

# 25 POWERFUL SMOOTHIES FOR A PERFECT BODY

*Healthy, Yummy, and Original*



# **25 Powerful Smoothies For a Perfect Body**

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## 25 Powerful Smoothies for a Perfect Body

It's a stereotypical image of your average workaday fitness buff. Donned in a t-shirt and sneakers, he waltzes out of the gym doors, huffing and puffing after a tough as nails workout. With sweat dripping down his brow, he makes a beeline to the nearest blender for an ice-cold smoothie.

Sure enough, smoothies are generally healthy. They're the nutritional equivalent of an IV: packed with dense nutrients that can be administered in a flash. It's no wonder that the popularity of smoothies are ballooning. Marketing Daily states that smoothie sales surged nearly 80 percent in the 5 year span of 2002-2007.

But that doesn't mean you should head to your nearest Jamba Juice and blindly choose the tastiest thing on their menu. Most commercially produced smoothies are nothing but soda in disguise. Loaded with added sugar, high fructose corn syrup and preservatives, they're the last thing you want to drink if you're looking for a ripped frame.

For example, a typical Jamba Juice smoothie contains 1035 calories and a jaw-dropping 125 grams of sugar. That's the nutritional equivalent of four Snickers bars or 6 Twinkies.

Nor is the solution to toss everything in your kitchen cupboards into a blender, press "blend", and hope for the best. While smoothies you make at home will invariably be healthier than fast-food garbage, it helps to know what you're doing before you start blending everything in sight.

What's the trick to smoothies that propel you towards your fitness and health goals? As Richard Covey famously proclaimed in his classic *7 Habits of Highly Successful People*, "Begin with the end in mind."

As opposed to mixing together a random collection of "healthy" foods and gulping it down, you want to be a bit more purposeful about your smoothie making.

That's why I've put together this guide. Instead designing smoothies based on ingredients or taste, I've created 25 delicious smoothies based on goals. Want

big muscles? Head to the Protein Power Smoothie. Looking to dodge heart disease? Then it's time to drink a cold glass of Heart Health Smoothie.

These smoothies will help you reach your health, fitness, and physique goals. However, they're not the panacea of a poor diet. Eating a bacon cheeseburger and washing it down with a Heart Health Smoothie isn't going to offset the artery clogging saturated fat in that burger.

But when combined with a rock solid diet, smoothies will put you on the fast track to health and wellness.

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## BELLY FAT BURNER SMOOTHIE



### Ingredients:

- ½ cup frozen blueberries
- ¼ cup unsweetened yogurt
- 1 slice pineapple
- ¼ cup iced green tea
- 1 handful ice cubes

### Directions:

1. Mix together fruit and yogurt in blender
2. Toss in green tea and ice
3. Mix until smooth

### Why it works:

“The antioxidants in blueberries trim away belly fat and green tea boosts metabolic rate. Also, pineapple contains a unique compound called bromelain that facilitates fat burning.”

## LIGHTNING RECOVERY SHAKE

### **Ingredients:**

2 tablespoons instant coffee  
1 scoop chocolate protein powder  
½ cup skim milk  
1 medium banana  
1 handful ice cubes

### **Directions:**

1. Mix together milk and instant coffee thoroughly
2. Toss in remaining ingredients
3. Blend
4. Drink within 20 minutes post-workout

### **Why it works:**

“After a workout, your body is crying out for protein and carbs –something that the banana and whey protein provide. The caffeine in coffee has been shown to boost the storage of carbs –known as glycogen stores – post workout.



## HEART HEALTH SMOOTHIE



### **Ingredients:**

- 1 cup soy milk
- ½ cup flaxseeds
- ¼ cup pomegranate juice
- 1 fresh apple
- 1 handful ice cubes

### **Directions:**

1. Chop apple, leaving skin intact
2. Toss in apple and remaining ingredients into blender
3. Mix until blended

### **Why it works:**

“The isoflavones in soy milk help shield the heart from damage. Flaxseeds provide you with omega-3 fats and dietary fiber. And the apple’s antioxidants promote blood flow to the heart.”

