



Natural Health & Weight Loss Solutions for the Chronically  
Stressed Woman

---

## Discover How to Get Rid of the Bloat Without Giving Up the Foods You Love!

Congratulations on taking this first but very important step to taking back control of your health.

My name is Joanne Willis and I am a Registered Holistic Nutritionist and founder of Clean Living Nutrition & Wellness. I am also a mother, cancer survivor and post-partum depression survivor who knows first-hand the damage chronic stress can do to your gut health!

This free guide comes complete with a variety of tasty, simple, bloat-free breakfast smoothie recipes PLUS my 5 essential strategies to help you get relief from your gas and bloating for good in just a few short days.

Choose one of these bloat-free smoothie recipes for breakfast each morning and implement as many of the 5 essential strategies below each day to start seeing results fast!

Strategy #1 - Don't Overeat at Mealtimes

Strategy #2 - Avoid High Sugar Fizzy Drinks & Sugar-Free Foods Loaded with Sweeteners

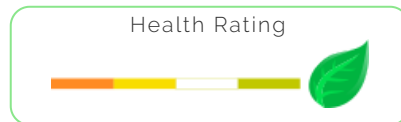
Strategy #3 - Avoid Swallowing Air

Strategy #4 - Practice Mindful Eating & Stress Management When Eating

Strategy #5 - Consume a Cup of Peppermint Tea or Sniff Peppermint Essential Oil



## Key Lime Treat Smoothie



Prep  
5 min

Cook  
0 min

Ready in  
5 min

Servings  
1

## Ingredients

1/2 cup	Almond milk, vanilla, unsweetened, Silk (or water, to desired consistency)
1/2 avocado(s)	Avocado
1/2 medium	Banana (frozen)
1/2 whole lime(s)	Lime juice (fresh)
1 cup	Spinach
1 scoop	Whey protein powder, vanilla

## Instructions

Wash produce thoroughly.

Cut or tear produce to fit blender.

Blend well, add water/almond milk as needed.

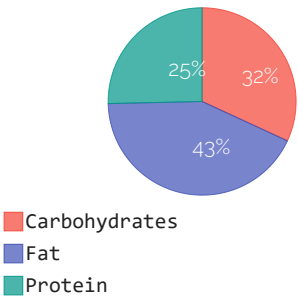
Enjoy!

Nutrition Facts	
Per Portion	
<b>Calories</b>	376
Calories from fat	161
Calories from saturated fat	24.5
<b>Total Fat</b>	17.8 g
Saturated Fat	2.7 g
Trans Fat	0
Polyunsaturated Fat	2.2 g
Monounsaturated Fat	10.6 g
<b>Cholesterol</b>	30 mg
<b>Sodium</b>	273 mg
<b>Potassium</b>	964 mg
<b>Total Carbohydrate</b>	30.0 g
Dietary Fiber	9.0 g
Sugars	19.4 g
<b>Protein</b>	23.8 g

Dietary servings  
Per Portion

Fruit	0.6
Meat Alternative	1
Milk Alternative	0.5
Vegetables	1.9

Energy sources

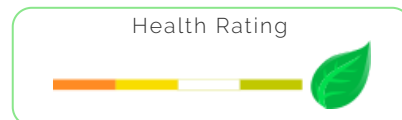


Recipe from: [Dr. Tara Campbell, ND](#)



## Almond Butter & Jelly Green Smoothie

A nut butter and jelly smoothie! Antioxidant and Anti-inflammatory ingredients!



Prep  
5 min

Cook  
0 min

Ready in  
5 min

Servings  
2

### Ingredients

2 cup	Almond milk, unsweetened
1/4 cup	Almond butter
2 medium	Banana
2 cup	Spinach
2 cup	Red grape

### Instructions

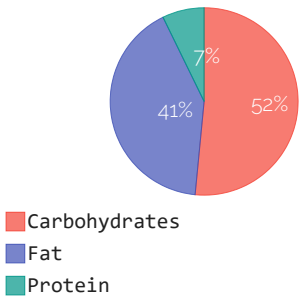
1. Blend spinach and almond milk until smooth
2. Add almond butter, banana, and grapes to the blender
3. Blend some more until you have a smooth consistency  
Serve and ENJOY!

Nutrition Facts	
Per Portion	
<b>Calories</b>	497
Calories from fat	205
Calories from saturated fat	17.9
<b>Total Fat</b>	22.8 g
Saturated Fat	2.0 g
Trans Fat	0
Polyunsaturated Fat	4.6 g
Monounsaturated Fat	13.6 g
<b>Cholesterol</b>	0
<b>Sodium</b>	216 mg
<b>Potassium</b>	1309 mg
<b>Total Carbohydrate</b>	64 g
Dietary Fiber	6.7 g
Sugars	38 g
<b>Protein</b>	9.0 g

Dietary servings  
Per Portion

Fruit	2.5
Meat Alternative	1.0
Milk Alternative	1.0
Vegetables	0.9

Energy sources



Notes:

*For additional protein* - add a scoop of your favorite protein powder

*Nut free options* - omit the nut butter and replace almond milk for coconut milk or soy milk

