



Smoothie Recipes

33

Simple, Low Carb, High Protein, Smoothie

Recipes With Nutrition Info To Supercharge Your Body

**Achieve Weight Loss Goals Through
Healthy And Refreshing Smoothie Recipes**

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Introduction

I want to thank you and congratulate you for downloading the book, “Smoothie recipes: 33 Simple, Low Carb, High Protein, Smoothie Recipes With Nutrition Info To Supercharge Your Body-Achieve Weight Loss Goals Through Healthy And Refreshing Smoothie Recipes” .

This book contains proven steps and strategies on how to create simple, delicious, and nutritious smoothies.

Smoothies are a great way to get your energy boost for the day, especially if you are undergoing weight training and management or preparing for a sports event. You need lots of energy for vigorous exercise, and you can get that from proteins, not carbs. This recipe book contains 33 delicious high-protein low-carb smoothie recipes, plus the nutritional information for each if you need to count your calories.

Aside from the recipes, this book also contains background information about the benefits of going on a low-carb high-protein diet, and why smoothies are a great way to complete your calories for the day. It also contains a general guideline for preparing protein smoothies to preserve most nutrients and promote quick nutrient absorption.

With this recipe book, you will be able to vary your protein smoothies and create your own nutritious and tasty smoothie recipes.

Thanks again for downloading this book, I hope you enjoy it!

Chapter 1: Protein smoothies and weight loss—a basic guide

Not all smoothies are bad. In fact, there are now ways you can create smoothies which are high in protein and low in carbohydrates. It's a convenient way to replace full meals and will help you lose weight by creating the hormones you need to burn fats. In fact, there are many diet plans which incorporate protein smoothies as a major source of nutrients, including the Atkins Diet.

Protein, hunger, and fullness

An empty stomach signals the body to release an enzyme called ghrelin, which travels to the brain and communicates with neurotransmitters to stimulate your appetite and desire to eat something.

On the other hand, when you begin to eat, the digestive tract also starts to release two types of hormones which again travel to the brain to signal fullness. The first of these two hormones stimulates the pancreas to produce digestive enzymes. The other hormone is created somewhere in the lower part of the digestive tract and inhibits the appetite, creating a feeling of fullness for a longer period.

Where does protein come into the picture? Apparently, the ingestion of protein is the catalyst of the appetite-inhibiting hormone. Therefore, eating high-protein foods should help you keep your appetite on check throughout the day. It's also recommended to consume protein foods first before carbohydrates during meals.

Meanwhile, a particular type of protein found in whey (whey protein isolate) also helps regulate insulin and blood glucose levels, especially for people who happen to be obese or overweight. As an effect, whey protein isolate also happens to help lower cholesterol levels (especially the bad LDL cholesterol).

Protein smoothies and protein powders

For people on the go and for people with hectic schedules, protein shakes and smoothies are the best way to get a protein boost when hunger strikes. Some smoothies are designed to replace full meals, helping suppress the appetite and burn fats more quickly.

The secret ingredient for most protein shakes and smoothies is the aforementioned whey protein isolate, which you should include in your mid-meal snacks. Consuming

whey protein before lunch and dinner will help control your appetite during those meals.

You can identify isolates from mixed protein powders by looking closely at the label and nutritional information at the packaging. Normally, protein powders have a 30-gram serving size, and for protein isolates, you should look for at least 20 to 25 grams of protein per serving, unlike mixed powders which might give you only around 15 to 18 grams of protein. Also choose sugar-free and unsweetened varieties since sugar and artificial sweeteners give off additional and unwanted carbs.

If you're looking for a vegan alternative to whey protein, veer away from soy protein because these contain hormones called phytoestrogens, which can be harmful, especially if you ingest them in large amounts. You're better off with protein powders made from beans or rice especially if you have intolerance to dairy products.

Depending on your needs, you can find the perfect protein powder to mix with your shakes and smoothies. If you're just starting out, try out several brands and varieties first before settling with a single one. The good news is that you would never run out of options since protein powders are always readily available on the supermarket.

Protein smoothies and meals

Although it's not true at all times, protein shakes and smoothies can become meal replacements. You just need to customize the ingredients according to your needs. Smoothies can also serve as snacks between meals to suppress your hunger and make you feel fuller.

