



Creative & Delicious Smoothies

To Help You Enjoy Coach Fuel Every Day and Boost Your
Needed Daily Protein and Amino Acid Intake



TheExerciseCoach®

We hope you will find a way to enjoy at least one Coach Fuel Smoothie each day to boost your protein and amino acid intake. Did you know that most people are not even close to their dietary optimal protein intake, and barely even close to their dietary minimal intake needs? By adding two scoops of Coach Fuel Protein Powders (your choice as to which variety), you can change this problem and get on your way to enhancing your muscle, your workout, your strength, and thus, your longevity and healthy aging.

SMOOTHIE INSTRUCTIONS

Blend all ingredients in a powerful blender (Vitamix or Nutri-Bullet type). Add water and/or ice to your desired consistency. Pour into a smoothie bottle or have fun and use a specialty glass or container! Drink slowly and enjoy!

- » For all recipes, you can substitute the type of unsweetened nut milk to your preference. We generally list the one that coordinates, but substituting is perfectly fine. These include unsweet almond, coconut, cashew, macadamia, or any nut blend. We do not recommend oat milk which has an effect of raising your blood sugar.
- » For all recipes, you may add in additional water and/or ice to make the smoothie to the consistency you prefer (thick, milky, or watery).
- » We recommend adding in additional greens or veggies to any of the recipes. Have fun trying different combinations to make these more of a meal and nutritional powerhouse! Try kale, spinach, carrots, beets, broccoli, etc. This will help tremendously with blood sugar control.
- » You can also try adding chia seeds, flax seeds, spices, etc. to add some flare and boost some of the nutritional values.

For additional smoothie recipes, check us out on Pinterest: www.pinterest.com/exercisecoach/saved/



TheExerciseCoach®

FOUNDER'S SUPERFOOD KICKSTART

1 CUP UNSWEETENED NUT MILK

1 TSP ORGANIC CINNAMON POWDER

1-2 SCOOPS CHOCOLATE OR VANILLA COACH FUEL PROTEIN

ADDITIONAL SUPERFOODS TO ADD:

1 TSP FRUITS & VEGGIES POWDER (LIKE TEXAS SUPER FOOD WWW.TEXASSUPERFOOD.COM) OR NUTRIDYN FRUITS & VEGGIES

1 TSP ORGANIC MACA POWDER

1 TSP ORGANIC MATCHA POWDER

1 SCOOP COACH FUEL MULTI-COLLAGEN PROTEIN POWDER

1/2 TSP TRACE MINERALS LIQUID (I USE CONCENTRACE BRAND)

2000-5000 IU VIT D WITH K (LIQUID)



THE CLASSIC GREEN

1/2 CORED APPLE

1/2 CUP SLICED AND UNPEELED CUCUMBER

1/4 CUP SLICED LEMON (RIND INCLUDED!)