## BURLY BONES SMOOTHIE

1 cup skim milk  
½ cup fat-free yogurt  
½ cup fresh prunes  
½ handful almonds  
¼ cup vitamin D fortified OJ

### Directions:

1. Chop prunes
2. Crush almonds by hand until they form fine pieces
3. Mix ingredients in blender and mix together

### Why it works:

“The skim milk and yogurt are some of the best sources of calcium around –the building blocks of strong bones. Prunes and almonds are rich in magnesium –an underrated mineral important for new bone formation. Vitamin D fortified OJ is one of the few food sources of bone building vitamin D.”



## CAFFEINE-FREE ENERGY SMOOTHIE

2 tbsp natural peanut butter  
½ cup Greek Yogurt  
½ scoop whey protein powder  
¼ cup crushed walnuts  
1 kiwi

### **Directions:**

1. Peel kiwi and slice
2. Crush walnuts
3. Toss into blender with other ingredients and mix

### **Why it works:**

“Contrary to popular belief, eating an abundance of carbs can actually zaps you of energy. The healthy fat in peanut butter and walnuts prevent the energy crashes that carbs can bring on. Protein powder and Greek yogurt are loaded with protein –a nutrient that gives you sustained energy throughout the day.

## OMEGA-3 SMOOTHIE



### Ingredients:

- ½ cup flaxseeds
- ¼ block extra firm tofu
- 1 handful pine nuts
- ½ cup frozen cherries
- 1 handful ice cubes

### Directions:

1. Crush pine nuts
2. Mix ingredients together and mix

### Why it works:

“Omega-3s are one of the most potent nutrients on the planet –yet most people don’t get nearly enough. Flaxseeds, pine nuts, and firm tofu are loaded with them. Cherries are one of the few fruits rich in omega-3 fats.”

## THE APPETITE KILLER



### Ingredients:

- 1 fresh pear
- ½ cup raspberries
- ½ cup Greek yogurt
- ½ scoop whey protein powder
- 2 tablespoons egg whites
- 2 handful ice cubes

### Directions:

1. Chop pear into small pieces without removing skin
2. Mix together remaining ingredients and mix

### Why it works:

“Protein rich foods like yogurt and egg whites keep appetite under wraps. Studies show that whey protein is especially powerful at fighting an out of control appetite. The fiber in pears and raspberries

–two of the most fiber-loaded fruits –helps you feel fuller for longer.”

## PRE-WORKOUT MIX

### Ingredients:

2 tablespoon almond butter  
½ cup egg whites  
½ scoop whey protein powder  
1 fresh banana  
1 tablespoon wheat germ  
1 handful ice cubes

### Directions:

1. Mix together all ingredients in blender
2. Blend together

### Why it works:

“Studies show that the meal you eat before your workout is twice as important as your post-workout meal. The egg whites and protein powder give your muscles the amino acids they need to work hard. The banana is a “quick burst” of carbohydrate-based workout fuel. The wheat germ and almond butter are slowly absorbed sources of energy so that you stay strong from start to finish.”



## HIGH-OCTANE METABOLISM BOOSTER

### **Ingredients:**

½ cup green tea  
½ cup skim milk  
1 whole grapefruit  
½ cup flaxseeds  
¼ cup blueberries  
6 ice cubes

### **Directions:**

1. Cut out grapefruit “meat” and place into blender
2. Mix with other ingredients
3. Blend together until smooth

### **Why it works:**

“The calcium in skim milk has been shown in dozens of research studies to raise metabolism –as has green tea. Grapefruit contains citrus aurantium, a unique compound that helps release energy stores so they can be used for energy. Flaxseeds contain omega-3 fats which burn off stubborn fat.”

