

SMOOTHIE GUIDE

RXD
RESULTS by DESIGN
FITNESS

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Welcome to this Delicious Protein Packed Smoothie Guide!



In this guide, we are sharing thirteen of our favorite smoothie recipes that we've used to help people look, feel, and perform at their best. These smoothies are packed with nutrients to help you lose weight, have more energy, sleep better, and improve your health.

Why Are Smoothies Good For You?

- Full of vitamins, macronutrients, minerals, and enzymes
- Easy to digest, which means more nutrients can be absorbed
- Help to stabilize blood sugar - if they contain protein and fat and aren't overloaded with fruit.
- A great way to consume a variety of fruits and veggies at the same time
- An easy way to add more fiber to your diet for more optimal digestion

Smoothies are quick, easy, and can be taken on the go. They are also a really great way to get in a lot of nutrition without a lot of effort. Smoothies are great any time of day, however, breakfast and post-workout are the most common time for people to add a smoothie to their supportive nutrition plan.

*Not all smoothies are
created equal!*

The recipes in this guide will help you to stabilize blood sugar, NOT spike it sky high with tons of sugar from fruit and juices. They contain protein and fat to help balance out the carbohydrates and sugar coming from fruit, as well as contain some veggies.

Beyond the recipes you find in this guide, we encourage you to tap into your creative abilities and come up with your own smoothie recipes. You can use the How To Build A RxD Smoothie section on the next page.



How to build an RXD Smoothie

Step 1: Choose a base

1 cup. Unsweetened almond milk or other nut milk variety, water, and coconut milk are examples.

Step 2: Add protein

Add 20-30 grams for women and 30-40 grams of protein powder for men.

Step 3: Choose your fruit

Fresh or frozen - 1/2 cup. Blueberries, bananas, cherries, strawberries, raspberries to name a few.

Step 4: Make it green

1 cup. Add spinach, kale, or Wellness Greens.

Step 5: Make it creamy

1-2 TBSP. Add avocado, nut butter, chia seeds, or ice.

Step 6: Give it a boost

Golden ground flax seed, cacao powder, maca powder, camu camu powder, cinnamon, or bee pollen.



Blueberry Banana Green Smoothie

1 cup unsweetened vanilla almond milk
Protein powder
1/2 frozen banana
2/3 cup fresh blueberries
1 TBSP golden ground flaxseed
1/4 - 1/3 avocado
2 BIG heaping handfuls of greens (chard, spinach, or kale)

Green Smoothie

2 cups fresh spinach
1/2 green apple, peeled, cored, and chopped
1/4-1/2 avocado
1/4 cup canned coconut milk
3/4 cup water
1 TBSP lemon juice
Protein powder
Ice (optional)

Pumpkin Pie Smoothie

1 cup unsweetened vanilla almond milk
1/2 frozen banana
1/4 cup pumpkin puree
1/2 tsp. Vanilla extract
1 tsp. Pumpkin pie spice
1/4 - 1/3 avocado
Protein powder

Coffee Cooler Smoothie

1 cup unsweetened Pure Black Cold Brew Coffee (Califia Farms)
1/4 cup unsweetened vanilla almond milk
1/2 frozen banana
1/4 - 1/3 avocado
1 TBSP almond butter
Handful of spinach
Protein powder



Strawberry Banana Smoothie

1 cup unsweetened vanilla almond milk
1/2 frozen banana
4-5 fresh or frozen strawberries
Handful of spinach
1/4-1/3 avocado
Protein powder
Ice (optional)

Pumpkin Gingerbread Smoothie

1 cup unsweetened vanilla almond milk
1/4 cup pumpkin puree
1 TBSP almond butter
1 TBSP chia seeds
1/2 TBSP blackstrap molasses
1/2 frozen banana
1/2 tsp. Pumpkin pie spice
Protein powder

Adrenal Orange Creamsicle Smoothie

3/4 cup cold pressed orange juice (I use Evolution brand)
2 TBSP coconut cream
Protein Powder
1/4 tsp. To 1/2 tsp. Himalayan pink salt