---

*Grapes*

are very high in antioxidants because of the anthocyanins that give them their color

*Bananas*

are high in potassium and low in sodium which may help to lower blood pressure

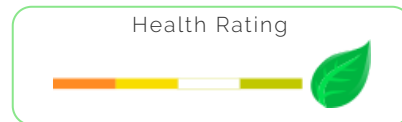
*Spinach*

is an excellent source of vitamin K, vitamin C and Folate

Recipe from: [Jadah Sellner](#)



## Banana Date Smoothie



Prep  
5 min

Cook  
0 min

Ready in  
5 min

Servings  
1

## Ingredients

- 1 medium Frozen banana
- 3 date(s) Dates (pitted)
- 1/2 cup Almond milk, unsweetened (or choice of nut milk)
- 1/4 tsp Cinnamon
- 1/4 tsp Vanilla extract, pure
- 1 tbsp Flaxseeds
- 2 tbsp Whey protein powder, unflavoured (optional)

## Instructions

1. Combine the smoothie ingredients in a highspeed blender and blend for about 30 seconds or until smooth.

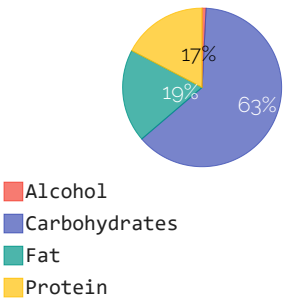
Serve and Enjoy!

Nutrition Facts	
Per Portion	
<b>Calories</b>	325
Calories from fat	62
Calories from saturated fat	5.6
<b>Total Fat</b>	6.8 g
Saturated Fat	0.6 g
Trans Fat	0 g
Polyunsaturated Fat	3.4 g
Monounsaturated Fat	1.6 g
<b>Cholesterol</b>	2.0 mg
<b>Sodium</b>	116 mg
<b>Potassium</b>	774 mg
<b>Total Carbohydrate</b>	51 g
Dietary Fiber	8.2 g
Sugars	31 g
<b>Protein</b>	14.0 g

Dietary servings  
Per Portion

Fruit	1.6
Meat Alternative	0.8
Milk Alternative	0.5

Energy sources



Notes:

*Bananas*

are high in potassium and low in sodium, they help to maintain water balance in the body

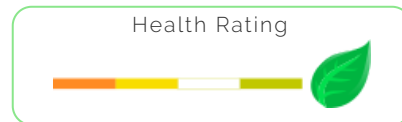
*Flaxseeds*

are very high in fiber and Omega 3 fatty acids!

Recipe from: [18grains](#)



## Autumn Smoothie Bowl



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	1

## Ingredients

1/2 cup cubes	Acorn squash (cooked, chopped and then frozen)
1/2 cup	Frozen zucchini (chopped)
1 scoop	Hemp protein powder
1 tsp	Cacao powder, raw
1/2 cup	Almond milk, unsweetened
1 fruit	Plum (chopped, for topping)
4 fruit	Red grape (chopped, for topping)
1 tbsp	Cacao nibs, raw, Sunfoods (for topping)

## Instructions

Blend squash, zucchini, hemp protein, cacao, and almond milk together until smooth. Top with fresh fruits and cacao.

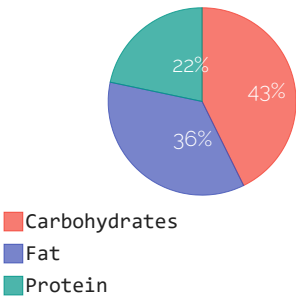


Nutrition Facts	
Per Portion	
<b>Calories</b>	321
Calories from fat	114
Calories from saturated fat	45
<b>Total Fat</b>	12.7 g
Saturated Fat	5.0 g
Trans Fat	0
Polyunsaturated Fat	0.4 g
Monounsaturated Fat	0.9 g
<b>Cholesterol</b>	0
<b>Sodium</b>	97 mg
<b>Potassium</b>	669 mg
<b>Total Carbohydrate</b>	34 g
Dietary Fiber	12.1 g
Sugars	11.6 g
<b>Protein</b>	17.4 g

Dietary servings  
Per Portion

Fruit	1.2
Meat Alternative	0.9
Milk Alternative	0.5
Vegetables	1.9

Energy sources



Recipe from: [Kiki.Athanas](#)



## Chocolate-Covered Strawberry Smoothie



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	2

### Ingredients

1 cup	Frozen strawberry
1/2 cup	Kefir (made from goat's milk, or use yogurt)
1/2 cup	Coconut water (liquid from coconut)
1 tbsp	Cacao powder, raw (raw)
1 scoop	Whey protein powder, chocolate

### Instructions

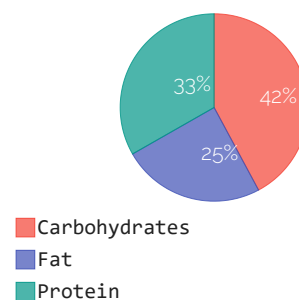
In a high-powered blender, combine all ingredients. Purée on high until smooth