## YUMMY BREAKFAST SMOOTHIE



### Ingredients:

- ½ cup skim milk
- ¼ cup whole grain oats
- 2 tablespoon peanut butter
- ¼ cup egg whites
- 1 medium banana
- 1 handful ice cubes

### Directions:

1. Mix together ingredients in blender
2. Toss together until smooth

### Why it works:

“Your body has just fasted for at least 7 hours from last night’s slumber. Egg whites and skim milk are fantastic protein sources to prevent muscle breakdown. The soluble fiber in oats slows the release of the carbs in the banana –making sure you don’t fall asleep on your keyboard at work.”



## MOUTH WATERING VEGGIE SMOOTHIE

### **Ingredients:**

½ cup carrots  
½ cup cucumber  
1 apple  
¼ cup 100% OJ  
1 whole tomato  
1 pinch salt  
5 ice cubes

### **Directions:**

1. Chop carrots and cucumbers
2. Slice apples, leaving skin
3. Mix together remaining ingredients in a blender

### **Why it works:**

“The American Dietetic Association reports that most Americans don’t get enough veggies. Vegetables burn fat and reduce the risk of chronic diseases like diabetes and stroke. The vegetables in this smoothie –carrot and tomato- have a sweeter taste than most. The touch of salt helps bring out the sweet flavor of the veggies and apple in the smoothie.”

## CARB CUTTER SMOOTHIE

### Ingredients:

½ cup fresh strawberries  
2 scoop whey protein powder  
1 pinch Splenda or Stevia  
½ cup Greek Yogurt  
2 handful ice cubes

### Directions:

1. Mix together ingredients in blender
2. Add Splenda or Stevia only if needed

### Why it works:

“While carbs aren’t inherently unhealthy (or evil), it’s easy to go overboard with them –especially in the smoothie department. This smoothie has Greek yogurt that has half the carbs of most commercial yogurt. Strawberries are also lower in carbs –and higher in fiber – than most other fruits.”



## ANTIOXIDANT POWERHOUSE SMOOTHIE

### **Ingredients:**

½ cup frozen wild blueberries  
½ cup blackberries  
¼ cup dried dates  
2 teaspoon cinnamon  
½ tablespoon flaxseed oil

### **Directions:**

1. Mix together ingredients in blender
2. Consider adding more cinnamon if palatable

### **Why it works:**

“Antioxidants boost exercise recovery, torch fat and reduce chronic disease risk

Blackberries, blueberries and dates are bursting with antioxidants. Cinnamon also contains heaps of antioxidants –and gives the smoothie a sweet kick.”

## WOMEN'S HEALTH SMOOTHIE



### **Ingredients:**

½ cup soy milk  
¼ block firm tofu  
2 tablespoons crushed almonds  
½ cup fat-free yogurt  
½ cup raspberries  
1 handful ice cubes

### **Directions:**

1. Crush almonds until they form small pieces
2. Drain tofu of water
3. Toss ingredients into blender and mix

### **Why it works:**

“Soy protein in soy milk and tofu may reduce breast cancer risk in older women. The monounsaturated fat in almonds reduce heart disease risk –the leading cause of death in women. Yogurt is rich in calcium, which combats osteoporosis. The antioxidants that are overflowing from raspberries fight cancer and prevent UTIs.”

## STRESS STOPPER SMOOTHIE

2 tablespoon walnuts  
1 cup skim milk  
2 tablespoon fresh avocado  
½ fresh banana  
2 tablespoons flaxseed oil  
1 handful ice cubes

### **Directions:**

1. Crush walnuts into a tiny pieces
2. Peel orange and slice
3. Throw ingredients into blender and blend

### **Why it works:**

“Studies show that the vitamin C in oranges reduces stress in tense situations like public speaking. Walnuts and skim milk are loaded with magnesium –a nutrient that prevents stress headaches. The omega-3s in flaxseeds balance out brain neurotransmitters, helping you stay relaxed.”

