch: Lemon Cream
Pie Protein Smoothie
(p.61)

Dinner: Peach Custard
Protein Smoothie (p.58)

Day 27

Breakfast: Strawberry
Vanilla Oat Protein
Smoothie (p.21)

Lunch: Beet Berry
Protein Smoothie (p.34)

Dinner: Mandarin
Vanilla Protein Cooler
(p.48)

Day 28

Breakfast: Banana
Quinoa Protein
Smoothie (p.19)

Lunch: Avocado Spinach
Protein Smoothie (p.34)

Dinner: Honeydew Mint
Protein Cooler (p.53)

30-DAY SCHEDULE WITH 3 SMOOTHIES PER DAY

Day 29

Breakfast: Mango
Vanilla Oat Protein
Smoothie (p.20)

Lunch: Passion Fruit
Fiber Protein Smoothie
(p.35)

Dinner: Bergamot
Vanilla Ice Protein
Smoothie (p.49)

Day 30

Breakfast: Apple
Cinnamon Oat Protein
Smoothie (p.19)

Lunch: Strawberry
Raspberry Morning
Boost Smoothie (p.23)

Dinner: Lemon
Cucumber Cooling
Protein Smoothie (p.46)

About the Author

This book came to life thanks to the love, encouragement, and quiet support of many wonderful people.

To my family — thank you for your constant care, patience, and faith in my journey.

To my friends — for your kind words, honest conversations, and shared moments that made this process meaningful.

And to you, dear reader — thank you for choosing this book and being part of its story.

May these pages remind you that true nourishment goes beyond food. It is also found in love, balance, inner peace, and the energy we choose to welcome into our lives.

Acknowledgments

Thank you for inviting this book into your life.

Every page you read, every recipe you try, and every moment you take for yourself matters more than you may realize.

This book was created not just to offer recipes, but to support you in caring for your body with kindness and intention. I hope these smoothies become small daily rituals that bring you comfort, balance, and a sense of well-being.

May this journey remind you to listen to yourself, nourish yourself fully, and celebrate the simple choices that help you feel your best.

With appreciation and warmth,
Lila Freshwell

Save your thoughts, favorite recipes, and moments that made you smile

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