Nutrition Facts	
Per Portion	
<b>Calories</b>	150
Calories from fat	37
Calories from saturated fat	20.8
<b>Total Fat</b>	4.1 g
Saturated Fat	2.3 g
Trans Fat	0.1 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0.7 g
<b>Cholesterol</b>	45 mg
<b>Sodium</b>	114 mg
<b>Potassium</b>	470 mg
<b>Total Carbohydrate</b>	15.8 g
Dietary Fiber	2.8 g
Sugars	8.1 g
<b>Protein</b>	12.5 g

### Dietary servings Per Portion

Fruit	0.9
Meat Alternative	0.5
Milk Alternative	0.3

### Energy sources







# Morning Glory Smoothie



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	2

## Ingredients

- 1 cup Mango (chunks)
- 1 cup Kefir (made from goat's milk)
- 1/2 cup whole Strawberries
- 1/2 medium Cucumber, peeled

## Instructions

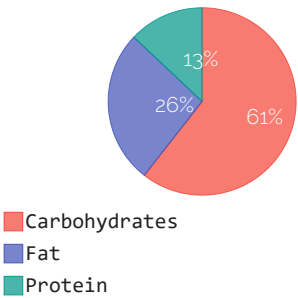
In a high-powered blender, combine all ingredients. Purée on high until smooth.

Nutrition Facts	
Per Portion	
Calories	150
Calories from fat	40
Calories from saturated fat	23.8
Total Fat	4.4 g
Saturated Fat	2.6 g
Trans Fat	0.2 g
Polyunsaturated Fat	0.2 g
Monounsaturated Fat	1.2 g
Cholesterol	16.7 mg
Sodium	50 mg
Potassium	425 mg
Total Carbohydrate	22.8 g
Dietary Fiber	2.7 g
Sugars	19.1 g
Protein	4.9 g

Dietary servings  
Per Portion

Fruit	1.2
Milk Alternative	0.6
Vegetables	0.7

Energy sources







## Anti-Inflammatory Smoothie

A delicious smoothie with anti-inflammatory properties! Inflammation is a key risk factor in a many health problems.



Prep  
5 min

Cook  
1 min

Ready in  
6 min

Servings  
2

## Ingredients

2 cup	Almond milk, unsweetened
1/4 cup	Red grape
1/4 cup	Blueberries
2 tbsp	Flaxseeds
2 cup	Spinach
1/2 avocado(s)	Avocado
1 tsp	Apple cider vinegar
1/2 tsp	Turmeric, powder
1 dash	Black pepper
1 scoop	Hemp protein powder

## Instructions

1. Wash fruits and spinach leaves
2. Cut avocado in half, remove pit
3. Place all ingredients in a high speed blender and blend until smooth (about 20-30 seconds)

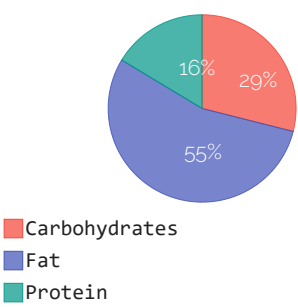
Nutrition Facts	
Per Portion	
<b>Calories</b>	284
Calories from fat	155
Calories from saturated fat	14.8
<b>Total Fat</b>	17.3 g
Saturated Fat	1.6 g
Trans Fat	0 g
Polyunsaturated Fat	4.5 g
Monounsaturated Fat	7.3 g
<b>Cholesterol</b>	0
<b>Sodium</b>	216 mg
<b>Potassium</b>	762 mg
<b>Total Carbohydrate</b>	20.5 g
Dietary Fiber	11.2 g
Sugars	5.8 g
<b>Protein</b>	11.6 g

## Dietary servings

### Per Portion

Fruit	0.4
Meat Alternative	0.8
Milk Alternative	1.0
Vegetables	1.5

## Energy sources



### Notes:

*No grapes* - add other berries, all berries are high in antioxidants great for this smoothie

*No almond milk* - use coconut milk or soy milk

---

#### Almond milk

high in vitamin D, it won't spike your blood sugar and is dairy free!

#### Blueberries

high in vitamin C, they are an excellent source of anthocyanidins which is a flavonoid responsible for its antioxidant activity

#### Grapes

red grapes are high in resveratrol which helps reduce inflammation

#### Turmeric

in combination with black pepper is a very potent anti-inflammatory, the black pepper will enhance the efficacy of turmeric in the bloodstream

---

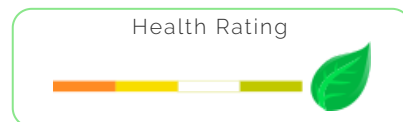
#### Quick Tip:

To store other half of avocado sprinkle with lemon juice and place in an air tight container or tightly covered plastic wrap and store in the refrigerator



## Mighty Brain Booster Smoothie

This Brain Boosting Smoothie is loaded with healthy fats and antioxidants and perfect for any occasion.



