

Smoothology 101

[Core] Chiropractic and Wellness

Daryl C. Rich, D.C., C.S.C.S., A.R.T.

[LivFit] Eating Principles

1. Healthy Natural Ingredients—Food by God, Not by Man
2. Low Sugar, High Protein
3. Fat will not make you Fat
4. The Darker the Better
5. Big Breakfast, Snack, Normal Lunch, Snack, Small (no carb) Dinner

Smoothie Shopping List

- | | | |
|---------------------------|------------|--------------|
| 1. A high quality blender | 3. Greens | 6. “Milk” |
| 2. Fruits | 4. Fats | 7. Additions |
| | 5. Protein | |

The Recipes:

Green Surprise Smoothie

2 cups of romaine lettuce spinach
(the “surprise”)
½ cup coconut milk or almond milk
or low-sugar plain yogurt

1 scoop vanilla or chocolate whey
protein
2-3 tbsp cocoa powder
½ cup of ice

Directions

Put the lettuce or spinach in the blender with the coconut or almond milk. Blend until greens are fully mixed. Add cocoa powder and whey protein, and mix until well blended.

Berry Smoothie

1 large handful of berries (any mixture of strawberries, blueberries, blackberries, or raspberries)
½ cup coconut milk, almond milk, or low-sugar yogurt
¼ - ½ cup filtered water

1 scoop vanilla whey protein
Optional nutritional boosters: hemp seeds, flax oil, coconut oil
½ cup of ice

Directions

Put all ingredients in a heavy-duty blender, and blend to desired consistency. You may add additional water if necessary.

Butter Cup Shake

1 cup coconut milk, almond milk, or low-sugar yogurt
1-2 tbsp nut butter (almond butter, organic peanut butter, cashew butter)
2-3 tbsp cocoa powder
1 scoop chocolate or vanilla whey protein
½ cup of ice

Directions

Put all ingredients in a heavy-duty blender, and blend to desired consistency.
Optional nutritional boosters: hemp seeds, flax seeds, coconut oil, cocoa nibs

Vanilla Bean Shake

1 frozen banana, sliced (peel bananas and freeze whole)
1 cup coconut milk, almond milk, or low-sugar yogurt
1 scoop vanilla whey protein powder

Directions

Put all ingredients in a heavy-duty blender, and mix to desired consistency.
Optional nutritional boosters: greens powder, spinach, hemp seeds, flax seeds
Variation: For chocolate banana smoothie, use chocolate whey protein.

Chocolate Cappuccino Crunch Shake

1/2 cup coconut milk
1/2 tsp vanilla
1-2 tbsp cocoa powder
2 packets Stevia (or adjust to your taste)
3-5 coffee beans (if you have a

powerful blender like a Vita-mix, you can just throw them in. Otherwise grind with a coffee grinder or small spice grinder.)
1/2 cup ice

Directions

Blend everything until frothy and the coffee beans and ice are incorporated.
Optional: For an extra healthy boost, you can add greens powder, fresh greens, or cabbage.

Pumpkin Spice Smoothie

- 1/2 cup of almond milk, coconut milk, or low-sugar yogurt
- ¼ cup of canned pumpkin
- 1-2 tsp of pumpkin pie spice
- 1 scoop of vanilla or chocolate whey protein
- ½ cup of ice

Directions

Put all ingredients into a blender, and mix to desired consistency.

Variation: Use ¼ cup almond milk with ¼ of black coffee, and add cocoa nibs.

Berries + Greens Shake

- 1 cup frozen berries (blueberries, raspberries, etc.)
- 1 to 2 loosely-packed cups of spinach
- 2 cups coconut milk
- 1 tablespoon coconut oil
- 2 scoops whey protein powder

Directions: Blend until smooth.

Keepin' It Smooth

- 1 avocado
- 5 ounces frozen peaches
- 1 handful of raspberries
- 1 handful of hemp seeds
- unsweetened almond milk
- 2 dates
- 2 scoops whey protein powder
- optional: 1 tablespoon ground flaxseed

Directions: Blend and Enjoy!

Favorite Green Shake

- 3 cups spinach
- 1 cup frozen blueberries (or raspberries, blackberries, etc.)
- 1 tablespoon flax oil
- 1 tablespoon powdered greens
- 1 cup almond milk
- 2 scoops of whey protein powder
- 2 dates or a few drops of stevia to taste

Directions: Blend until creamy.