Mint Chocolate Chip Smoothie

1 cup unsweetened vanilla almond milk
1/2-1 frozen banana
1 cup spinach
2 TBSP fresh mint leaves
2 TBSP cacao nibs
1/2 tsp. Vanilla extract
Protein powder
Ice (optional)



Tropical Green Smoothie

1 cup unsweetened vanilla almond milk
1/2 frozen banana
1/2 cup frozen pineapple
1-2 TBSP lime juice
2 cups spinach
2 TBSP almond butter
Protein powder

Chocolate Peanut Butter Smoothie

1 cup unsweetened vanilla almond milk
1/2 - 1 frozen banana
2 TBSP nut butter (almond, sunflower, or peanut)
1 heaping TBSP cacao powder
1/2 tsp. Vanilla extract
1/2 TBSP golden ground flaxseed
Protein powder
Ice (optional)

Chocolate Covered Cherry Smoothie

1 cup unsweetened vanilla almond milk
1/2 frozen banana
1/2 cup frozen cherries (pitted)
Handful of spinach
1/4 -1/3 avocado
1/2 tsp. Vanilla extract
1 heaping TBSP cacao powder
Protein powder
Ice (optional)

Mango Madness Smoothie

1 cup unsweetened vanilla almond milk
1/2 cup frozen mango
1 tsp. Vanilla extract
1/4 cup raw cashews
Protein powder
Ice (optional)



Chocolate Peppermint Smoothie

1 cup unsweetened almond milk
1/2 frozen banana
1-2 TBSP cacao powder
1/4 tsp. Peppermint extract
1/4-1/3 avocado
Protein powder
Ice (optional)

PB&J Smoothie

1 cup unsweetened almond milk
1/2 frozen banana
2 TBSP nut butter (almond or peanut butter)
4-5 fresh or frozen strawberries
1 tsp. Maca powder
Protein powder
Ice (optional)

BONUS

Even Quicker and Easier Protein Drinks

Sometimes you're just really short on time or don't have a blender available (e.g., business trips, vacations). This is when you can quickly whip together a protein "drink."

We make our protein drinks like this:

Step 1: Fill a water bottle with 12 - 20 ounces of water.

Step 2: Add protein. Add 20-30 grams for females and 30-40 grams of protein powder for males.

Step 3: Add a liquid multivitamin (or other liquid supplement) for flavor and extra nutritional value.



This is the Cleanest Protein I've Come Across!

If you're reading this article you're likely very familiar with the importance of eating high-quality protein. In case you need a refresher, ideal whole-food proteins include grass-fed beef, free-range chicken and eggs, wild caught salmon, and other unprocessed, good-sourced meats, poultry, and fish.

The two biggest issues that I've seen with my clients over the years when it comes to protein are:

1. **Convenience** - you have to meal prep
 2. **Being able to eat enough** - a lot of clients just have a hard time consuming the ideal amount of protein
-

That's where protein bars and protein powders come in –

However, there's a BIG PROBLEM with them!

Most bars and powders are poorly made with low-quality ingredients and loads of unwanted, often unpronounceable ingredients.

Not a good combination.

Designs for Health VegeMeal

That's why I'm super-excited about the protein powder we're fortunate enough to be carrying at Results by Design Fitness. This is a protein I'm PROUD to carry. Getting your daily dose of protein will no longer be a challenge. Everyone can easily get their daily dose of protein with 2 - 3 balanced meals and 1 - 2 servings of VegeMeal Protein.

Exactly what it says

- Non GMO
- No Artificial Colors or Flavors
- Hormone Free
- Antibiotic Free
- Soy Free
- 100% Lactose Free - yes, it is Pea Protein
- Cold Processed

It also has a complete multi-vitamin right within the powder – awesome for muscle recovery and repair.