Prep  
5 min

Cook  
0 min

Ready in  
5 min

Servings  
1

## Ingredients

1/2 avocado(s)	Avocado
1/2 medium	Banana
1/2 cup	Blueberries
1 scoop	Whey protein powder, vanilla
1/2 cup	Water
1/4 cup	Walnuts (5-6 walnuts)

## Instructions

1. Add your avocado, banana, blueberries and whey protein powder to your blender.
2. Next, add your water and blend everything until smooth.
3. Add your walnuts last and blend for 30 seconds to 1 minute until creamy and smooth. Enjoy!

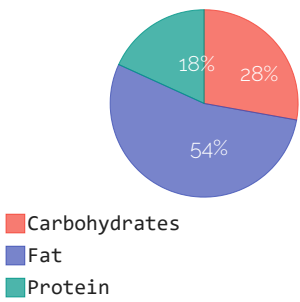


Nutrition Facts	
Per Portion	
<b>Calories</b>	606
Calories from fat	327
Calories from saturated fat	41
<b>Total Fat</b>	36 g
Saturated Fat	4.6 g
Trans Fat	0
Polyunsaturated Fat	16.2 g
Monounsaturated Fat	12.6 g
<b>Cholesterol</b>	30 mg
<b>Sodium</b>	159 mg
<b>Potassium</b>	888 mg
<b>Total Carbohydrate</b>	42 g
Dietary Fiber	11.7 g
Sugars	19.5 g
<b>Protein</b>	27.5 g

Dietary servings  
Per Portion

Fruit	1.4
Meat Alternative	2.0
Vegetables	1

Energy sources



Notes:

Quick Tips:

Substitute whey protein powder with a vegan alternative, chia seeds, flax seeds, or full-fat greek yogurt.

Nutritional Highlights:

*Healthy fats & antioxidants*

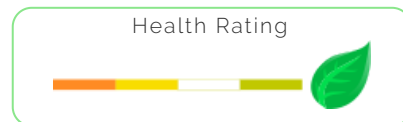
Avocado and fresh berries is the perfect combination to add healthy fats and antioxidants to your diet. This smoothie will leave you feeling full, refreshed and give you a burst of clean energy.

Recipe from: T28 Challenge by Kristine Peacock



## Berry Banana-Nut Smoothie

4- ingredients yet super nutritious and energizing!



Prep  
5 min

Cook  
0 min

Ready in  
5 min

Servings  
1

## Ingredients

1 cup	Almond milk, vanilla, unsweetened, Silk
1 cup	Mixed berries
2 tbsp	Cashew butter (any nut or seed butter)
1 medium	Banana (chopped)

## Instructions

1. Add all ingredients to a high-powered blender in the order listed
2. Blend at high speed until at a smooth consistency

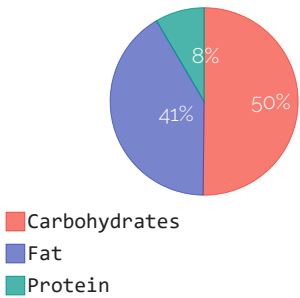
Serve immediately and ENJOY!

Nutrition Facts	
Per Portion	
<b>Calories</b>	423
Calories from fat	175
Calories from saturated fat	29.7
<b>Total Fat</b>	19.4 g
Saturated Fat	3.3 g
Trans Fat	0
Polyunsaturated Fat	3.3 g
Monounsaturated Fat	11 g
<b>Cholesterol</b>	0
<b>Sodium</b>	188 mg
<b>Potassium</b>	772 mg
<b>Total Carbohydrate</b>	53 g
Dietary Fiber	9.4 g
Sugars	39 g
<b>Protein</b>	8.9 g

Dietary servings  
Per Portion

Fruit	2.9
Meat Alternative	1.0
Milk Alternative	1.0

Energy sources



Notes:

*No cashew butter*

use almond or other nut butter of your choice

*No almond milk*

use coconut milk or cashew milk

*For additional protein*

add a scoop of your favorite protein powder (hemp protein and brown rice protein go well with this smoothie)

Nutritional highlights:

*Almond milk*

is an excellent dairy free option, it is enriched with calcium which may strengthen your bones

*Berries*

are excellent antioxidant which are great for immune health

*Bananas*

are high in potassium and low in sodium, this variation may help control high blood pressure

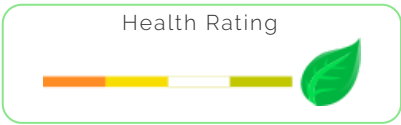
*Nut butters*

are high in "good" fats

Recipe from: [Michelle Vodrazka](#)



# Avocado Smoothie



Prep	Cook	Ready in	Servings
1 min	1 min	2 min	1

## Ingredients

- 1/2 cup Ice cubes
- 1 1/2 cup Silk Original Coconut Milk
- 1 cup Spinach
- 1/2 avocado(s) Avocado
- 1 scoop Hemp protein powder

## Instructions

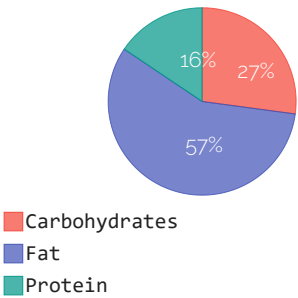
- Combine all the ingredients in a blender and blend until smooth.

