



Constant Energy Fitness
In the Kitchen
. . .

Smoothie Recipes for Optimal Health



Disclaimer

Please check with your healthcare practitioner before you add any new supplements or meal plans to your diet. This is not meant in any way to diagnose or treat any diseases.

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Smoothie Recipes for Optimal Health

Constant Energy Fitness in the Kitchen

Fad diets are ruining our bodies. We overeat but remain undernourished. We overtrain, but lack the right nutrients for recovery. Packaged foods are pushing us towards disease and making us fat. Those of us in the fitness industry know there are no secrets. What you put into your body is 75% of how you will feel and look. The other 25% is exercise and genetics. I drink at least 2 smoothies daily. My easy recipes are geared to help you reach your wellness and fitness goals.

About the Author

Hello, my name is Dawn Sylvester. I have dedicated the last 25 years to coaching people on how to age with strength and proper nutrition. After competing in 2 bodybuilding shows right before my 50th birthday, entering a Kettlebell competition and lifting weights for 30 years, I decided I wanted to help others achieve a fitness lifestyle. I now co-own a gym with my husband Craig and have Certifications in Fitness Training and Sports Nutrition. I have been a guest speaker at functions geared towards aging with functional strength, been interviewed by LiveFitter.com. and received an Expert Author Award with Ezine Articles.

Sharing my knowledge on how to stay energized, vital and strong is my passion. Making fitness and healthy nutrition an easy and everyday part of *your* life, is my goal.

Smoothie Recipes for Optimal Health

Smoothies are the easiest way to get optimal nutrition into your body. Whether you need breakfast or a snack, a pre or post workout . Smoothies are the best way to stay energized when there is no time to cook. Forget energy bars loaded with fillers and sugar. The quickest way to an energizing meal is in a glass. Metabolic enhancers that support muscle tissue and energy levels is how I like to think of them. Call them shakes or smoothies, either way, they deliver the goods. With poor food choices everywhere, and no time to eat right, this could be the easiest way to change your diet. In your quest for optimal energy, and a leaner stronger body, smoothies are it!

Purchase a compact, inexpensive blender equipped with multiple travel cups. I prefer the Cuisinart Smart Power Compact Blender. It has enough power to blend frozen fruit, ice and even kale, with multiple cups for travel. Double your shake recipe and put one in an insulated cooler for after your workout, or a quick meal on the go. There are no excuses as to why we cannot give our bodies supreme nutrition. Filling, easily digested, and easy to transport, smoothies are how you will win the war on adding in the right nutrition at the right time.

Forget the idea that you don't have time. Cut up fruit and store in the freezer in small zip lock freezer bags. Sprinkle with lemon juice to prevent browning. Use combos of fruits, spinach, parsley, kale and mint to make sure you are getting all the nutrients and fiber you need. Frozen fruit omits the need for ice, and these freezer packs are ready when you are. Great additions to any smoothie are ground flax and chia seeds. They are great sources of protein and fiber, and are loaded with omega 3's(a healthy fat!) Always start with the liquid first, then add protein powders and dry ingredients. Next, add in the frozen fruit combos, or ice and other additions as in supplements. Blend and go! Remember that a "meal replacement" smoothie must have all 3 macronutrients in it to be called a meal: Protein, Carbs, and Fats.

I prefer to use quality protein in all of my smoothies. I like Organic Greek yogurt and Kefir when I don't want to use protein powder. Most protein powders have either a horrible aftertaste, or ingredients that don't support a healthy body. The only protein powders that I recommend are organic and pure. They are free of arsenic, pesticides and hormones, fake sugars and harmful additives. When I need a whey based protein

powder, I use **Isagenix** IsaPro Protein Powder. Looking for a meal replacement? Use IsaLean Protein powder. Undenatured (meaning contains living enzymes) Organic, and great tasting. These are available on my site. For Weight Loss Solutions or products that support Energy and Performance, click on Products on the **Isagenix** Tab at: www.ConstantEnergyFitness.com