## MANLY HEALTH SMOOTHIE



### Ingredients:

2 cups watermelon  
½ cup guava juice  
½ medium banana  
2 tbsp Brazil nuts  
1 handful ice cubes

### Directions:

1. Remove skin from watermelon
2. Crush Brazil nuts into small pieces
3. Mix together in blender and blend

### Why it works:

“Watermelon and guava are loaded with lycopene –an antioxidant that prevents prostate cancer. Brazil nuts are especially high in selenium. High selenium diets reduce erectile dysfunction risk in men. Fresh bananas are one of the top sources of potassium in the food supply –an electrolyte that your muscles need to work hard.”

## BURLY BRAIN SMOOTHIE

### **Ingredients:**

1 cup fresh blueberries  
½ cup pineapple juice  
½ cup Greek yogurt  
2 tablespoon flaxseeds  
1 handful ice cubes

### **Directions:**

1. Mix ingredients in blender
2. Blend together until smooth

### **Why it works:**

“Blueberries contain a unique antioxidant known as anthanocyanins which promote brain health and reduce the risk of Alzheimer’s disease. Pineapple is bursting with B vitamins, which your brain turns into neurotransmitters. The omega-3s in flaxseeds reduce inflammation in overtaxed brain cells.”

## BIG DAY SMOOTHIE

### **Ingredients:**

1 tablespoon cacao powder  
1 tablespoon almond butter  
1 scoop whey protein powder  
1 medium banana  
2 tablespoons instant coffee  
½ cup skim milk  
1 handful ice cubes

### **Directions:**

1. Mix together ingredients in blender
2. Blend together until smooth

### **Why it works:**

“For your big day, every one of your body’s trillions of cells need plenty of energy. Cacao powder induces relaxation and feelings of happiness. The caffeine in coffee boosts focus and concentration. Almond butter and whey protein powder combine for a slow release energy source tag team.”



## MUSCLE HEAD SMOOTHIE

### Ingredients:

1 cup Greek yogurt  
1 scoop whey protein powder  
½ cup raspberries  
½ cup blackberries  
1 cup egg whites  
½ cup almonds  
½ cup skim milk  
1 handful ice cubes

### Directions:

1. Crush almonds into fine pieces
2. Mix ingredients together
3. Blend until smooth

### Why it works:

“It’s no secret that protein is the fuel that muscles need to burst forth and grow.

Greek yogurt contains more than twice the amount of protein than standard yogurt. Raspberries and blackberries contain antioxidants that accelerate muscle recovery after a tough workout. And egg whites and whey protein powder are two of the best protein sources in the known universe.”



## **POUND DROPPER SMOOTHIE**

### **Ingredients:**

2 tablespoons flaxseeds  
1 cup blueberries  
½ cup green tea  
½ cup yogurt  
1 fresh apple

### **Directions:**

1. Slice apple, leaving skin
2. Mix together ingredients in blender and mix

### **Why it works:**

“Weight loss isn’t just eating less calories than you take in. This smoothie contains secret weapons to boost your dieting results. Flaxseeds and apples contain an abundance of soluble fiber which cuts appetite in half. The antioxidants in green tea and blueberries spur metabolism upwards –even while you’re diet. Calcium rich yogurt promotes weight loss during dieting bouts.”

## SIX PACK SMOOTHIE



### Ingredients:

2 tablespoons natural peanut butter  
1 tablespoon flaxseeds  
½ scoop whey protein powder  
1 cup Greek yogurt  
1 kiwi fruit  
1 fresh pear

### Directions:

1. Peel and slice kiwi and pear
2. Mix together and blend until smooth

### Why it works:

“Getting a six pack is as simple as eating a diet rich in low glycemic index (how fast a carb gets absorbed) carbs. “Slow carbs” like milk sugar in yogurt and kiwi and pears slow the absorption of carbs into the bloodstream –making sure they don’t turn to stubborn belly fat. Whey protein powder boosts metabolic rate.”