Nutrition Facts	
Per Portion	
Calories	397
Calories from fat	228
Calories from saturated fat	22.0
Total Fat	25.3 g
Saturated Fat	2.4 g
Trans Fat	0
Polyunsaturated Fat	1.9 g
Monounsaturated Fat	9.9 g
Cholesterol	0
Sodium	31 mg
Potassium	714 mg
Total Carbohydrate	27.0 g
Dietary Fiber	12.2 g
Sugars	1.6 g
Protein	15.5 g

Dietary servings  
Per Portion

Meat Alternative	0.9
Vegetables	1.9

Energy sources



Notes:

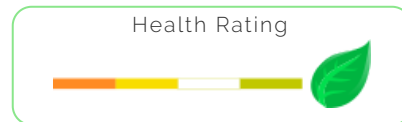
*kale*

is and excellent source of vitamin C, calcium and iron!

Recipe from: Christina Najjar



## Creamy Berry Green Shake



Prep  
5 min

Cook  
0 min

Ready in  
5 min

Servings  
1

## Ingredients

- 1/2 cup Frozen berries
- 1/2 small Frozen banana
- 1/2 cup Baby spinach
- 1 cup Almond milk, unsweetened
- 1 scoop Hemp protein powder (optional - can use any protein powder)
- 1 tbsp Chia seeds

## Instructions

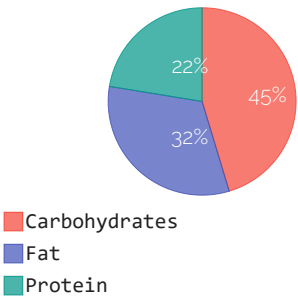
1. Combine ingredients in a high speed blender and blend until smooth.
2. Pour into a glass and Enjoy!

Nutrition Facts	
Per Portion	
<b>Calories</b>	299
Calories from fat	96
Calories from saturated fat	6.2
<b>Total Fat</b>	10.7 g
Saturated Fat	0.7 g
Trans Fat	0
Polyunsaturated Fat	3.1 g
Monounsaturated Fat	1.8 g
<b>Cholesterol</b>	0
<b>Sodium</b>	199 mg
<b>Potassium</b>	478 mg
<b>Total Carbohydrate</b>	34 g
Dietary Fiber	13.9 g
Sugars	11.8 g
<b>Protein</b>	16.8 g

Dietary servings  
Per Portion

Fruit	1.4
Meat Alternative	1.3
Milk Alternative	1.0
Vegetables	0.5

Energy sources



Notes:

*Berries*

are packed with antioxidants which are SO important for immunity!

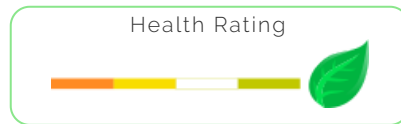
*Chia Seeds*

are a great source of protein and contain Omega 3 fatty acids which are great for brain health

Recipe from: [Karen Gilman, Nutrilicious](#)



## Coffee Banana Morning Shake



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	1

## Ingredients

1 small	Frozen banana
1 cup	Almond milk, unsweetened
1 cup	Ground coffee (organic - can use decaf)
1 tsp	Cinnamon
1 scoop	Hemp protein powder (optional)

## Instructions

1. Combine ingredients in a high speed blender and blend for about 90 seconds.
2. Pour into a glass and ENJOY!

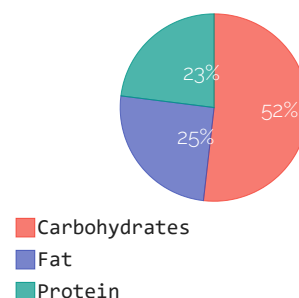
Nutrition Facts	
Per Portion	
<b>Calories</b>	262
Calories from fat	66
Calories from saturated fat	3.7
<b>Total Fat</b>	7.3 g
Saturated Fat	0.4 g
Trans Fat	0
Polyunsaturated Fat	0.6 g
Monounsaturated Fat	1.6 g
<b>Cholesterol</b>	0
<b>Sodium</b>	191 mg
<b>Potassium</b>	682 mg
<b>Total Carbohydrate</b>	34 g
Dietary Fiber	8.8 g
Sugars	13.2 g
<b>Protein</b>	15.1 g

## Dietary servings

Per Portion

Fruit	0.9
Meat Alternative	0.9
Milk Alternative	1.0

## Energy sources

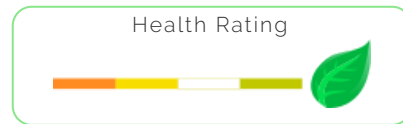




Recipe from: [Karen Gilman, Nutrilicious](#)



## Mango Smoothie



Prep  
5 min

Cook  
0 min

Ready in  
5 min

Servings  
1

## Ingredients

- 1 cup Frozen mango
- 1/2 cup Mixed berries
- 1/2 medium Pear
- 1/2 cup Almond milk, vanilla, unsweetened, Silk
- 1/4 cup Parsley, fresh
- 1/4 medium Banana
- 1/4 cup hulled Hemp seeds, shelled
- 1 scoop Hemp protein powder

## Instructions

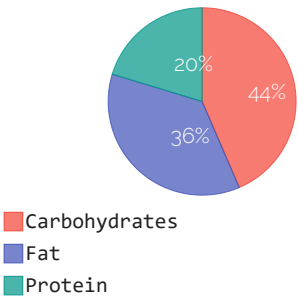
Combine ingredients in blender and blend until smooth.