A guideline to the perfect protein shake and smoothie

There are literally thousands of recipes on the internet for different protein shakes and smoothies. Regardless of your preferred flavors and ingredients, here are a few general guidelines on making a perfect protein smoothie to maximize its benefits:

1. All protein smoothies should have a protein powder ingredient. Whey is preferable, although other vegan sources are also acceptable, such as soy, rice, bean, or mixed source.
2. Protein smoothies go best with an unsweetened, natural source of fats—for instance, nuts, nut butters, coconut oil, or the like.
3. Protein smoothies should have a fiber component to naturally aid digestion. These are preferably non-psyllium, such as flaxseeds or chia seeds or other fiber source.

4. You should avoid including fruits with high glycemic index (or sugar content) in your protein smoothies. Choose fruits with low glycemic indices, such as bananas, all kinds of berries, citrus fruits, apples, and pears.
5. You need a type of liquid to dissolve and bind all your ingredients together. It might be plain old water, milk, nut milk, and yogurt, depending on your preferences and the recipe you are trying out. But don't use ready-made fruit juice since those tend to be high on sugars and carbs.
6. Veggies are also usually included in low-carb protein smoothies, although you'd probably need a heavy duty blender or food processor for cruciferous vegetables like kale and broccoli.
7. You can also try including some other ingredients in your smoothie for further health benefits, such as cocoa, cinnamon, and powdered greens, among others.
8. An optional alternative to using powdered protein mixes is to add eggs to your recipe, since eggs are rich in proteins.
9. Low carb smoothies should have less than 30 grams in carb content as a general rule.
10. You can add superfoods including coconut, acai berries, hemp seeds, maca, chocolate, and aloe vera, among others, to boost the nutrient effects of your smoothie.

Smoothie making tips

- If the consistency of your smoothie has too much foam and froth, try to lessen your liquid base and don't overblend. Around 30 to 60 seconds should do the trick. You can also try to blend first half of the liquid at the start and add the remaining half at the last part, running on low speed on your blender. You may also consider using a "thickener" base such as banana, yogurt, coconut, avocado, or even just plain ice cubes.
- If your smoothie feels too runny and watery, simply reduce the volume of your liquid base and add a thickener ingredient.
- You can use sweeteners and salt on your recipes, but use natural ones instead of processed or artificial ones. Honey and pure maple syrup are good choices, but make sure you add these very sparingly on your low-carb high-protein smoothie.
- Using certain greens and veggies may have the undesirable effect of making your smoothie bitter. If that's the case, simply balance your ingredients, add more fruits or lessen the greens.
- Don't rush your smoothie blending especially if you're using an old model of blender. Start with the liquid base and add ingredients slowly—don't

immediately fill the blender with all your ingredients and mix.

- Using ice or water is optional. Freeze your fruits instead to make a more filling smoothie.
- Yogurt and oatmeal make a good combination for complete protein apart from protein powders.
- Occasionally add veggies like kale and spinach to your smoothies. Don't worry about the taste, because they won't affect your smoothies one bit, and they'd provide you with your much-needed nutrient boost to lose weight quicker.
- When you add ingredients to the blender, add the liquid and the soft ones first and add last the hard, frozen or thick ingredients.

Are you ready to get started? Let's get to the 33 recipes included in this book! Each recipe includes nutrition information about what you will be getting when you drink that smoothie.

Chapter 2: Easy breakfast protein smoothies

Breakfast is easily the most important meal of the day. It gives you the energy to do things throughout the day. You should never skip out breakfast especially if you want to lose weight. Skipping out breakfast makes you go hungry faster and you begin to feel the desire to eat earlier. Skipping meals (especially breakfast) often results in overeating, if not eating binges.

Here are some breakfast smoothies you can try at the comfort of your home, or simply when you're in too much of a hurry to fix yourself a solid breakfast.

Pumpkin smoothie

Love pumpkin pie? Here's a smoothie recipe for pumpkin lovers, not just for breakfast, but also as a great snack! The recipe makes a single serving, so you can simply double the ingredients to make more.