Looking for a raw plant based protein powder? Are you vegan, vegetarian or just trying to add in more veggies? On a gluten free diet? I recommend **Sunwarrior Warrior Blend**. All **Sunwarrior** protein powders are plant based, great tasting, organic, vegan, gluten free and non GMO. They also contain the full amino acid profile so they are a great addition to a strength training program. Learn more about this superior protein by clicking on the **Sunwarrior** Tab at: www.ConstantEnergyFitness.com

Isagenix and **Sunwarrior** protein powders provide superior organic and great tasting protein for all smoothies. Support the athlete in you. Protein builds and repairs your hard earned muscle tissue. Eating protein in every meal, will keep your blood sugar stable throughout the day and prevent you from making poor food choices.

Don't let your hard work in the gym be wasted. Studies have shown that a protein/carb shake within 30 minutes after a workout can prevent muscular breakdown. By adding L-glutamine, an amino acid supplement, and creatine for growth, you are aiding your body's recovery process. Feed your muscles what they need to get stronger, repair and grow. Smoothies could be that missing link that changes your energy levels and your physique!

Smoothie Recipes

Good Morning Coconut Coffee Smoothie

1 C. Coffee

1/2 C. Water

1 T. Organic Coconut Oil

1 Scoop Vanilla or Chocolate Protein Powder

Ice + Blend!

Berries and Greens Alkalinizing Smoothie

1 1/2 C. Water

1 Scoop Protein Powder

1 T. Ground Flax Seeds

1 T. Ground Chia Seeds

1/4 Avocado

1/4 C. Blueberries

1/4 C. Raspberries

1 bunch Spinach

1 bunch Mint

1 bunch Kale

Blend!

Energize and Protect Smoothie

1 1/2 Cup Green Tea

1 Scoop Protein Powder

1 T. Fresh Ginger (peeled and shaved or organic paste)

1/4 C. Blueberries

1/4 C. Raspberries

Ice + Blend

Pina Colada Smoothie

1 1/2 C. Water

1 Scoop Protein Powder

1/4 C. Pineapple

2 T. Coconut Oil

1/4 cup So Delicious Coconut Non Dairy Coconut Milk

Ice + Blend!

Banana Orange Dreamsicle Smoothie

1 1/2 C. Orange Juice

1 Scoop Vanilla Protein Powder

1/2 Banana

1 T. Ground Flax Seeds

Ice + Blend!

Tropical Orange Smoothie

1 Cup Orange Juice

1/2 C. Water

1 Scoop Protein Powder

1/4 Cup Pineapple

Ice + Blend

Coconut Almond Joy Smoothie

1 1/2 C. Water

1 Scoop Chocolate Protein Powder

1/2 C. So Delicious Coconut Non-Dairy Coconut Milk

2 T. Almond Butter

Ice + Blend!

Banana Colada Smoothie

1 1/2 C. Water

1 Scoop Protein Powder

1 T. Coconut Oil

1/2 C. So Delicious Coconut Non-Dairy Coconut Milk

1/2 Banana

1/4 C. Pineapple

Blend!

Fruity Smooth and Creamy Smoothie

1 1/2C. Water

1 Scoop Protein Powder

1/3 Avocado

1/4 C. Strawberries

1/4 C. Raspberries

1. T. Ground Chia Seeds

Blend!

Black and Blue and Green Smoothie

1 1/2 C. Water

1 Scoop Protein Powder

1/3 Avocado

1 Bunch Spinach

1/3 Cup Frozen Blackberries

1/3 Cup Frozen Blueberries

Blend!

Fruit Punch Smoothie (great for kids)

1 1/2 C. Orange Juice

1 Scoop Protein Powder

1/4 C Dry Oats

1/2 Banana

1/4 C. Strawberries

1/4 C. Blueberries

1 Bunch Spinach

Ice + Blend!