Nutrition Facts	
Per Portion	
<b>Calories</b>	614
Calories from fat	222
Calories from saturated fat	4.1
<b>Total Fat</b>	24.7 g
Saturated Fat	0.5 g
Trans Fat	0
Polyunsaturated Fat	0.4 g
Monounsaturated Fat	1 g
<b>Cholesterol</b>	0
<b>Sodium</b>	104 mg
<b>Potassium</b>	617 mg
<b>Total Carbohydrate</b>	67 g
Dietary Fiber	15.9 g
Sugars	49 g
<b>Protein</b>	31 g

Dietary servings  
Per Portion

Fruit	3.3
Meat Alternative	2.3
Milk Alternative	0.5
Vegetables	0.2

Energy sources

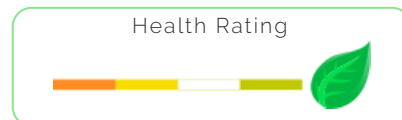


Recipe from: 14-Day Raw-Food Meal Plan by Karen Gilman



# Blueberry Muffin Smoothie

Easy Morning Prep!



Prep  
5 min

Cook  
0 min

Ready in  
5 min

Servings  
1

## Ingredients

- 1 1/2 cup Almond milk, unsweetened (can use any brand or homemade)
- 1/2 cup Blueberries
- 2 tbsp Rolled oats- Gluten Free (can use quinoa flakes)
- 1 tsp Vanilla extract, pure
- 1 scoop Hemp protein powder (can add another scoop for more protein)
- 1 tbsp Chia seeds

## Instructions

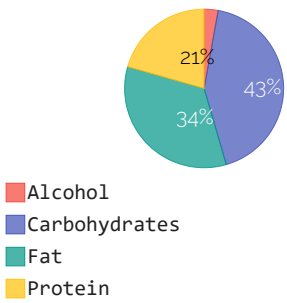
1. The night before: combine all ingredients [but the blueberries] in a glass mason jar or container. Stir to combine and place in fridge.
2. In the morning: pour contents of container into blender, add blueberries and blend until smooth.

Nutrition Facts	
Per Portion	
<b>Calories</b>	364
Calories from fat	124
Calories from saturated fat	7.7
<b>Total Fat</b>	13.7 g
Saturated Fat	0.9 g
Trans Fat	0
Polyunsaturated Fat	3.8 g
Monounsaturated Fat	2.9 g
<b>Cholesterol</b>	0
<b>Sodium</b>	281 mg
<b>Potassium</b>	442 mg
<b>Total Carbohydrate</b>	39 g
Dietary Fiber	14.2 g
Sugars	8.6 g
<b>Protein</b>	18.8 g

Dietary servings  
Per Portion

Fruit	0.9
Grain	1.0
Meat Alternative	1.3
Milk Alternative	1.5

Energy sources



Notes:

*Blueberries*

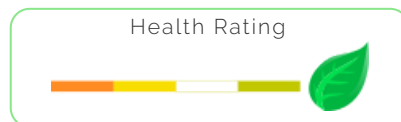
are an excellent source of antioxidants which are SO important for immunity!

Recipe from: [Healthful Pursuit](#)



## Orangesicle Protein Smoothie

This nourishing concoction tastes oddly similar to an orangesicle...no oranges required!



Prep  
5 min

Cook  
0 min

Ready in  
5 min

Servings  
1

## Ingredients

- 1/2 cup Kale
- 1 tsp Lemon juice
- 1 small Pear (chopped)
- 1/2 small Apple
- 1/2 cup Ice cubes
- 1/2 cup Water, filtered
- 1/4 cup Dried goji berries
- 1 tbsp Cashew butter
- 1 scoop Whey protein powder, isolate, unflavoured (SuperHuman Pure Whey Protein - Whey Protein Isolate)

## Instructions

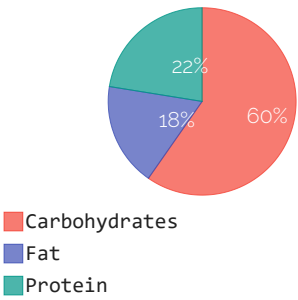
Mix all ingredients in a high-powered blender and enjoy.