1 CUP FROZEN MANGO CHUNKS

1/2 CUP BROCCOLI SLAW MIX

1/4 CUP SLICED CARROTS

1 CUP OF SPINACH (PACKED)

1-2 SCOOPS VANILLA OR UNFLAVORED COACH FUEL PROTEIN



ALMOND PARADISE

1 CUP UNSWEETENED ALMOND MILK

**3 TBSP ORGANIC, UNSWEET
ALMOND BUTTER**

**1-2 SCOOPS COACH FUEL
CHOCOLATE PROTEIN**



MOJITO

1 CUP WATER

1 TBSP LIME JUICE

5 MINT LEAVES

**1-2 SCOOPS VANILLA OR
UNFLAVORED COACH FUEL PROTEIN**



ORANGE SUNSHINE

1/2 CUP WATER

**1/2 CUP UNSWEET OR LOW
SUGAR ORANGE JUICE**

**1-2 SCOOPS COACH FUEL
VANILLA PROTEIN**



HARVEST PIE

1/2 CUP WATER

**1/2 CUP UNSWEET MACADAMIA
OR CASHEW MILK**

2 TBSP CHOPPED WALNUTS

1/2 TSP GROUND CINNAMON

**1-2 SCOOPS COACH FUEL
VANILLA PROTEIN**



COCONUT TWIST

1/2 CUP WATER

1/2 CUP UNSWEET COCONUT MILK

2 TBSP GRAPEFRUIT JUICE

1/4 CUP PINEAPPLE CHUNKS

**1-2 SCOOPS COACH FUEL
VANILLA PROTEIN**



NUTTER BETTER

1/2 CUP ALMOND MILK

1 TBSP ALMOND BUTTER

**1 TBSP CASHEW OR
MACADAMIA BUTTER**

DASH OF CINNAMON

**1-2 SCOOPS COACH FUEL
CHOCOLATE PROTEIN**



PEACH PARADISE

3/4 CUP WATER

**1/4 CUP SLICED FRESH PEACHES
(IF USING CANNED, UNSWEETENED ONLY)**

**1/4 CUP UNSWEET
POMEGRANATE JUICE**

**1-2 SCOOPS COACH FUEL
VANILLA PROTEIN**



POMEGRANATE SPLASH

3/4 CUP WATER

**1/4 CUP UNSWEET
POMEGRANATE JUICE**

**1-2 SCOOPS COACH FUEL
VANILLA PROTEIN**



KIWILICIOUS

1 CUP WATER

1 KIWI FRUIT, PEELED

1/2 CUP WATERMELON CHUNKS

**1-2 SCOOPS VANILLA OR
UNFLAVORED COACH FUEL PROTEIN**



PAPAYA COCONUT

1 CUP UNSWEET COCONUT WATER

TBSP OF COCONUT FLAKES

1/4 CUP PAPAYA CHUNKS

1-2 SCOOPS COACH FUEL

VANILLA PROTEIN



WATERMELON MOJITO

1 CUP WATER

1 TBSP LIME JUICE

1/2 CUP WATERMELON CHUNKS

5 FRESH MINT LEAVES

**1-2 SCOOPS VANILLA OR
UNFLAVORED COACH FUEL PROTEIN**



VEG & COCONUT

1/2 CUP SHREDDED COCONUT

1 CUP FRESH ORGANIC SPINACH

1 CUP UNSWEET COCONUT MILK

**1-2 SCOOPS COACH FUEL
CHOCOLATE PROTEIN**



MANGO BREEZE

1 CUP WATER

1/3 CUP MANGO CHUNKS

**1/2 CUP ORGANIC
SPINACH OR KALE**

**1-2 SCOOPS COACH FUEL
VANILLA PROTEIN**



FRUITY COLADA

1/2 CUP WATER

1/2 CUP UNSWEET COCONUT WATER

1/4 CUP PINEAPPLE CHUNKS

1/4 CUP COCONUT FLAKES

**1-2 SCOOPS COACH FUEL
VANILLA PROTEIN**



CARROT CAKE

1 CUP UNSWEET ALMOND MILK

1/2 CUP CARROTS (RAW OR COOKED)

