



# BODYELITEFIT

## THE GREEN MACHINE SMOOTHIE

208

CALORIES

5g

PROTEIN

44g

CARBS

4g

FAT

### INGREDIENTS:

- |        |  |
|--------|--|
| 1 C    | WATER  |
| 1 C    | BABY SPINACH   |
| ½ C    | KALE (STEMS REMOVED)   |
| 1      | BANANA   |
| ½ C    | FROZEN BERRIES OF CHOICE<br>(BLUEBERRIES USED FOR NUTRITIONAL INFORMATION) |
| 1 TBSP | CHIA SEEDS   |
| ¼ TSP  | CINNAMON   |
|        | A LITTLE HONEY, MAPLE SYRUP, OR STEVIA TO SWEETEN (OPTIONAL)               |
|        | 1 SERVING OF YOUR FAVORITE GREEN SUPERFOOD POWDER (OPTIONAL)               |

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

## LEMON-LIME KALE DETOX SMOOTHIE

149

CALORIES

2g

PROTEIN

39g

CARBS

1g

FAT

### INGREDIENTS:

- |         |                        |
|---------|------------------------|
| 1 C     | WATER                  |
| ½ LEMON | PEELED AND SEEDED      |
| ½ LIME  | PEELED AND SEEDED      |
| 1       | FRESH OR FROZEN BANANA |
| 1 C     | KALE, STEMS REMOVED    |
| 1 TSP   | HONEY                  |

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