Nutrition Facts	
Per Portion	
<b>Calories</b>	489
Calories from fat	87
Calories from saturated fat	17.1
<b>Total Fat</b>	9.7 g
Saturated Fat	1.9 g
Trans Fat	0
Polyunsaturated Fat	1.9 g
Monounsaturated Fat	4.9 g
<b>Cholesterol</b>	3.4 mg
<b>Sodium</b>	133 mg
<b>Potassium</b>	455 mg
<b>Total Carbohydrate</b>	73 g
Dietary Fiber	8.5 g
Sugars	42 g
<b>Protein</b>	27.5 g

Dietary servings  
Per Portion

Fruit	60.4
Meat Alternative	1.4
Vegetables	0.5

Energy sources



Recipe from: [SuperHuman Strength](#)



# Gut Healing Papaya Smoothie



Prep 2 min      Cook 0 min      Ready in 2 min      Servings 2

## Ingredients

- 2 medium Frozen banana
- 1 medium Papaya
- 1 tbsp Barleygrass Juice Powder
- 1 cup Water (Spring)
- 1 scoop fermented vegan proteins+ (vanilla), Genuine Health (optional)

## Instructions

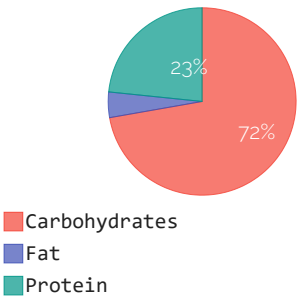
1. Combine banana, papaya, barley grass powder and water in a high-speed blender until creamy and smooth (see notes for added protein). Enjoy!

Nutrition Facts	
Per Portion	
Calories	260
Calories from fat	11.4
Calories from saturated fat	2.7
Total Fat	1.3 g
Saturated Fat	0.3 g
Trans Fat	0
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0.1 g
Cholesterol	0
Sodium	214 mg
Potassium	1014 mg
Total Carbohydrate	47 g
Dietary Fiber	4.8 g
Sugars	23.4 g
Protein	15.2 g

Dietary servings  
Per Portion

Fruit 2

Energy sources





## Notes:

### Quick Tips:

To make this smoothie a meal, add protein powder, hemp hearts, nut butter or Greek yogurt.

---

### Nutritional Highlights:

#### *Papaya*

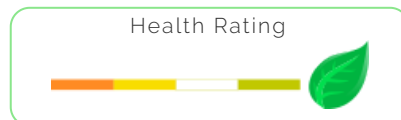
Contains a powerful enzyme called papain that helps to break down proteins which makes them wonderful for gut health and digestion.

Recipe from: [Mindfully Exponential](#)



## Blueberry Almond Smoothie

Delicious antioxidant and healthy fats rich smoothie.



Prep  
5 min

Cook  
0 min

Ready in  
5 min

Servings  
1

## Ingredients

- 1/3 medium Banana
- 1/2 cup Blueberries
- 1 tbsp Almond butter
- 1 cup Almond milk, chocolate, unsweetened, Blue Diamond
- 1 cup Baby spinach
- 1 tbsp Almonds, raw (chopped; as garnish)

## Instructions

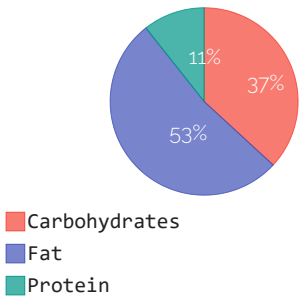
1. Place banana, blueberries, almond butter, almond milk and spinach in a blender and blend for 30 seconds.
2. Top with chopped almonds. For a thicker smoothie, use frozen fruit.

Nutrition Facts	
Per Portion	
<b>Calories</b>	313
Calories from fat	164
Calories from saturated fat	12.2
<b>Total Fat</b>	18.3 g
Saturated Fat	1.4 g
Trans Fat	0
Polyunsaturated Fat	3.3 g
Monounsaturated Fat	9.2 g
<b>Cholesterol</b>	0
<b>Sodium</b>	205 mg
<b>Potassium</b>	778 mg
<b>Total Carbohydrate</b>	28.9 g
Dietary Fiber	5.8 g
Sugars	12.6 g
<b>Protein</b>	8.3 g

Dietary servings  
Per Portion

Fruit	1.3
Meat Alternative	0.8
Milk Alternative	1.0
Vegetables	1.0

Energy sources



Notes:

Quick Tips:

*Low FODMAP*

Ripe bananas are high in oligos, therefore bananas should not be too ripe.

Raw almond serving should be 10 almonds or less to remain Low FODMAP.

Nutritional Highlights:

*Blueberries*

One of the top sources of antioxidants called anthocyanins which gives them their beautiful deep color. They're also high in fiber, vitamin C, K and manganese.

Recipe from: [Sara Kahn Nutrition](#)



# Pineapple Smoothie with Mint, Ginger,Cucumber

This pineapple smoothie recipe is so refreshing for a summer day! It's packed with mint, ginger, and cucumber.