Prep time: 5 minutes

Ingredients

- 1/3 cup pureed pumpkin (canned or fresh)
- 1 cup soy or almond milk (vanilla-flavored)
- 1/3 cup evaporated milk, two percent
- 6 pcs. ice cubes, or 2/3 cup crushed ice
- 1 tbsp. raw honey (optional)
- Cinnamon and nutmeg to taste
- 1 scoop protein powder (vanilla)

Instructions

1. First pour in all the liquid ingredients: milk and pumpkin puree in the blender.
2. Add in the protein powder.
3. Add in ice cubes and blend until slightly smooth.
4. Add in honey if you want, followed by cinnamon and nutmeg, and blend again.
5. Keep blending until desired shake consistency is reached.

6. Pour in a tall glass and enjoy sipping your breakfast with a straw!
7. Variations: evaporated milk should be avoided by people who have lactose intolerance. You can remove it and replace it with the soy/almond milk.

Nutritional facts

Each serving of this pumpkin smoothie contains the following:

- 263.7 total amount of calories
- 27.6 g of total protein
- 5.3 g of dietary fiber
- 5.5 g of total fat
- 394.6 mg of sodium
- 6.4 mg of cholesterol
- 28.2 g of total carbohydrates

Carrot protein smoothie

If you enjoy eating carrot cake, you'll definitely love this simple protein smoothie recipe made with fresh carrots and vanilla-flavored milk. The recipe below makes two delicious full-size servings, adjust accordingly depending on the number of people who will share this protein meal/snack.

Prep time: 10 minutes

Ingredients:

- ¾ cup carrots, grated or shredded
- 1 cup soy milk, vanilla flavored
- ½ scoop of protein powder, vanilla flavor
- 10 pcs. pineapple chunks, frozen
- Salt and cinnamon to taste
- 4 oz. neufchatel cheese
- 2 tsp. shredded coconut, unsweetened
- 1 tsp. Butter Buds
- 1 tsp. vanilla extract
- 1 to 2 tbsp. sweetener of your choice (Splenda will do)

Instructions

1. Pour in the soy milk first in the blender, followed by the carrots, pineapples, cheese, and shredded coconut.
2. Add last the protein powder, vanilla extract, butter buds, salt and cinnamon.
3. Blend well until smooth or you reach your preferred consistency. Shorten the blending time for a chunky shake or blend longer for a smoother texture.
4. Add the sweetener last. Start with just one tablespoon and add more if it still tastes bland.

Nutritional facts

Each serving of this carrot smoothie contains the following nutrients:

- 250.3 total calories
- 16 g of total protein (if you want to add more protein just add ½ scoop more of the protein powder)
- 1.9 g of dietary fiber
- 14.6 g of total fat
- 525.6 mg of sodium
- 43.1 mg of cholesterol
- 16.2 g of total carbohydrates

Banana-nut butter smoothie

Banana pancakes are one of our favorites for breakfast, but it tends to pack a lot of carbs because of the flour content. This protein shake is for banana pancake lovers, and replaces flour with good old nut butter to give you an energy boost with natural fats from nut oils. The recipe is good for one person, but you can just double the ingredients if you're serving for two!

Prep time: 5 minutes

Ingredients

- 1 medium-sized banana, sliced and frozen
- 1 ½ tbsp. almond or peanut butter (or any other natural nut butter of your choice)
- ¾ scoop protein powder of your choice
- 1 cup 2 percent evaporated milk

- ½ cup crushed ice or 6 ice cubes (optional)

Instructions

1. Add the milk first in a blender, followed by the sliced bananas and the protein powder.
2. Add the nut butter last, close the lid and blend the mixture until the texture is smooth.
3. You can also add crushed ice before you put in the milk if you want extra froth and coolness and blend again.
4. Variations:
 1. For extra protein and calories you can try using one full scoop instead of ¾ scoop of protein powder.
 2. You can reduce the nut butter to one tablespoon instead of 1 ½ spoons.
 3. The additional ice will compensate if you've forgotten to freeze the banana slices.

Nutritional facts

Each serving of this banana-nut butter smoothie contains the following nutrients:

- 455.6 total calories (405.6 if you slash off ½ tbsp. of the nut butter)
- 30.3 g of total protein (more if you use a full scoop of protein powder)
- 4.3 g of dietary fiber
- 18.1 g of total fat
- 172.5 mg of sodium
- 64.5 mg of cholesterol
- 45.8 g of total carbohydrates

Berry-banana breakfast smoothie

Fruit smoothies are one of the best breakfast options for people who'd rather skip breakfast. They are quick to make and easy to consume even while you're on the go, plus they are very nutritious as long as you mix the right ingredients. This one uses berries, eggs, and bananas, all perfectly nutritious goodies you usually have for breakfast with toast or cereals. This recipe serves two.