**1/2 TBSP UNSWEETENED
ALMOND BUTTER**

1 DASH CINNAMON

**1-2 SCOOPS COACH FUEL
VANILLA PROTEIN**



STRAWBERRY PARFAIT

1 CUP UNSWEET ALMOND MILK

1/2 CUP ORGANIC STRAWBERRIES

2 CHOPPED WALNUTS

**1-2 SCOOPS VANILLA OR
UNFLAVORED COACH FUEL PROTEIN**



ORANGE SUNSET

1/2 CUP WATER

**1/4 CUP UNSWEET POMEGRANATE
JUICE**

1/4 CUP UNSWEET ORANGE JUICE

1 ORANGE, PEELED

**1-2 SCOOPS VANILLA OR
UNFLAVORED COACH FUEL PROTEIN**



TROPICAL CITRUS BERRY

3/4 CUP WATER

1 ORANGE PEELED

1/4 CUP ORGANIC RASPBERRIES

1 CUP FRESH ORGANIC SPINACH

**1-2 SCOOPS COACH FUEL
VANILLA PROTEIN**



MAMBO

1 CUP WATER

1/3 CUP MANGO CHUNKS

1/4 CUP PINEAPPLE CHUNKS

**1-2 SCOOPS VANILLA OR
UNFLAVORED COACH FUEL PROTEIN**



FRESCA

1/4 CUP WATER

1/2 CUP WATERMELON CHUNKS

1/4 CUP PINEAPPLE CHUNKS

**1-2 SCOOPS VANILLA OR
UNFLAVORED COACH FUEL PROTEIN**



FRUIT & NUTTY

1/4 CUP UNSWEET ALMOND MILK

1 TBSP UNSWEET ALMOND BUTTER

1/2 BANANA

1/2 CUP STRAWBERRIES

**1-2 SCOOPS CHOCOLATE OR
VANILLA COACH FUEL PROTEIN**



CREAMY CANTALOUPE

1 CUP UNSWEET ALMOND MILK

1/2 CUP CANTALOUPE CHUNKS

**1-2 SCOOPS COACH FUEL
VANILLA PROTEIN**



TROPICAL NUT SPICE

1 CUP UNSWEETENED ALMOND MILK

1 TBSP UNSWEET ALMOND BUTTER

1 DASH CAYENNE PEPPER

**1-2 SCOOPS COACH FUEL
CHOCOLATE PROTEIN**



DARK MOON

**1 CUP UNSWEET ALMOND OR
ANY NUT MILK**

**1/4 CUP ORGANIC
BLACKBERRIES**

1 TBSP CHOPPED WALNUTS

**1-2 SCOOPS COACH FUEL
CHOCOLATE PROTEIN**



MY DAILY PALEO

1/3 CUP FROZEN AVOCADO

1/3 CUP FROZEN BANANA

1/4 CUP FROZEN CHERRIES OR OTHER FRUIT

1/2 CUP PALEO FRIENDLY UNSWEETENED YOGURT
(LIKE KITE HILL UNSWEETENED GREEK STYLE ALMOND MILK YOGURT)

