



SMOOTHIE BOMBS



THE GREEN GIANT

Ingredients:

250 ml milk
1 banana
1 avocado
1 kiwi
Kale leaves 30 g
Nuts – 50 g
2 tablespoons honey
Protein powder OR
protein yogurt

1100 calories

40 g protein

87 g carbs

40 g fat



FOREST BEAST

Ingredients:

250 ml milk
1 cup frozen forest
fruits
1 big spoon of forest
fruit jam
200 ml yogurt
2 tablespoons chia
seeds
2 egg whites

900 calories

45 g protein

75 g carbs

30 g fat



GAINER SHAKE

Ingredients:

2 tablespoons peanut
butter
300 ml milk
200 ml yogurt
60 g oats
2 tablespoons honey
1 banana
1 cup forest fruits
1 tablespoon chia seeds

1200 calories

40 g protein

90 g carbs

50 g fat



TROPICAL SHAKE

Ingredients:

250 ml milk
2 tablespoons olive oil
1 peach
1 mango
40 g almonds
2 tablespoons honey
1 tablespoon peanut
butter
200 ml yogurt/1 scoop
protein

1200 calories

35 g protein

80 g carbs

45 g fat



KINDER SHAKE

Ingredients:

250 ml milk
100 ml heavy cream
200 ml yogurt
50 g oats
1 banana
2 egg whites
40 g nuts
3 Kinder fingers

1100 calories

45 g protein

80 g carbs

45 g fat



LAZY SHAKE

Ingredients:

250 ml milk
200 ml yogurt
1 peach
1 banana
50 g oats
50 g almonds
1 big spoon of
peanut butter

1000 calories

35 g protein

80 g carbs

50 g fat



NUTELLA SHAKE

Ingredients:

1 big spoon of Nutella
100 ml heavy cream
250 ml milk
200 ml yogurt
30 g almonds
1 banana
30 g oats
150 ml chocolate-flavored
protein yogurt

1200 calories

40 g protein

90 g carbs

50 g fat



CHOCOLATE SHAKE

Ingredients:

250 ml milk
200 ml yogurt
1 big spoon of peanut
butter
2 tablespoons chia
seeds
1 big spoon of
forest fruit jam
40 g almonds
150 ml chocolate-flavored
protein yogurt

900 calories

40 g protein

75 g carbs

40 g fat



NUTTY SHAKE

Ingredients:

250 ml milk
200 ml yogurt
1 banana
2 tablespoons olive oil
1 big spoon of peanut
butter
40 g nuts
40 g almonds
2 tablespoons honey
(if not sweet enough)

1200 calories

45 g protein

90 g carbs

60 g fat