Prep time: 10 minutes

Ingredients

- 1 cup unsweetened mixed berries, frozen
- 1 cup strawberries, fresh or frozen (unsweetened variety)
- ½ medium banana, peeled and sliced
- 1 scoop protein powder, vanilla flavor
- ½ cup crushed ice or cold water
- ½ cup plain yogurt (we used Greek, full-fat yogurt originally)
- Optional: 1 whole egg
- Optional: sweetener to taste

Instructions

1. Pour the crushed ice or water in the blender.
2. Add next the fruits—berries and bananas—followed by the protein powder, yogurt, and egg.
3. Blend on high speed setting until the texture is smooth.
4. Add the sweetener last before blending again.
5. Pour the smoothie into two tall glasses and serve.
6. Variations:
 1. If the texture is too thick, you can add more water or ice, ½ cup at a time until the mixture becomes smooth and creamy.
 2. This can also be served as dessert: just sprinkle with fresh berries and add a dollop of whipped cream at the top.

Nutritional facts

Each tall glass serving of this berry-banana smoothie contains the following nutrients:

- 235 total calories
- 25 g of total protein
- 3.8 g of dietary fiber
- 9.3 g of total fat
- 23 g of total carbohydrates

Energy breakfast shake

If you want a straight up energy booster for breakfast, you can't go wrong with this recipe for an energy breakfast shake. It's a fast, quick and easy recipe which uses almond butter, banana and chia seeds, a type of superfood which stabilizes the sugar levels in your blood and helps retain the feeling of fullness for a longer time period. The recipe below makes one heaping glass of protein shake.

Prep time: 5 to 10 minutes

Ingredients

- 1 cup coconut milk or almond milk (8 oz. or 240 ml)
- ½ cup crushed ice or 5 pcs. ice cubes
- 1 tbsp. almond butter

- 1 pc. small-sized banana or ½ large banana, sliced
- 1 tbsp. chia seeds
- 1 scoop protein powder, vanilla flavor

Instructions

1. Add the ice cubes first in the blender, followed by the milk and banana.
2. Add the protein powder and chia seeds next, and add the almond butter last.
3. Blend on high until texture is smooth and even.
4. Serve on a tall glass and enjoy.
5. Variations: You can substitute the banana with berries or any other low-glycemic fruit for a different flavor. You can also add a sugar-free sweetener if you have a sweet tooth.

Nutritional facts

- 400 total calories
- 33.3 g of total protein
- 10.3 g of dietary fiber
- 18.1 g of total fat
- 62.5 mg of cholesterol
- 42.8 g of total carbohydrates

Coffee protein smoothie

Is coffee your daily choice of energy booster, especially during mornings and breaks? If so, then this is the recipe for you: a protein smoothie made with coffee and flax seed meal for your dietary fiber needs. You can use brewed or instant coffee, and you can also go with decaf if you're worried about the caffeine. The following recipe is good for a single serving.

Prep time: 5 minutes (unless you brew your coffee first)

Ingredients

- 1 cup cold coffee, brewed, instant, or decaf
- 3 to 4 pcs. ice cubes
- ½ cup coconut or soy milk

- 2 tbsp. flax seed meal
- 1 scoop protein powder, chocolate or vanilla flavored
- Optional: sugar-free sweetener

Instructions

1. Put the ice cubes first followed by the coffee and milk.
2. Add in the scoop of protein powder and the flax seed meal and blend well until smooth.
3. You can add a few drops of sugar-free sweetener after according to taste.
4. Variation: Use a shaker cup for a thicker consistency and quicker prep time. You can also add in ½ sliced banana as a thickener.

Nutritional facts

This energy booster coffee protein smoothie contains the following nutrients for each single serving:

- 403 of total calories
- 23 g of total protein
- 5 g dietary fiber
- 5.5 g effective carbohydrates

Strawberry smoothie

For people who can't tolerate coffee, here's a similar recipe you can try for breakfast, but it uses berries instead of the caffeinated drink. It's made best with coconut milk, which contains medium-chain fatty acids that makes you feel fuller for longer and ready for anything.

