



Swimsuit-Ready in 20 Days: Smoothie Recipes

One smoothie counts as ONE MEAL

Note: Ice and/or non-sugar sweetener can be added to taste for all smoothie recipes

Strawberry Banana Smoothie (serves 1)

Ingredients:

4 oz Fat Free Greek yogurt
½ cup fat free milk
¾ cup frozen strawberries
1/2 medium banana (frozen)
1 tbsp fiber powder

Calories	244
Fat	0.5 grams
Protein	17 grams
Fiber	9 grams

Peach 'n' Pear Smoothie (serves 1)

Ingredients:

1 fresh/raw peach
1 fresh/raw pear
4 oz Fat Free Skim milk
4 oz Fat Free Greek yogurt

Calories	252
Fat	0.3 grams
Protein	18 grams
Fiber	8 grams

Red, White & Blue Smoothie (serves 1)

Ingredients:

4 oz fat free milk
 ½ cup strawberries
 1/3 cup blackberries
 1/2 med banana
 1/4 block extra firm tofu

Calories	254
Fat	8 grams
Protein	18 grams
Fiber	6 grams

Berry Madness (serves 1)**Ingredients:**

2/3 cup mixed frozen berries
 1 medium fresh/raw banana
 ½ cup Fat Free milk
 2 tbsp protein powder

Calories	247
Fat	0.6 grams
Protein	16 grams
Fiber	9 grams

Mango Madness Smoothie (serves 1)**Ingredients:**

1 scoop vanilla protein whey powder
 ½ cup frozen mango
 ½ cup frozen strawberries
 4 oz Fat Free milk
 0.2 cup Fiber One cereal

Calories	253
Fat	2.5 grams
Protein	24

	grams
Fiber	9
	grams

Apple Cinnamon Smoothie (serves 1)

Ingredients:

- ½ cup Fat Free Greek Yogurt
- 2 tsp cinnamon
- 1.1 Large Fuji apple with skin
- 4 oz fat free milk

Calories	249
Fat	0.1
	grams
Protein	18
	grams
Fiber	8
	grams

Pina Colada Smoothie (serves 1)

Ingredients:

- 1 serving (244 mL) of 100 Calorie Muscle Milk Light Vanilla Crème
- 1.33 cup pineapple frozen
- 1 tsp coconut extract
- 1 tsp Splenda
- 2 tsp Psyllium husk fiber

Calories	251
Fat	4
	grams
Protein	16
	grams
Fiber	10
	grams

Chocolate Banana Protein Shake

Ingredients:

- 1/2 scoop chocolate whey protein powder
- ½ cup fat free milk
- 2 tsp psyllium husk fiber (sugar free)
- 1 medium banana

Calories	256
Fat	1.8 grams
Protein	19 grams
Fiber	9 grams

Banana Milkshake

Ingredients:

2/3 scoop vanilla whey protein
 1 medium size banana
 2 tsp fiber powder
 4 oz Fat Free skim milk

Calories	263
Fat	1.6 grams
Protein	18 grams
Fiber	13 grams

Pumpkin Smoothie

Ingredients:

250 grams canned pumpkin
 2/3 cup fat free milk
 1 tsp Cinnamon
 3/4 scoop 100% whey protein powder
 ½ tbsp Chia Seeds

Calories	249
Fat	1.9 grams
Protein	28 grams
Fiber	11 grams