Morning Mocha

- 1 cup strong coffee (cooled)
- 2 tablespoons cacao powder
- 1 handful of raw almonds
- 1 scoop of whey protein powder
- stevia to taste
- ½ cup of ice

Directions: Blend until smooth

Sweet Green Smoothie

6 ounces water
2 giant handfuls of spinach
1 peach, pitted
2 scoops of whey protein (ideally vanilla flavor)
optional: 1 tablespoon ground flax seed
½ cup of ice

Directions: Blend all ingredients until smooth and enjoy this amazing and detoxifying meal.

Euro Nut

1 tablespoon vanilla extract	ice
2 dates or stevia to taste	2 scoops whey protein powder (ideally chocolate flavor)
2 tablespoon raw cacao	optional: 1 tablespoon ground flaxseed
2-4 tablespoon hazelnut (almond or peanut) butter	
unsweetened coconut milk	

Directions: Blend until creamy!

Coconut Chai Shake

1 cup coconut milk (unsweetened)	¼ cup shredded coconut
1 tablespoon vanilla extract	2 scoops of whey protein powder (ideally vanilla flavor)
1 teaspoon ginger	½ cup of ice
1 teaspoon cinnamon	optional: 1 tablespoon ground flaxseed
a pinch of allspice	
2 tablespoons almond or cashew butter	

Directions: Blend until smooth and creamy.

The Pits

4 peaches	for desired consistency)
1 avocado	2 scoops of whey protein powder
12 cherries, pitted	optional: 1 tablespoon ground flaxseed
ice	
unsweetened almond milk (enough	

Directions: Blend it up, baby!

Fall Berry Shake

2 cups almond milk (fresh or store- bought)	1 cup frozen raspberries
	1 tablespoon carob powder

1 teaspoon cinnamon
¼ teaspoon nutmeg (freshly grated is the best, but already ground powder works too)

¼ teaspoon stevia
pinch of sea salt
½ cup of ice

Directions: Blend and enjoy!

Malted “Milk” Shake

1 cup coconut water
½ cup coconut meat (fresh is best or use flakes with extra ¼- ½ cup of water)
1 tablespoon almond butter
3 dates, pitted or stevia to taste
1 teaspoon vanilla extract

pinch of sea salt
2 scoops of whey protein powder
½ cup of ice
optional: 1 tablespoon ground flaxseed

Directions: Blend all ingredients until smooth and enjoy!

The Great Detox Shake

1 cup of warm green tea
2 tablespoons coconut oil
¼ avocado
a couple dashes cinnamon

dash of stevia
2 scoops of whey protein powder
optional: 1 tablespoon ground flaxseed

Directions: Blend until creamy.

Cinnamon Rolls for Breakfast

½ cup almonds and 1 cup water OR
1 cup almond milk
1 cup coconut water
1 teaspoon cinnamon
1 pinch sea salt
2 teaspoons vanilla extract or powder
3 pitted dates

1 tablespoon pecans
stevia to taste
2 scoops of whey protein powder
½ cup of ice
optional: 1 tablespoon ground flaxseed

Directions: Blend all ingredients until smooth and creamy.

Sweet Protein Shake

1 cup nuts (pecans, walnuts, or almonds)
Your choice of almond/coconut milk (just enough to cover nuts in the base of the blender)
5-10 drops stevia extract (to taste)
1 teaspoon vanilla extract
2-3 cups frozen fruit (blueberries,

raspberries, blackberries, or peaches)
1 apple
1 ripe pear
2 scoops of whey protein powder
½ cup of ice
optional: 1 tablespoon ground flaxseed

Directions: Blend all ingredients until smooth.

Green Berry Shake

¼ cup unsweetened almond milk
a handful of blueberries
a handful of pineapple
1 tablespoon powdered greens
1 tablespoon raw cacao powder

optional: 1 tablespoon coconut oil

½ cup of ice

2 whey protein powder (ideally vanilla flavor)

Directions: Blend and enjoy!

Detoxifying Dandelion Shake

3 cups dandelion greens
2 cups coconut water
1 peach, pitted
2 scoops of whey protein powder (ideally vanilla flavor)
1 tablespoon ground flax seed
½ cup of ice

Directions: Blend until smooth.