Prep time: 5 to 10 mins.

Ingredients

- 1/3 cup frozen strawberries
- ½ cup coconut milk (or soy/almond milk)
- 2 tbsp. flax seed meal
- ½ to 1 cup crushed ice or cold water
- 1 scoop protein powder, plain (you can also use vanilla)

Instructions

1. Put in the ice/water, coconut milk, strawberries, flax seed meal, and protein powder in the blender (in that order).
2. Blend on high until the consistency becomes smooth and creamy.
3. Start with ½ cup water and add more if you feel the consistency is still too thick.
4. Variation: As a snack, substitute coconut milk with soy or almond milk, yogurt or anything lighter.

Nutrition facts

Each serving of this strawberry protein smoothie (made with coconut milk) contains the following nutrients:

- 429 total calories
- 24 g total protein
- 6 g dietary fiber
- 11 g effective carbohydrates

Choco-berry-banana smoothie

Cocoa, which is used to make chocolate, is a natural superfood which regulates your blood pressure and cholesterol levels. This smoothie can be done with a choco-flavored protein shake, but you can also add cocoa powder for that added superfood

boost. The following recipe makes one tall serving.

Prep time: 5 to 10 mins.

Ingredients

- 1 oz. fresh berries of your choice (strawberries, blueberries, and raspberries will do)
- 1 whole banana, peeled and sliced
- 2 scoops protein powder, chocolate flavored
- 12 oz. cold water
- 4 pcs. ice cubes
- Optional: 1 tbsp. unsweetened cocoa powder for that added boost

Instructions

1. Pour in water, ice cubes, berries and banana slices in your blender.
2. Add the protein powder and cocoa powder last and blend on high until the mixture is smooth.
3. Pour on a tall glass and serve.

Nutritional facts

This triple treat smoothie contains the following nutrients:

- 328 of total calories
- 45.6 g of total protein
- 2.6 g of total fats
- 32.3 g of total carbohydrates

Choco-caramel protein shake

Coffee and chocolate lovers, and latte lovers will love this recipe! Although most coffee frappes and smoothies commercially available are high on sugar and carbs, you can still indulge in this absolutely healthy protein smoothie for chocolate lovers! This recipe makes one lip-smacking serving of this shake.

Prep time: 5 minutes or less!

Ingredients

- 8 oz. cold coffee, brewed
- 8 oz. milk (2 percent)
- 2 tbsp. caramel-flavored creamer
- 2 full scoops protein powder, chocolate flavor
- Optional: ½ cup crushed ice for a smoothie-like consistency.

Instructions

1. In a shaker cup, combine brewed coffee with milk.
2. Add the creamer next, followed by the protein powder.
3. Shake well. No blending needed!
4. Pour in a tall glass and serve.

Nutritional facts

This delicious smoothie contains the following nutrients:

- 398 total calories
- 58.4 g of total protein
- 13.4 g of total carbohydrates
- 6.4 g of total fats

Peanut butter smoothie

Nut butters are an excellent ingredient for protein shakes, especially for breakfast. They contain natural oils and energy boosters to get you going through the day, without any excess carbs. Often paired with bananas, but it's also great on its own. The recipe makes one serving, just add more ingredients for more people to share and enjoy.

Prep time: 5 mins

Ingredients

- 1 cup (8 oz.) skimmed milk
- 1 tbsp. peanut butter
- 2 tbsp. protein powder
- Optional: ½ cup crushed ice
- Optional: 1 medium-sized banana (remove for lower carbohydrates)

Instructions

1. Use a blender to mix ice, skimmed milk, protein powder, banana, and peanut butter into a smoothie consistency.
2. Pour in a tall glass and serve.
3. Variation: remove the banana for less carbs. Use coconut milk instead of skimmed milk if you are gearing for a workout. Use ice for thicker consistency. You can use drained canned tuna instead of protein powder in case you run out.

Nutritional facts

This smoothie recipe contains the following nutrients:

- 399.2 total calories
- 28.6 g total protein
- 54.6 g total carbohydrates
- 10.2 g total fats
- 5.8 g dietary fiber
- 4.9 mg cholesterol
- 213.3 mg sodium