



BOD BY TODD
Fitness Coaching
"Don't Be Average, Be Fit"

CHOCOLATE ALMOND BUTTER SMOOTHIE

352

CALORIES

11g

PROTEIN

36g

CARBS

21g

FAT

INGREDIENTS:

1 C	NUT MILK OF CHOICE (ALMOND USED FOR NUTRITIONAL INFORMATION)
1	FROZEN BANANA
2 TBSP	ALMOND BUTTER
1 TBSP	FLAX SEEDS OR CHIA SEEDS (FLAX USED FOR NUTRITIONAL INFORMATION)
	1 SERVING OF YOUR FAVOURITE CHOCOLATE PROTEIN POWDER (OPTIONAL)

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



BLUEBERRY MILKSHAKE SMOOTHIE

278

CALORIES

4g

PROTEIN

30g

CARBS

21g

FAT

INGREDIENTS:

1 C	RAW MILK OR NUT MILK OF CHOICE (ALMOND USED FOR NUTRITIONAL INFORMATION)
½ C	FROZEN BLUEBERRIES
½	AVOCADO
½ TSP	VANILLA EXTRACT
½ TSP	CINNAMON
½ TBSP	HONEY TO SWEETEN
½ TBSP	MACA (OPTIONAL)

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

