



7 Ultimate Smoothies to Kick-Start Your Best Body

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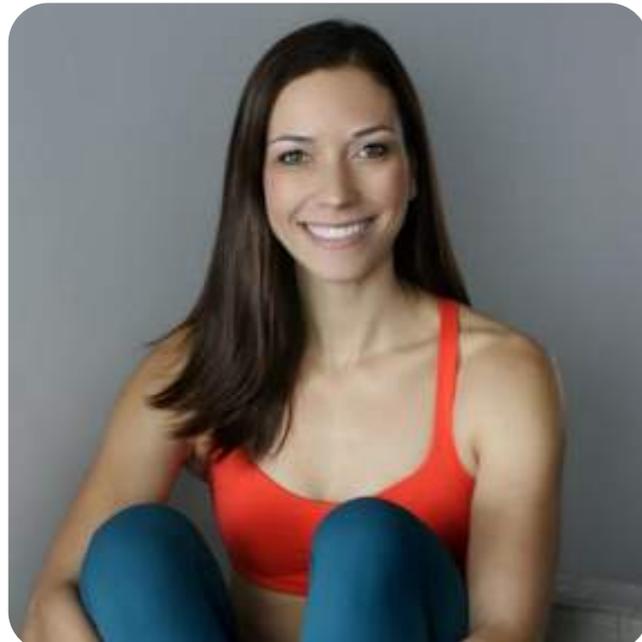
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Meet Crystal



Hello Beautiful!

I'm Crystal, and I know EXACTLY what it's like not to feel good in your own skin.

You might not believe me when I tell you this, but over a decade ago I could barely run 5km without feeling like death was imminent, I used to smoke

cigarettes (my dirty little secret), and my idea of a healthy breakfast was a cream cheese bagel and a double-double from Tim Horton's (that's a medium coffee with 2 creams + 2 sugars, for my non-Canadian friends ;)).

Not only I had gained the dreaded "Freshman 15" (ok more like 20) when I started university, but my confidence was down the toilet and I just didn't feel good in my own skin. I was so ashamed of my body and bad habits (especially since I've always been an athlete), and my inner dialogue was sooo negative. I was stressed and super unhappy, and I knew that something had to change. Changing everything at once was scary and overwhelming. Especially since I didn't have a clue about healthy eating, or working out, or changing habits. So I made the conscious decision to start with ONE THING.

I started really slowly, beginning with running a few times a week. I then kicked the smoking habit (finally!), started drinking daily smoothies, and discovered weight training. Now, my initial thoughts were probably like yours: I'm a woman, and I don't want to get bulky! But little did I know how amazing weight training could be to really sculpt a woman's body.

My body began transforming with every month that past. My energy improved, the weight I gained was slowly melting off, and my confidence was on the rise. I still had a lot of inner work to do, but I knew I was on the right path, and I knew it was worth it to keep up these new habits.

So whether you are currently in need of a major lifestyle overhaul and don't know where to begin, or you've fallen off track & you want ONE simple daily habit to improve your energy, shed some unwanted pounds, and glow from the inside out, **7 Ultimate Smoothies to Kick-Start Your Best Body** is a great place to start.

Remember, the human body is capable of countless transformations, no matter where or when you begin your journey. You just need to take that first step.



Why You Should Be Having a Daily Smoothie

NUTRIENT-DENSE & DELICIOUS

Not getting enough veggies and fruits in your diet? Smoothies are a great solution! You can easily get 3-4 servings of vegetables and fruit in one smoothie, and fill up on important nutrients like vitamin C, vitamin A, magnesium, potassium and age-defying antioxidants.

QUICK & CONVENIENT NOURISHMENT

No time to make breakfast or a healthy meal? No problem! Smoothies take all of 5 minutes to prepare, and are easily portable in a shaker cup or mason jar. Enjoy as a meal replacement or as a snack in between meals.

EASY TO DIGEST

Because smoothies are blended and liquefied, they're much easier on your digestive system and the nutrients are more readily absorbed, getting them to where your body needs it the most. This is a great option if you suffer from indigestion or if you don't have a large appetite first thing in the morning.

LASTING SOURCE OF ENERGY

When created with a balance of vegetables, fruit, protein and healthy fats, smoothies will keep you feeling fuller longer & reduce your cravings. Which is great if you are trying to lose or manage your weight.

CLEAR, GLOWING SKIN

People always ask me what I use to keep my skin so healthy and blemish free. I tell them that healthy skin begins from the inside out! Lots of fresh veggies and fruit, along with water, are key elements to radiant and clear skin, which is why I aim to have at least 1 smoothie a day.

How to Make a Perfectly Balanced Smoothie

LIQUID BASE – Consider milk or non-dairy milks as the fluid base to your smoothies instead of fruit juice which can raise the sugar content of your smoothies. Choose from milk, or if you have dairy sensitivities, choose from almond milk, rice milk, coconut milk, oat milk or blends. If you want to cut the calories, consider water as your base instead.

FRUITS & VEGETABLES – Not eating enough fruits and veggies? This is where smoothies get a gold star as they pack in quite a bit in one serving. Aim for 2-3 cupped handfuls of fruit, and 1-2 fist-sized servings of some green veggies like baby spinach, kale leaves, or collard greens. Don't worry, the bitterness in the greens will be easily masked with vanilla-flavored protein powder, fruit, and the liquid base.

HEALTHY FATS – Contrary to popular belief, fats can actually help you lose body fat. And like proteins, fats help keep you fuller longer, making you less likely to reach for more food and overeat. Healthy fat sources that work well in smoothies include coconut oil, coconut milk, nut butters, chia seeds, hemp seeds, avocado and ground flaxseeds.