Wake Up to Greens & Fiber Smoothie

1 1/2 C. Water

1 Scoop Protein Powder

1/2 Cup Mixed Berries

1/4 Avocado

1 Bunch Parsley

1 Bunch Kale

1 Bunch Spinach

1 T. Ground Flax Seeds

1 T. Ground Chia Seeds

Blend!

Mango Coconut Smoothie

1 C. Coconut Water

1/2 C. Water

1 Scoop Vanilla Protein Powder

1/2 Ripe Mango

Ice + Blend

Morning Detox Smoothie

1 C. Green Tea

1/2 C. Water

1 Scoop Protein Powder

1 Bunch Parsley

1 Bunch Mint

1 Bunch Spinach

1/4 Cup Frozen Berries

Blend!

Anti-Inflammation Smoothie

1 1/2 C. Water

1 T. Fresh Ginger (peeled and shaved, or use organic paste)

1. Scoop Sunwarrior Protein Powder

1/3 Cup Red Tart Cherries

1 bunch spinach

Blend!

Pre-Workout Smoothies

Raspberry Oranges and Oats

1 C. Orange Juice
1/2 C. Water
1/2 Cup Raspberries
1/4 C. Dry Oats
1/4 C. Coconut Water
Ice + Blend!

Coconut Banana Smoothie

1 C. Coconut Water
1/2 C. Water
1 Scoop Protein Powder
1/4 Cup Dry Oats
1/2 Banana
1 T. Glutamine powder
Add Ice + Blend!

Tropical Smoothie

1 1/2C. Water
1 Scoop Protein Powder
1 Slice Pineapple
2 T.Raw Honey
1/2 Ripe Mango
1 T. Glutamine
Ice + Blend

Berries N Oats Smoothie

1 1/2C. Water

1 Scoop Protein Powder

1/4 Cup Dry Oats

1/4 Cup Frozen Berries

1 T. Glutamine

Blend

Energized Smoothie with Coffee and Berries

1 C. Strong Black Coffee

1/2 C. Water

1 Scoop Protein Powder

1/2 C. Raspberries

Ice + Blend!

Green Tea Energizer

1 C. Green Tea

1/2 C. Water

1 Scoop Protein Powder

2 T. Fresh Ginger (peeled and shaved or organic paste)

1 Banana

Ice + Blend!

Post Workout Smoothies

(within 30 minutes after workout)

Banana Cream Smoothie

1 C. Coconut Water

1/2 C. Water

2 Scoops Protein Powder

1 Banana

1 T. Glutamine powder

2-5 gms. Creatine Powder

Blend!

Apple Berry Smoothie

1/2 C. Water

2 Scoops Protein Powder

1/2 Cup Berries

1/4 C. Apple Juice

1/4 C. Cranberry Juice

1 T. Glutamine

2-5 gms. Creatine Powder

Ice + Blend

Tropical Blend Recovery Smoothie

1 C. Coconut Water

1/2 C. Water

2 Scoops Protein Powder

1 Banana

1/4 C. Frozen Pineapple

Ice +Blend!

Blueberry Orange Smoothie

1 C. Orange Juice

1/2 C. Water

1/4 C. Blueberries

2 Scoops Protein Powder

Ice + Blend!

Pineapple and Cherry Inflammation Fighter

1 1/2 C. Water

1/4 C. Pineapple

1/4 C. Frozen Red Tart Cherries

2 Scoops Protein Powder

1 T. Glutamine

Ice + Blend!

Chocolate Lover Smoothies

Wake Up! Energizing Chocolate Smoothie

1 C. Water
2 Scoops Chocolate Protein Powder
1/2 C. Black Coffee
Ice + Blend!

Chocolate Raspberry Smoothie

1 1/2C. water
2 Scoops Chocolate Protein Powder
1/2 C. Raspberries
Ice + Blend!

