

5-MINUTE RAPID SMOOTHIE RECIPE BOOK



Welcome to the 5-Minute Rapid Smoothie Recipes!

I know you're busy...

And sometimes you simply don't have the time to make healthy meals.

Especially if you're running late in the morning...

Or you're busy all day long...

Or you're exhausted after a long day of work.

That's why I put together a series of 5-minute smoothie recipes that you can make whenever you want.

Here are the best ways to use these smoothies:

1. In the 20-Day Rapid Smoothie Diet, you have a smoothie 20 minutes before lunch and dinner. You can substitute in any of these smoothie recipes if you'd like.
2. If don't have time to sit down and eat a meal, you can use one of these as a meal replacement
3. You can use these smoothies as a healthy dessert

Those are your best options.

Enjoy the recipes!

Keto Green Smoothie



Ingredients

- 2/3 cup Spinach
- 1/2 medium avocado
- 1 tsp pure vanilla extract
- 1/2 tsp matcha powder
- 1 tbsp stevia
- 1/4 cup heavy cream + 1/4 cup additional of water
- 2/3 cup water (you may choose to use less or more, depending on your smoothie thickness preference)
- 5 ice cubes

Optional additions:

- 1/2 tbsp chia seeds, 1 tbsp collagen
- 1 scoop vanilla protein powder
- 1/2 tsp maca root powder
- 1/2 tsp turmeric

Instructions

Add all ingredients to blender and blend until well-combined.
Serve and enjoy!

Cinnamon Chocolate Smoothie



Ingredients

- 3/4 cup coconut milk
- 1/2 ripe avocado
- 2 teaspoons unsweetened cacao powder
- 1 teaspoon cinnamon powder
- 1/4 teaspoon vanilla extract
- Stevia to taste
- 1/2 teaspoon MCT oil or 1 teaspoon coconut oil (optional)

Instructions

Blend all the ingredients together well.

Chocolate Mint Avocado Smoothie



Ingredients

- 1/2 cup coconut milk
- 1 cup water
- 1/2 cup ice
- 2 scoops of chocolate protein powder
- 1/2 frozen avocado
- 4 mint leaves
- 1 tablespoon of crushed cacao butter
- 2 tablespoons of shredded coconut

Blend and enjoy!

Super Slim Green Smoothie



Ingredients

- 1 cup cold water
- 1 cup baby spinach
- 1/2 cup cilantro
- 1 inch ginger peeled
- 3/4 cucumber peeled
- 1/2-1 lemon peeled
- 1 cup frozen avocado

Instructions

1. Add all ingredients to a high speed blender and blend until smooth.
2. Store in an air-tight container such as a mason jar in the fridge for up to 3 days.

Avocado Spinach Shake



Ingredients

- 1/2 avocado
- 2 hands full baby spinach
- 1 scoop protein powder
- 1 cup cold water

Instructions

1. Add all ingredients to your blender. Blend until smooth. Enjoy immediately.

Greek Yogurt Green Smoothie



Ingredients

- 1 cup plain Greek yogurt
- 1/2 cup water
- 1/2 cucumber
- 1 cup baby spinach
- 1 cup baby bok choy
- 1 cup baby kale

Instructions

1. Peel cucumber.

2. Add greek yogurt, water, and vegetables to blender and blend on high for at least 3 minutes until all ingredients are well incorporated and smooth.
3. If you want your smoothie to be super cold, add 1 cup of ice instead of 1/2 cup of water.

Mint Coco Keto Smoothie



Ingredients

- 4oz full fat coconut milk
- 4oz water
- 1/2 cup frozen cauliflower
- 1/2 avocado
- 1 tsp vanilla extract
- 1 tbsp chopped mint
- 1 tbsp cacao powder
- 1 tbsp coconut oil

- dash of cinnamon
- dash of himalayan sea salt
- optional toppings coconut flakes, chia seeds, flaxseeds, hemp seeds, pumpkin seeds, sliced macadamia nuts

Instructions

Throw all ingredients into a blender and blend until very smooth and creamy. Enjoy!

Green Tea Detox Smoothie



Ingredients

- 8 ounces water
- 2 tsp Matcha Green Tea powder
- 1 cup sliced cucumber
- 1/2 ripe avocado
- 1 tsp lemon juice
- 1/2 tsp stevia (optional)
- 1/2 cup ice

Instructions

1. Pour the water and green tea powder into a blender first and give it a whirl to combine.
2. Add the remaining ingredients and blend on high until smooth.
3. Taste and adjust sweetener as desired.
4. Enjoy immediately or refrigerate until ready to serve.

Kale and Coconut Smoothie



Ingredients

- 1 cup unsweetened almond milk
- 1/2 cup full-fat canned coconut milk
- 4 cups chopped kale (you can also do a mix of spinach & kale)
- 1/4 cup ground coconut (unsweetened)
- 1 1-inch piece fresh ginger, peeled (optional--skip it if you don't like the taste of ginger)
- 1/4 teaspoon pink himalayan salt (or Celtic sea salt if you have it--it's rich in beneficial minerals!)
- 1 cup ice

Instructions

Pour almond and coconut milk into base of blender, followed by ginger, kale, ground coconut, salt, and ice. Blend and enjoy!

Turmeric Smoothie



Ingredients

- ½ cup full fat coconut milk
- 1 cup unsweetened almond milk
- 1 tsp stevia (optional)
- 1 tbsp ground turmeric
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- 1 tbsp MCT Oil or coconut oil
- 1 tbsp Chia seeds to top

Instructions

1. Combine all the ingredients except the chia seeds in a blender, add some ice and blend until smooth
2. sprinkle chia seeds on top and enjoy!