## BULLET PROOF BODY SMOOTHIE

### **Ingredients:**

1 medium orange  
½ fresh carrot  
1 cup skim milk  
1 tablespoon flaxseeds  
½ mango

### **Directions:**

1. Peel orange and divide into slices
2. Peel and chop mango and carrots
3. Mix together into blender

### **Why it works:**

“Vitamin C is the workhorse of your immune system. Oranges and mangoes are excellent sources of this antioxidant vitamin. Carrots provide a heaping of vitamin A, also necessary for optimal immune functioning.”

## BETTER SLEEP SMOOTHIE

### Ingredients:

- 1 cup soy milk
- ½ cup whole grain oats
- 2 tablespoon hazelnuts
- 1 tablespoon sesame seeds
- 1 apple
- 1 handful ice cubes

### Directions:

1. Slice apple, leaving skin
2. Crush hazelnuts into small pieces
3. Mix together until smooth

### Why it works:

“A good night’s sleep stops stress and releases muscle-building growth hormone. Soy milk, hazelnuts, sesame seeds, and oats contain tryptophan –the same stuff in turkey that puts you out after Thanksgiving dinner.”



## GUT HEALTH SMOOTHIE

### **Ingredients:**

½ cup Kefir  
½ cup fermented yogurt  
1 tablespoon wheat germ  
½ cup fresh strawberries  
1 fresh pear  
¼ cup lentils  
1 handful ice cubes

### **Directions:**

1. Cut pear into slices, leaving skin
2. Mix together remaining ingredients and blend

### **Why it works:**

“The probiotics (aka good bacteria) help shield your gut from damage caused by toxins and bad bacteria. Wheat germ, lentils, and pears are rich in fiber. Fiber strengthens the intestinal lining and feeds the good bacteria living in your intestine.”

## CALORIE CUTTER SMOOTHIE



### Ingredients:

½ cup melon  
1 tablespoon sliced ginger  
1 cup low-calorie yogurt  
1 tablespoon cinnamon  
1 handful ice

### Directions:

1. Slice melon into slices
2. Mix together and blend until thoroughly mixed

### Why it works:

“Whether you’re looking to drop pounds or just cut back on how much you eat, the low-calorie ingredients in this smoothie are for you. Melon contains less calories than many other fruits like bananas and berries. Cinnamon and ginger give the smoothie a kick without adding unwanted calories.”

## NO TIME TO CHEW SMOOTHIE

### **Ingredients:**

1 cup soy milk  
2 tablespoons almond butter  
1 cup whey protein powder  
1 small banana  
½ carrot  
1 tablespoon flaxseed oil

### **Directions:**

1. Peel and chop carrot
2. Mix ingredients together in blender
3. Mix until smooth

### **Why it works:**

“If you don’t have time to sit down for a meal, you need a smoothie that gives you the nutrients that lunch would. Soy milk and protein powder give you protein, flax and almonds butter give you healthy fats, and the banana and carrot are healthy carb sources.”



## "TIME FOR DESSERT" SMOOTHIE



### Ingredients:

- 1 medium banana
- 1 tablespoon cacao powder
- ½ scoop chocolate protein powder
- ½ tablespoon natural honey
- ¼ cup reduced fat chocolate frozen yogurt
- ½ tablespoon Spenda or Stevia

### Directions:

1. Mix together ingredients in blender and mix
2. Add Spenda or Stevia as an optional sweetener

### Why it works:

"Dessert time derails many people's healthy eating hard work. This smoothie is packed with indulgent chocolate flavor, but is low in calories, sugar, HFCS, and added fat."

## **Blend Baby Blend!**

You're now armed with over 25 smoothie recipes that hook your body up from head to toe. Of course, these recipes are in .pdf –not stone- so feel free to make any changes to fit your personal preferences. Just keep in mind that these recipes are scientifically formulated to do what they do. Tinkering too much may detract from some of the health benefits.

That ends my smoothie disclaimer. But seriously, feel free to go all mad scientist with your blender and mix together some of the ingredients in the recipes here for your own potent concoction.

Backed by a clean diet, these smoothies should skyrocket your health and wellness.