Chocolate Coconut Smoothie

1 C. So Delicious Coconut Non Dairy Milk
1/2 C. Water
2 Scoops Chocolate Protein Powder
1 T. Chia Seeds
Ice + Blend!

Chocolate Banana Smoothie

1 1/2 C. Water
1 Banana
1 T. Flax Seeds
2 Scoops Chocolate Protein Powder
Ice + Blend!

Banana Split Smoothie

1 1/2 C. Water

1/2 Banana

1/4 C. Strawberries

2 Scoops Chocolate Protein Powder

Ice + Blend!

Chocolate & Greens Minty Smoothie

1 1/2 C. Water

2 Scoops Chocolate Protein Powder

1 Bunch Fresh Mint

1 Bunch Spinach

Ice + Blend!

Cherry Chocolate Smoothie

1 1/2 C. Water

2 Scoops Chocolate Protein Powder

1/4 C. Red Tart Cherries

Ice + Blend

Greek Yogurt Smoothies

(can substitute plain Kefir)

Tart Cherry Smoothie

1/2 C. Plain Yogurt

1/2 C. Water

1/3 Cup Red Tart Cherries

1 T. Flax Seed

1 T. Chia Seeds

Ice + Blend!

Banana Colada Smoothie

1 C. Plain Yogurt

1/2 C. Coconut Water

1/2 Banana

1/4 C. Pineapple

Ice + Blend!

Yogurt, Greens, and Berry Smoothie

1 C. Plain Yogurt

1/2 C. Water

1/4 C. Strawberries

1/4 C. Blueberries

1 Bunch Kale

1 Bunch Spinach

Blend!

Raspberry High Fiber Smoothie

1 C. Plain Yogurt

1/2 C. Water

1/2 C. Raspberries

1 T. Chia Seeds

1 T. Flax Seeds

1/3 Avocado

Blend!

Yogurt Greens n' Berries Smoothie

1 C. Plain Yogurt

1/2 C. Water

2 T. Raw Honey

Bunch Spinach

Bunch Parsley

1/4 C. Raspberries

1/4 C. Blackberries

Blend!

Yogurt Honey Banana Coconut Smoothie

1 C. Plain Yogurt

1/2 C. Coconut Water

2 T. Raw Honey

1/2 Banana

1 T. Chia Seeds

1 T. Flax Seed

Blend!

Yogurt Banana Chocolate Smoothie

1 C. Plain Yogurt

1/2 C. Water

1/2 Banana

1 T. Cacao Powder

Ice + Blend!

Yogurt Strawberry Colada Smoothie

1 C. Plain Yogurt

1/2 C. Coconut Water

1 T Coconut Oil

1/2 C. Strawberries

1 T. Flax Seeds

1 T. Chia Seeds

Blend!

Yogurt Coconut Pineapple Smoothie

1 C. Plain Yogurt

1/2 C. Coconut Water

1/4 C. Pineapple

1 T. Coconut Oil

1 T. Flax Seeds

1 T. Chia Seeds

Blend!

Whether detoxifying is your plan, or getting needed nutrients in quickly after a tough workout, smoothies can help you reach your goals.

From a breakfast on the go, or that sweet fix that won't sabotage your waistline, smoothies might be your "go to" plan that changes your nutrient intake. With tasty ideas and ease, there is no excuse as to why we don't have time to eat any more. With the right protein powder or yogurt mixed with fruits, greens and healthy fats, you could change your body from tired and weak to energized and strong. The new fit and vital you is only a blender away!

Want to be up to date on cutting edge information on wellness, strength training, nutrition and more? Sign up for my newsletter with your name and e-mail address at: www.ConstantEnergyFitness.com

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Please check with your healthcare practitioner before you add any new supplements or meal plans to your diet. This is not meant in any way to diagnose or treat any diseases.

In Wellness and Strength,

Dawn

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I love you all.