



Do It Yourself Smoothie Maker

Simply choose one item from each column, combine in a blender and voila – a meal, snack or pre- or post-workout refreshment!



Liquid

- Nut or seed milk, like unsweetened almond, hazelnut or hemp seed (8 oz.)
- Coconut milk, unsweetened (8 oz.)
- Rice or oat milk, unsweetened (8 oz.)
- Ice
- Water

Fruits and veggies

- Berries, like blackberries, blueberries, raspberries or strawberries (1/2-1 c.)
- Kiwi
- Banana
- Greens, like spinach, kale or chard, cooked or raw (small handful)
- Other fruit or vegetable

Protein

- Rice protein powder (20-30 grams)
- Garden of Life® raw protein powder (20-30 grams)
- Xymogen® OptiCleanse™ GHI or i5™ Energize, vanilla (20-30 grams)
- CORE® Restore powdered supplement (20-30 grams)
- Hemp seed protein powder (20-30 grams)
- Natura Health Products® (20-30 grams)
- Designs for Health®, WheyCool™ (20-30 grams)
- Designs for Health®, PurePaleo™ (20-30 grams)
- Vega™ (20-30 grams)
- SunWarrior® (20-30 grams)

Healthy fats and oils (choose 1 or 2)

- Fish oil
- Flaxseed oil
- Coconut oil
- 3-6-9 balanced oil
- Nuts or seeds
- Ground flaxseeds
- Butter or ghee
- Almond butter or organic peanut butter
- Avocado, ½
- Coconut milk, ½ can

To learn more about how the right nutrition will make you an even better athlete, visit sportsmedicine.kansashealthsystem.com