Seriously, check out the ingredient list:

Supplement Facts			
Serving Size 36 grams (approx. one scoop) Servings Per Container 15			
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	110		
Calories from Fat	10		
Total Fat	1.5 g 2%*	Pantothenic Acid (as d-Calcium Pantothenate)	100 mg 1000%
Total Carbohydrate	14 g 5%	Calcium (from pea protein and natural flavor)	60 mg 6%
Dietary Fiber	8 g 32%*	Iron (from pea protein)	4 mg 22%
Soluble Fiber	5 g †	Magnesium (from Creatine MagnaPower®)	100 mg 25%
Insoluble Fiber	3 g †	Zinc (as Zinc Bisglycinate Chelate)	5 mg 33%
Protein (from pea)	16 g 32%*	Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	50 mcg 42%
Vitamin C (as Ascorbic Acid)	100 mg 167%	Sodium (from natural sources)	300 mg 13%
Vitamin E (as d-alpha tocopherol)	15 IU 50%		
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	10 mg 667%	Creatine (from Creatine MagnaPower®)	550 mg †
Riboflavin (Vitamin B-2)	10 mg 588%	Conjugated Linoleic Acid (CLA)	120 mg †
Niacin (Vitamin B-3)(as Niacinamide)	10 mg 50%	High Gamma Mixed Tocopherols (as d-gamma, d-delta, d-alpha, d-beta)	100 mg †
Vitamin B-6 (as Pyridoxine HCl)	10 mg 500%	Taurine	100 mg †
Folate (as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt 200 mcg)	100 mcg 25%	Inositol	50 mg †
Vitamin B-12 (as Methylcobalamin)	50 mcg 833%		
Biotin (as d-Biotin)	100 mcg 33%		

Other Ingredients: Vegetable fiber, creafill cellulose, natural flavor, tapioca dextrin, glucomannan, inulin, silicon dioxide, vegetable cellulose, natural flavor, stevia leaf extract.



How to use VegeMeal Protein

Use VegeMeal Protein when you're pressed for time or just don't feel like eating a traditional meal. I personally make a smoothie for breakfast most days. In addition, some afternoons I have a second protein drink (mixed with Wellness Greens for my mid-afternoon snack. I don't recommend more than two protein shakes per day.

If you have questions about VegeMeal Protein or any of our supplement, please ask any RxD TEAM Member.

Have Faith and Take Action!

We typically see best results when our female clients eat 100 - 120 grams of protein per day and our male clients eat 140 - 160+ grams per day divided over 4 meals. Of course, always consult with your doctor or registered dietitian to receive a prescription for your individual needs.

**VegeMeal Protein is available at
Results by Design Fitness or online at
<https://resultsbydesignfitness.ehealthpro.com>**

PROMO CODE

FIRST25 (case sensitive) for 25% off first order

SAVE 10% ON OUR FAVORITE PROTEIN POWDER

The secret to great smoothies – the protein powder!



VEGEMEAL PROTEIN
[10% OFF]
When purchased at Results by Design Fitness

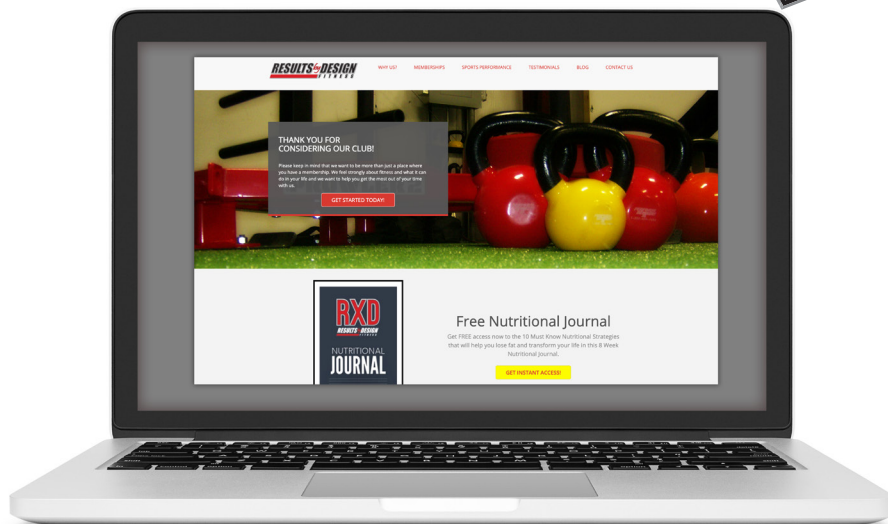


Present this coupon at Results by Design Fitness to save 10%.
Limit one coupon per person. Cannot be combined with any other offers on protein.

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