PROTEIN – Most people think that only men need protein in a smoothie for building muscle, but this is a common misconception! Protein is essential for dozens of important functions in men and women, such as hormone production, blood clotting, and immune system functioning to name a few. And protein, along with fat, is what helps keep you feeling satisfied longer. Looking for an easy way to get them in your smoothies? Protein powders are the way to go, and there are many types and brands. You can choose from dairy sources such as whey or casein, or vegan sources such as soy, brown rice, hemp, pea and sprouted grain proteins. Opt for brands that are free from artificial sweeteners, colors and preservatives, and are naturally sweetened with stevia instead. I love vanilla-flavored as it is a great base for many types of smoothies.



Brain-Boost Berry Smoothie

Berries are superfoods that contain powerful anti-oxidants called *polyphenols* which help protect your brain from oxidative damage, making this smoothie a "no-brainer" for your concentrated and cerebral-focused days.



INGREDIENTS:

- ½ cup almond milk
- ½ cup blackberries
- ½ cup blueberries
- ¼ cup strawberries
- 1 large handful baby spinach
- ¼ avocado
- 1 scoop protein powder
- Water and ice to desired consistency

DIRECTIONS:

Place all ingredients in a high-speed blender and blend until smooth.

Makes 1 serving

Go-Green Daily Detox Smoothie

Hate eating green veggies? No worries! Blending your dark leafies like kale or spinach with other fruits easily hides their bitter flavor. Paired with lemon, ginger, flaxseeds, and hydrating coconut water, this smoothie gently supports your detox organs.



INGREDIENTS:

- 1 cup coconut water
- Juice of 1 lemon
- ½ cup pineapple, chopped
- 1 Granny smith apple, chopped
- 1 cup kale (or other green leafy vegetable)
- 1 tsp ginger root, peeled & grated
- 1 Tbsp ground flaxseeds
- Water and ice to desired consistency

DIRECTIONS:

Place coconut water and kale in the blender and blend on high-speed until smooth.

Add remaining ingredients and blend until smooth.

Makes 1 serving

Creamy Coconut-Banana Smoothie

Coconut contains saturated fats that are actually good for you and can even help you burn fat. Yes, eating fat can actually help you lose fat! This smoothie is so tasty you'll wonder if you're having dessert instead of a balanced meal.



INGREDIENTS:

- ½ cup light coconut milk
- 1 banana, frozen
- 2 Tbsp unsweetened coconut flakes
- 1 scoop protein powder
- Water and ice to desired consistency

DIRECTIONS:

Place all ingredients in a high-speed blender and blend until smooth.

Makes 1 serving

Rise 'n' Shine Raspberry-Kiwi Smoothie

Kiwis and strawberries are low glycemic (low sugar) fruits that contain tons of Vitamin C, and paired with omega-3 rich chia seeds, this smoothie will help you improve the look and feel of your skin & help you fight the signs of aging.



INGREDIENTS:

- ½ cup coconut water
- ½ cup raspberries
- 2 kiwis, peeled
- 1 large handful baby spinach
- 1 Tbsp chia seeds
- 1 scoop protein powder
- Water and ice to desired consistency

DIRECTIONS:

Place all ingredients in a high-speed blender and blend until smooth.

Makes 1 serving

Chocolate Cashew Nut Smoothie

Given how much I LOVE chocolate, I couldn't resist giving you one of my fave smoothies! Chocolate is loaded with important minerals like magnesium, which help relax muscles & blood vessels. Perfect choice if you are overly stressed and suffering from migraines.



INGREDIENTS:

- ½ cup almond milk
- 1 banana
- ¼ cup cashews or 2 Tbsp cashew nut butter
- 2 Tbsp cacao powder
- 1 scoop protein powder
- Water and ice to desired consistency

DIRECTIONS:

Place almond milk and cashews in the blender and blend on high-speed until smooth.

Add remaining ingredients and blend until smooth.

Makes 1 serving

Citrus Creamsicle Smoothie

You wouldn't believe me until you tried it, but this smoothie is surprisingly refreshing and creamy at the same time. Loaded with vitamin C, keep this smoothie in your arsenal of immune-boosting foods as you approach the winter season.



INGREDIENTS:

- ½ cup light coconut milk
- 2 small oranges, peeled & seeds removed
- ½ grapefruit, peeled & seeds removed
- Juice of 1 lime
- 1 scoop protein powder
- Water and ice to desired consistency

DIRECTIONS:

Place all ingredients in a high-speed blender and blend until smooth.

Makes 1 serving

Amazing Apple-Cinnamon Smoothie

Apples are one of nature's most delicious fruits and are loaded with vitamin C, fiber and antioxidants. Paired with cinnamon and almond butter, this smoothie will have you easily passing on dessert. Just remember to opt for organic apples when possible.



INGREDIENTS:

- ½ cup almond milk
- 1 apple, unpeeled & chopped
- 1 Tbsp almond butter
- Dash of cinnamon and nutmeg
- 1 scoop protein powder
- Water and ice to desired consistency

DIRECTIONS:

Place all ingredients in a high-speed blender and blend until smooth.

Makes 1 serving

Let's Stay in Touch!

Thank you so much for downloading my **7 Ultimate Smoothies to Kick-Start Your Best Body** e-book and I can't wait to connect with you more! Be sure to touch base with me here:



Check out **crystal-elizabeth.com** for yummy recipes, workout videos, & more info on my products & 1:1 online coaching services.



Visit **crystal.elizabeth.fit** for giveaways, challenges, & updates about all things fitness, food, & living a healthy lifestyle



Connect with me at **crystal.elizabeth.fit** for real time workouts, nutrition inspo, & my day-to-day #fitmom life.



Find me on my Youtube channel for find full-length workouts, exercise demos, cooking videos, & life as a #fitmom

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