3/4 CUP UNSWEETENED ALMOND MILK

1 TABLESPOON ALMOND BUTTER (OPTIONAL)

2 SCOOPS COACH FUEL CHOCOLATE PROTEIN



SUPER BLUEBERRY- POMEGRANATE

1/2 FRESH BANANA

1/2 CUP FROZEN BLUEBERRIES

1/3 CUP 100% POMEGRANATE JUICE

1/2 CUP BROCCOLI SLAW MIX

3/4 CUP ORGANIC FRESH OR FROZEN SPINACH

1/3 CUP WATER

1-2 SCOOPS VANILLA COACH FUEL PROTEIN



FALL PUMPKIN PIE

8 OZ. ALMOND OR NUT MILK

2 TBSP SOLID ORGANIC PUMPKIN

1/2 TSP PUMPKIN PIE SPICE

1/2 BANANA

**(OPTIONAL CHOCOLATE): 1 TBSP
UNSWEET CACAO POWDER**

**1-2 SCOOPS VANILLA (OR CHOCOLATE)
COACH FUEL PROTEIN**



KALE-BLUEBERRY SWIRL

1/2 FROZEN BANANA

**10 OZ UNSWEETENED ALMOND OR
CASHEW MILK**

1 LARGE HANDFUL KALE (OR SPINACH)

1/4 C BLUEBERRIES

1/4 C BROCCOLI SLAW

1/2 - 1 MINI CUCUMBER

HANDFUL CURLY PARSLEY

1 TBSP CHIA SEEDS AS GARNISH

1-2 SCOOPS VANILLA COACH FUEL PROTEIN



GREEN-TEA TROPICAL SPECIAL

1 MEDIUM MANGO, PEELED AND CORED

2 CUPS ORGANIC SPINACH, RAW

1 CUP PREPARED GREEN TEA, COOLED

1/2 BANANA

1 CUP PINEAPPLE

**1-2 SCOOPS VANILLA OR UNFLAVORED
COACH FUEL PROTEIN**



BERRY-AVOCADO DREAMIN

**1 CUPS PEELED AND DICED BEETS
(ABOUT 1/2 POUND)**

**1 CUPS PEELED, CORED AND DICED
PINEAPPLE (ABOUT 1/2 POUND)**

**1/2 CUP FRESH SQUEEZED ORANGE
JUICE (OR UNSWEETENED JUICE)**

1/2 AVOCADO

**1-2 SCOOPS VANILLA OR
UNFLAVORED COACH FUEL PROTEIN**



GREEN TROPICS

1 NAVEL ORANGE, PEELED

1/2 BANANA, PEELED

1 CUP TIGHTLY PACKED ORGANIC SPINACH

**1/4 - 1/2 CUP COCONUT WATER, ADJUSTED
AS DESIRED**

1 SCOOP VANILLA COACH FUEL PROTEIN

**1 TABLESPOON CHIA, HEMP,
OR FLAX SEEDS, (OPTIONAL)**



CHERRY LIME

- 1 CUP FROZEN CHERRIES
- 1 TEASPOON LIME ZEST
- 2 TABLESPOONS FRESH LIME JUICE
- 2 LARGE PITTED MEDJOL DATES
- 1/2 CUP PLAIN GREEK UNSWEET YOGURT
- 1 TEASPOON VANILLA
- 1/4 - 1/2 CUP DAIRY FREE MILK,
PLUS MORE AS NEEDED
- 1 SCOOP VANILLA COACH FUEL PROTEIN

Note: First soak your pitted dates in 1 cup of very warm water for at least 5 minutes. This will help them soften up and perfect for blending.



MATCHA DREAM

1 TSP MATCHA GREEN TEA POWDER

1 CUP UNSWEETENED ALMOND MILK

1/2 FROZEN BANANA

1 CUP SPINACH

1 TBSP HEMP SEEDS - OPTIONAL

1-2 SCOOPS VANILLA COACH FUEL PROTEIN

Note: Add the matcha green tea powder last to avoid it sticking to the bottom of the blender.



MANGO BERRY DELIGHT

1/2 CUP FRESH MANGO, CHOPPED

1/2 CUP FROZEN MIXED BERRIES

1-2 SCOOPS VANILLA COACH FUEL PROTEIN

1/2 CUP UNSWEETENED ALMOND MILK



PEPPERMINT MOCHA

1-1.5 C UNSWEETENED ALMOND MILK

1/2 BANANA

1-2 SCOOPS CHOCOLATE COACH FUEL PROTEIN

1/2 TSP PEPPERMINT EXTRACT

3-5 TBSP BREWED COFFEE (TO TASTE)

1 TBSP ALMOND BUTTER

**1/2 TSP UNSWEETENED COCOA POWDER
(OPTIONAL)**



VERY BERRY SMOOTHIE BOWL

1/2 CUP FROZEN MIXED BERRIES

1/2 CUP COCONUT MILK

**1-2 TABLESPOONS NUT OR SEED BUTTER
OF CHOICE (SUCH AS ALMOND BUTTER
OR CASHEW BUTTER)**

1-2 SCOOPS VANILLA COACH FUEL PROTEIN

ICE TO DESIRED THICKNESS

Toppings:

Sliced almonds

Shredded unsweetened coconut

Hemp seeds

Fresh berries or banana slices



BLUEBERRY MUFFIN

1-2 SCOOPS VANILLA COACH FUEL PROTEIN

1-2 TBSP ALMOND BUTTER

1-2 TBSP CHIA SEEDS
(OR CAN USE FLAX, OR HEMP)

1/4 CUP BLUEBERRIES

10-12 OZ UNSWEETENED ALMOND MILK

BLUEBERRIES TO TOP

