

THRIVE
with Coach Phil

# Smoothie Pack Introduction

www.thrivewithphil.com



# How to Get Started

Smoothies are a quick and easy way to create a healthy and nutritious snack or meal that can be enjoyed at any time of the day. To create a balanced smoothie that will keep you energized and full throughout the day, make sure to always incorporating the following elements:

- Fats (nuts, seeds, oils, dairy)
- Protein (dairy, legumes, protein powders)
- Fluid (water, seed/nut milk, juice)
- Fiber (fruits, vegetables, seeds)

# How to Choose a Blender

There are countless options of blender on the market and they can become quite confusing. High-end blenders from brands like Ninja and Vitamix may cost more but will have some more advantages compared to the cheaper models. For one, you will notice a big difference in smoothie texture and consistency. Additionally, they will last longer, so if you plan on becoming a smoothie master then it is a point to consider.

Choosing a blender is a very personal choice but we suggest you do some research and choose the best one that is within your budget.

When making your decision make sure to also consider the ease of cleaning and size.



# Blender vs. Juicer?

This is a common question and the two appliances are often used interchangeably. However, a smoothie simply blends the entire fruit/vegetable into smaller fragments until it becomes a juice-like liquid. A juicer on the other hand, removes the pulp and only keeps the juice, leaving behind some vital nutrients and the majority of the fiber.

That doesn't mean a juicer is terrible or anything, just keep in mind if you are looking for a complete breakfast/lunch or snack, you should go with a blender.

# Frozen or Fresh?

Buying frozen fruit and vegetables, or even freezing them yourself is excellent for preserving the produce, saving what can go 'off' and being able to store it for longer.

Store bought frozen fruit and vegetables are usually frozen at source, which means they may have even better nutritional content as they have not been transported of hours or sitting on a shelf in the store.

Another benefit of frozen produce is that they are available all year round, so you can buy your favorite fruit and vegetables all year round.



# Organic vs. Conventional?

Another widely debated topic is that of organic vs. conventional produce. The western world has become very tribal when it comes to nutritional arguments, and this debate is no exception. It is near impossible to shop organic all of the time, or even most of the time. In addition, many people don't have the financial flexibility to fill their fridge with organic.

The fact of the matter is that there is little to no nutritional difference between organic and conventional produce. In addition, the term organic is very loose and differs between country and brand. Some organic certifications only need to fulfil a certain amount of requirements to brandish the logo on their products.

We also like to highlight the fact that many organic farmers also use natural pesticides and herbicides on their products.

If you have the means and flexibility, than it can be nice to purchase primarily organic. But for those that might not, don't fret, simply aim to buy from local and trusted brands. As long as you're getting regular fruit and vegetables.



# Tips

Smoothies are super easy and intuitive, but take a look at these tips:

- Make sure your blender is always clean and ready. It's best to wash your blender straight after you use it. This way you will avoid the contents drying up on the surface, which will make it much easier to clean.

- Do all the prep work with your fruit and veggies before; chopping, cutting, cleaning, slicing, measuring, and especially freezing.

- To save even more time you can prepare smoothie packs in advance and freeze them. Place the fruit and vegetables (frozen is best, as they won't stick) in a sealable bag or jar. Add in your dry add-in's and then greens. When ready, add the smoothie pack straight into the blender along with any liquids and blend. The smoothie packs will keep up to 3 month in your freezer.

- If your smoothie is too frothy, then add less liquid next time. When using ingredients such as avocado and banana you will generally need to liquid, as they have a high liquid content.

- If your smoothie is too bitter this is a sign to reduce the greens and add some more fruit.

- If your blender is having trouble reaching a smooth and creamy texture, try cutting your ingredients into smaller pieces.

- You can boost the protein content of any smoothie from this pack by adding a serving or two of protein powder. The best flavor is vanilla or simply unflavored. When using a flavors protein powder, you may want to reduce the chosen sweetener, as the powder will have some of it already.