Full All Day Shake

1 tablespoon powdered greens
frozen blueberries
handful of kale (washed, stems removed)
unsweetened almond milk (enough to make it “pour-able”)
1 tablespoon almond butter (optional)
2 scoops of whey protein powder (ideally chocolate flavor)
½ cup of ice
optional: 1 tablespoon ground flax seed

Directions: Blend until smooth.

Purple Haze Smoothie

6 ounces blackberries
2 cups of pineapple (fresh or frozen)
water (just enough to blend- it’s best thick and creamy)
2 scoops of whey protein powder
½ cup of ice
optional: 1 tablespoon ground flax seed

Directions: Put all ingredients in the blender and mix until smooth

Complete Breakfast Shake

coconut water
1 cup fresh (or frozen) berries
1 tablespoon coconut oil
2 dates
1 cup of spinach or kale

2 scoops of whey protein powder (ideally vanilla flavor)

½ cup of ice

optional: 1 tablespoon ground flax seed

Directions: Blend until creamy and delightful!

Almond Butter and Jelly Shake

1 to 1½ cups almond milk

1 handful of frozen blueberries

1 to 2 tablespoons of almond butter (or cashew butter)

optional: 1 small handful of cherries, pitted

a handful of ice

2 scoops of whey protein powder (ideally chocolate flavor)

optional: 1 tablespoon ground flax seed

Directions: Blend until creamy and delicious!

Perfect Morning Shake

6 ounces of water

3-4 ounces of nut or rice milk

½ of an avocado

2 teaspoons organic almond butter

a pinch of sea salt

½ cup of ice

Directions: Blend until smooth and creamy.

2 scoops of whey protein powder

optional: 1 tablespoon ground flaxseed

optional: sweetener to taste (stevia)

optional: 1 tablespoon carob

Peaches And Cream Shake

1 cup frozen peaches

2 cups coconut milk

2 teaspoon pumpkin pie spice

1 teaspoon freshly grated ginger

2 scoops of whey protein powder (ideally vanilla flavor)

optional: 1 tablespoon ground flax seed

optional: Top with a few sprinkles of toasted (or raw) coconut for extra crunchy treat.

Directions: Blend until smooth and creamy.

Cinnamon Berry Shake

½ cup frozen blueberries

2 dashes cinnamon

1 tablespoon almond butter

8 ounces of water

2 scoops of whey protein powder (ideally chocolate flavor)

optional: 1 tablespoon ground flax seed

Directions: Blend until creamy!

Peach Apple Cobbler

¼ cup pecans (whole or crushed)
1 cup coconut water
2 apples cored and sliced into chunks
(leave the peel on for added
fiber and nutrients)
1 cup frozen or fresh peaches

1 tablespoon fresh lemon juice
1 teaspoon vanilla powder or extract
1 teaspoon cinnamon
½ teaspoon ginger powder
Pinch of sea salt
1 scoop of whey protein (vanilla)

Directions: Blend all ingredients together until creamy and enjoy!

The Grasshopper Shake

1½ cups warm peppermint tea
1 heaping tablespoon cacao powder (You can use carob or unsweetened Dutch chocolate powder instead of cacao if you want)
1 tablespoon melted coconut oil
2 tablespoon whole cashews
2 teaspoons greens powder
¼ teaspoon stevia
pinch of sea salt

Optional: 2 scoops whey protein (ideally chocolate flavor)
Optional: 1 tablespoon ground flaxseed

Directions: Pour the warm tea into a blender. Add cacao powder, cashews, greens, salt and stevia and blend for 45seconds or until cashews are broken down. While blending, drizzle in the melted coconut oil. Serve in a mug for a nourishing and warm drink.

Chocolate Covered Blueberries

1 large handful of frozen blueberries
1 handful of spinach
dash of cinnamon
1 tablespoon of raw cacao
2 tablespoons almond butter
½ cup coconut milk

dash of stevia as needed
2 scoops of whey protein
½ cup of ice

Optional: 1 tablespoon ground flaxseed

Directions: Blend and enjoy!

Erin's Pina Colada

1/3 cup of fresh pineapple
¼ cup of unsweetened coconut
flakes
½ cup of coconut milk
1 cup of ice
1 scoop of vanilla whey protein

Directions: Blend until smooth and enjoy!