Prep	Cook	Ready in	Servings
5 min	1 min	6 min	1

## Ingredients

- 1/2 cup Pineapple (chunks fresh or frozen)
- 1/2 cup Cucumber (peeled and diced seedless)
- 1/4 piece, 1-inch Ginger root (1/4 inch peeled fresh)
- 1/4 cup Mint, fresh (fresh)
- 3/4 cup Coconut water (liquid from coconut)

## Instructions

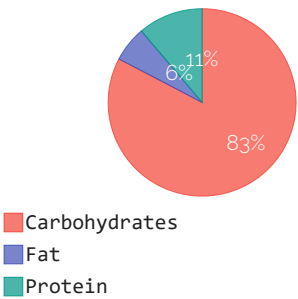
In a food processor or blender, pulse the pineapple, cucumber, ginger, and mint until finely chopped. Add the coconut water and puree until very smooth. Add more coconut water if you like a thinner smoothie. Pour into glasses and garnish with sliced ginger and cucumber.

Nutrition Facts	
Per Portion	
<b>Calories</b>	104
Calories from fat	6.4
Calories from saturated fat	3.6
<b>Total Fat</b>	0.7 g
Saturated Fat	0.4 g
Trans Fat	0
Polyunsaturated Fat	0.2 g
Monounsaturated Fat	0.0 g
<b>Cholesterol</b>	0
<b>Sodium</b>	198 mg
<b>Potassium</b>	739 mg
<b>Total Carbohydrate</b>	21.5 g
Dietary Fiber	5.1 g
Sugars	13.4 g
<b>Protein</b>	2.9 g

Dietary servings  
Per Portion

Fruit 1.0  
Vegetables 1.2

Energy sources

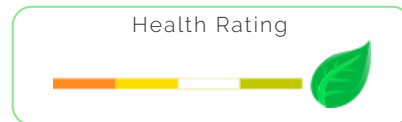


Notes:

Recipe from: [Feed Me Phoebe](#)



## Kale Goji smoothie



Prep	Cook	Ready in	Servings
3 min	0 min	3 min	1

## Ingredients

296 ml	Almond milk, unsweetened (can substitute with any liquid)
1 medium	Frozen banana
1 date pitted	Medjool date
1 tbsp	Almond butter
1/2 cup	Curly kale (de-stemmed, packed)
1 tbsp	Goji berry powder

## Instructions

Add almond milk, banana, date, almond butter, kale, and goji powder to a blender. Blend on high speed for 30-60 seconds or until well combined

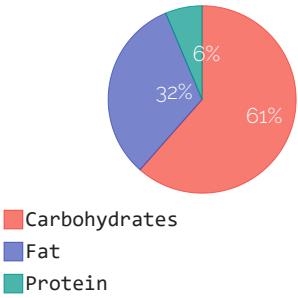
Serve immediately!

Nutrition Facts	
Per Portion	
<b>Calories</b>	412
Calories from fat	132
Calories from saturated fat	9.6
<b>Total Fat</b>	14.7 g
Saturated Fat	1.1 g
Trans Fat	0
Polyunsaturated Fat	2.8 g
Monounsaturated Fat	8.2 g
<b>Cholesterol</b>	0
<b>Sodium</b>	248 mg
<b>Potassium</b>	1103 mg
<b>Total Carbohydrate</b>	63 g
Dietary Fiber	10.9 g
Sugars	39 g
<b>Protein</b>	6.5 g

Dietary servings  
Per Portion

Fruit	1.2
Meat Alternative	0.5
Milk Alternative	1.2
Vegetables	0.5

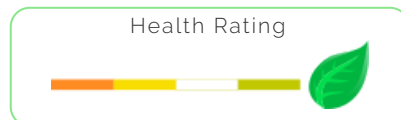
Energy sources





## Gut-Soothing Aloe Smoothie

This gut-healing smoothie will make your insides SING!



Prep  
5 min

Cook  
0 min

Ready in  
5 min

Servings  
2

## Ingredients

1 cup	Aloe Vera Juice, unsweetened (Lily of the Desert (no preservatives))
1 1/2 cup	Water, filtered
1/2 cucumber(s)	Cucumber
1 whole lemon(s)	Lemon juice
1 tbsp minced	Ginger root
2 cup	Baby spinach
1 pinch	Himalayan salt
4 cube(s)	Ice cubes

## Instructions

Peel and chop the ginger

Add all ingredients into a high-speed blender

Mix until well combined

Enjoy

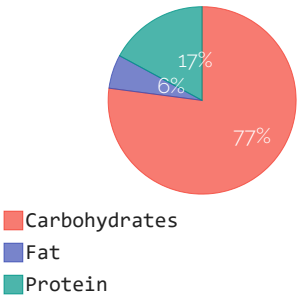


Nutrition Facts	
Per Portion	
<b>Calories</b>	35
Calories from fat	2.0
Calories from saturated fat	0.5
<b>Total Fat</b>	0.2 g
Saturated Fat	0.1 g
Trans Fat	0
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0.0 g
<b>Cholesterol</b>	0
<b>Sodium</b>	93 mg
<b>Potassium</b>	318 mg
<b>Total Carbohydrate</b>	6.7 g
Dietary Fiber	1.8 g
Sugars	1.8 g
<b>Protein</b>	1.5 g

Dietary servings  
Per Portion

Fruit 0.1  
Vegetables 2.2

Energy sources



Recipe from: Nicole Nutrition