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# The Foolproof Smoothie Template

**1. Choose a base liquid**

- Water
- Coconut water
- Plant based milk, unsweetened (almond, coconut, soy etc.)
- Cow's milk
- Green Tea
- Coffee

**2. Choose your protein**

- Whey protein powder
- Plant based protein powders
- Protein powder blends
- Greek yogurt
- Cottage cheese

**3. Choose a fruit**

- Berries
- Apple
- Pear
- Pineapple

**4. Choose a vegetable**

- Greens: kale, spinach, bok choy, lettuce, swiss chard
- Beets
- Sweet potato
- Cucumber
- Celery
- Avocado

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**5. Choose a healthy fat**

- Nuts: walnuts, pecans, brazil, macadamia
- Seeds: pumpkin, flax, hemp, chia
- Nut butters: peanut, almond, cashew
- Coconut milk
- Oils: coconut, olive, avocado, walnut

**More add-in options:**

- Cinnamon
- Ginger
- Turmeric
- Black pepper
- Matcha
- Acai
- Maca powder
- Supergreen powder
- Chlorella powder
- Spirulina powder
- Honey
- Dates

# Protein Powder Guide

## Animal Protein Powder




**WHEY PROTEIN**
Whey Protein is by far the most popular and cheapest choice available. This type of protein contains all essential amino acids and is one of the byproducts of milk. Whey is a perfect choice for pre and post workout as it is quickly absorbed by the body.




**CASEIN PROTEIN**
This protein powder is the other byproduct of milk and also contains all essential amino acids. Casein has a slower absorption compared to whey. This powder also does not mix as well as casein powder.



**EGG PROTEIN**
This powder is made from the protein in eggs, making it a perfect option for people with dairy intolerance.

## Plant Based Protein Powder



**PEA PROTEIN**
This protein powder is made from yellow peas. It is a good quality protein with 21g protein per ¼ cup and it is easily digestible, making it a good choice for those with gastric discomfort.



**RICE PROTEIN**
Rice protein powders contain 22g of protein in ¼ cup and is considered a medium-digesting protein, fitting in between whey and casein powders. When combine with pea protein it will give a full profile of the nine essential amino acids.



**HEMP PROTEIN**
This protein powder is not as high in protein as the other plant based powders, but it makes up for it with it's nutritional profile, providing a good source of zinc, iron and omega-3s. A serving of hemp protein powder will provide around 12-15g of protein.

# Other Protein Sources

If you don't like to use protein powders, then you can substitute them for other options that will boost the protein content in your smoothies. Below are the best options:



**GREEK YOGURT**

Greek yogurt is naturally packed with protein with around 10g per 100g of product. It will also provide a very creamy consistency to your smoothie and with low-fat options available it is possible to keep the fat content at bay.



**COTTAGE CHEESE**

Cottage cheese is another dairy product that works well in smoothies, boosting protein content and in turn making your smoothies more satisfying. 100g of cottage cheese provides around 11g of protein.



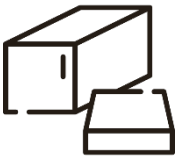
**TOFU**

This option is perfect for vegans as 100g of tofu will give you around 8g of protein, making your smoothie thicker and creamier.



**GRASS FED MILK**

If you use cow's milk to replace the liquid in your smoothie you will gain 8g of protein per each cup. So if you have no dairy intolerance then this is also a good option.



**NUT BUTTERS**

Peanut butter, almond butter, cashew butter...all are good sources of protein all containing about 3-4g of protein per one tablespoon. They are also perfect to add creaminess and a slight savory flavor to your smoothie creations, just keep in mind that they are also high in fat.



**SEEDS**

Chia seeds, flax seeds, pumpkin seeds, hemp seeds...all are great options to heighten the protein content of your smoothies. Apart from boosting the protein content they are also excellent sources of healthy fats - win win!



**QUINOA**

Whether cooked or the flakes variety it's for sure an excellent choice of plant based protein as it contains complete protein, meaning all nine essential amino acids, that our bodies cannot produce on its own. It's also naturally gluten free and high in fiber. It has 8g of protein per 1 cup of cooked quinoa.

*Now let's get blending!*