



Derek Wahler Fitness LLC

Kickstart Smoothies

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Lemon Cucumber Green Smoothie

1 serving

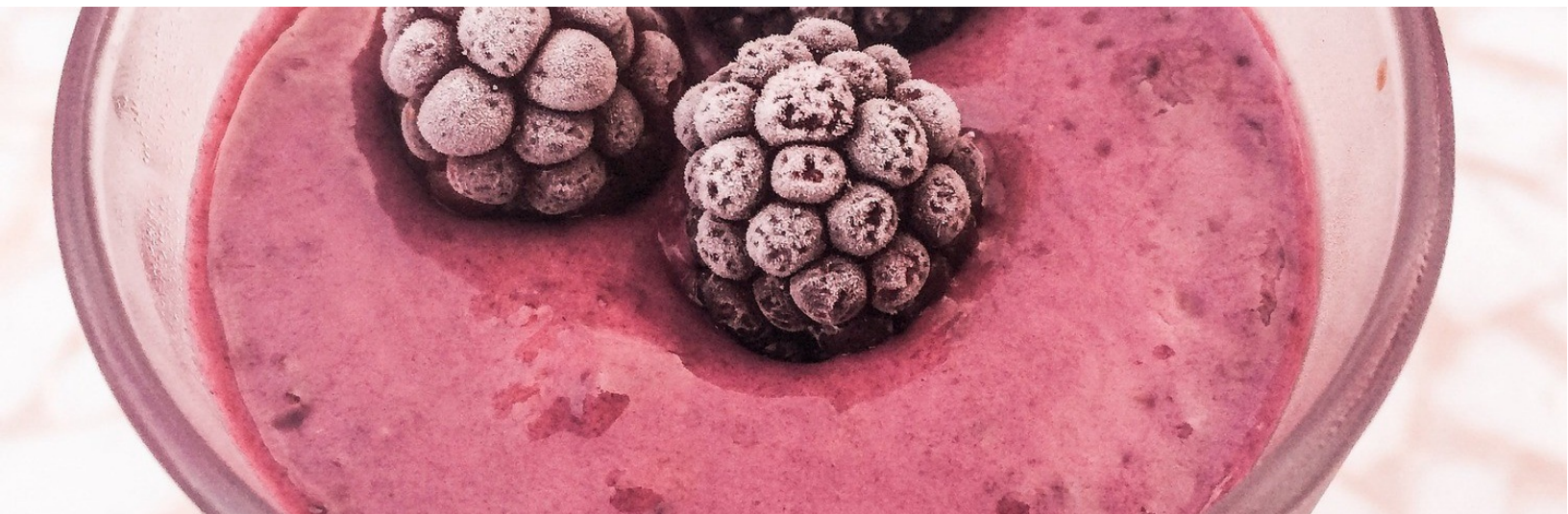
3 minutes

Ingredients

1/2 cup Water
1/2 cup Ice Cubes
1/2 cup Cucumber
1 cup Baby Spinach
1 tbsp Lemon Juice
2 tbsps Ground Flax Seed

Directions

1 Blend and enjoy!



Coconut Blackberry Smoothie

1 serving

3 minutes

Ingredients

1/2 cup Unsweetened Coconut Milk
1/2 cup Frozen Blackberries
2 tbsps Unsweetened Shredded
Coconut

Directions

1 Blend and enjoy!



Strawberry Zucchini Chia Smoothie

1 serving

3 minutes

Ingredients

1 cup Water
1/2 cup Frozen Strawberries
1 cup Zucchini
3 tbsps Chia Seeds

Directions

1 Blend and enjoy!



Frozen Berry Avocado Hemp Smoothie

1 serving

3 minutes

Ingredients

1 cup Water
1/2 cup Frozen Berries
1/2 Avocado
2 cups Baby Spinach
2 tbsps Hemp Seeds

Directions

1 Blend and enjoy!



Raspberry Zinger Smoothie

1 serving
10 minutes

Ingredients

- 1 cup Frozen Cauliflower
- 1 cup Frozen Raspberries
- 1 Lemon (juiced)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 1/2 cups Unsweetened Almond Milk

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!



Chocolate Avocado Smoothie

1 serving

5 minutes

Ingredients

1/4 Avocado
1 cup Unsweetened Almond Milk
1 tbsp Almond Butter
1 cup Baby Spinach
1/4 cup Chocolate Protein Powder

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!



Collagen Green Smoothie

1 serving

5 minutes

Ingredients

1 cup Water
2 cups Baby Spinach
1/2 Avocado
1/2 Banana (frozen)
1/2 oz Collagen Powder

Directions

1

Combine all ingredients into your blender and blend until smooth. Pour into a glass and enjoy!



Chocolate Zucchini Bread Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 Zucchini (chopped, frozen)
- 1/4 cup Chocolate Protein Powder
- 1/2 Banana (frozen)
- 1 tbsp Chia Seeds
- 1 tbsp Almond Butter
- 1 tbsp Cacao Powder
- 1 tsp Cacao Nibs (optional)

Directions

- 1 Add all ingredients except the cacao nibs into a high-speed blender and blend until smooth.
- 2 Pour into a glass and top with cacao nibs (optional). Enjoy!



Berry Avocado Smoothie

1 serving

5 minutes

Ingredients

1 cup Plain Coconut Milk
(unsweetened, from the box)
1/2 Zucchini (chopped, frozen)
1/4 cup Frozen Cauliflower
1/2 cup Frozen Berries
1/4 Avocado
1 tbsp Chia Seeds
1/4 cup Vanilla Protein Powder

Directions

1

Combine all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!



High Fat Green Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Water (cold)
- 2 tbsps Lemon Juice
- 1 cup Baby Spinach
- 1/2 Avocado (frozen)
- 1/4 cup Mint Leaves (fresh, roughly chopped)
- 1 tsp Ginger (fresh, roughly chopped)

Directions

1

Combine all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!