BE-LEAN MEMBERSHIP

DELICIOUS SMOOTHIES

THRIVE with Coach Phil







Recipe Pack

Discover 30 easy, healthy and tasty recipes, including: breakfast, lunch, dinner, and treat smoothies

thrivewithphil.com













Introduction / Key Notes

Why are shakes/smoothies so healthy?

Virtually everyone can benefit from including healthy shakes and smoothies in their diet. Shakes and smoothies are easy, quick to make and loaded with nutrients that are digested easier. They are effortlessly portable to take to work or school and most importantly they taste great with a large variety of flavours.

Whole food ingredients such as vegetables, fruits, herbs and spices provide a full range of health-boosting micro-nutrients in every glass. By blending – not "juicing" – you'll be consuming all the vitamins, minerals, antioxidants, various types of fibre as well as pre & probiotics required to optimise your health.

Key Notes:

It's important to understand that recipes are just guidelines. Use recipes as guides and adjust the ingredients to match your goals, budget and taste. You are free to experiment with these recipes… use them as a guide to get you started.

For example, if you want to reduce calories/energy and cost of recipes, but keep the high nutrient levels and great taste try the following:

- Remove the rolled oats and add more green vegetables
- Replace the almond or coconut milk with water
- Reduce some fruit: for example - medjool dates are in a number of recipes – most smoothies will be sweet enough without these due to the other ingredients like banana, blueberries and protein powder
- Feel free to reduce the cost and sweetness of the recipes to match your needs

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GF	Gluten Free
DF	Dairy Free
LC	Low Carb (30g- serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts



The Power Breaky Smoothie

Serves 2

1 cup (150g) blueberries, frozen

1 medium bananas, ripe

4 tbsp. rolled oats

2 tbsp. almond butter (not other nut butter)

2 cups (480ml) almond milk, unsweetened

2 medjool dates

2 scoops (50g) vanilla protein powder

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

DF | HP | V | Q | N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	395	14	45	26	8

*Nutrition per serving

myfitnesspal
06716165

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The Strawberry Burst Breakfast Smoothie

Serves 2

1 medium banana, sliced & frozen

1 cup (145g) strawberries, frozen

2 tbsp. rolled oats

2 scoops (50g) vanilla protein powder

2 tbsp. natural peanut butter

1 ½ cups (360ml) almond milk, unsweetened

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

DF | LC | HP | V | Q | N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	305	11	27	29	5

*Nutrition per serving

myfitnesspal

04940414

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The Wake Me Up Protein Smoothie

Serves 2

4 tbsp. rolled oats

1 ½ cups (360ml) almond milk, unsweetened

½ cup (120ml) water

1 scoop (25g) chocolate protein powder

2 tsp. instant coffee powder

2 tsp. cocoa powder, natural

1 banana

¼ cup (30g) pecans

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

DF | LC | V | Q | N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	267	14	25	14	6

*Nutrition per serving

myfitnesspal



The Morning Energizer Smoothie

Serves 2

- 1 cup (240ml) coconut milk
- 1 cup (240ml) coffee, chilled
- ⅔ cup (165g) coconut yogurt, unsweetened
- 2 medjool dates
- 1 scoop (25g) protein powder, chocolate
- 1 tbsp. cacao powder, natural

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF | DF | LC | V | Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	212	6	28	11	4

*Nutrition per serving

myfitnesspal
08332950

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The Green Fuel Smoothie

Serves 2

4 tbsp. rolled oats

½ tsp. matcha green tea powder

2 cups (480ml) almond milk, unsweetened

1 banana, chopped & frozen

2 scoops (50g) vanilla protein powder

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

DF | LC | HP | V | Q | N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	209	4	23	23	4

*Nutrition per serving

myfitnesspal



The Greenology Smoothie

Serves 2

1 cup (240ml) almond milk, unsweetened

1 medium banana, frozen

½ mango, frozen

2 cups (60g) spinach

¼ cup (15g) pumpkin seeds

2 tbsp. hemp seeds hearts

1 scoop (25g) vanilla protein powder

¼ cup (60ml) water

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF | DF | V | Q | N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	266	10	30	19	5

*Nutrition per serving

myfitnesspal



The Mango-Licious Protein Smoothie

Serves 2

1 cup (145g) strawberries, frozen

1 mango, chopped, and frozen

½ cup (120g) Greek yogurt

2 scoops (50g) vanilla protein powder, vanilla

2 cups (480ml) almond milk, unsweetened

6 ice cubes

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF | HP | V | Q | N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	294	5	36	31	5

*Nutrition per serving

myfitnesspal

02077611



The Black Forest Smoothie

Serves 2

1 ½ cups (360ml) almond milk, unsweetened

1 avocado

1 ½ (230g) cup cherries, frozen

2 scoops (50g) protein powder, chocolate

2 tsp. vanilla extract

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF | DF | LC | HP | V | Q | N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	335	18	24	23	10

*Nutrition per serving

myfitnesspal

04682232



The Banana Twist Protein Smoothie

Serves 2

4 tbsp. rolled oats

2 cups (480ml) almond milk, unsweetened

1 banana

1 apple

1 tsp. ground cardamom

2 scoops (50g) vanilla protein powder

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

DF | HP | V | Q | N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	259	4	35	23	7

*Nutrition per serving

myfitnesspal

03834242



The Superfood Protein Smoothie

Serves 2

1 medium banana, sliced and frozen

1 cup (150g) blueberries, frozen

1 cup (70g) kale

2 medjool dates

1 tbsp. ground flax seeds

3 cauliflower florets (40g), frozen

2 scoops (50g) protein powder, chocolate

1 ½ tbsp. cocoa powder, natural

2 cups (480ml) almond milk, unsweetened

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF | DF | HP | V | Q | N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	328	6	50	25	11

*Nutrition per serving

myfitnesspal

08754264



The Strawberry Post Workout Smoothie

Serves 2

1 cup (145g) strawberries, frozen

1 cup (240ml) coconut milk, cartoned

2 scoops (50g) protein powder, vanilla

2 tsp. honey

2 tsp. vanilla extract

2 tsp. desiccated coconut

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF | DF | LC | HP | V | Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	193	4	16	23	2

*Nutrition per serving

myfitnesspal

09406292



The Golden Protein Smoothie

Serves 2

1 mango, chopped, frozen

1 banana, sliced, frozen

½ cup (120g) Greek yogurt

1 tsp. ground cinnamon

1 tsp. ground turmeric

½ tsp. ground ginger

pinch black pepper

1 cup (240ml) almond milk, unsweetened

2 scoops (50g) vanilla protein powder

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF | HP | V | Q | N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	317	4	45	31	6

*Nutrition per serving

myfitnesspal

04137520

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The Triple Berry Protein Smoothie

Serves 2

1 ½ cups (220g) berry mix, frozen

1 banana, chopped & frozen

2 tsp. chia seeds

2 scoops (50g) vanilla protein powder

2 cups (480ml) almond milk, unsweetened

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF | DF | LC | HP | V | Q | N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	242	4	29	26	7

*Nutrition per serving

myfitnesspal

04428268

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The Cinnamon Roll Smoothie

Serves 2

1 cup (240ml) almond milk, unsweetened

½ cup (120g) Greek yogurt

2 scoops (50g) vanilla protein powder

4 tbsp. rolled oats

1 tbsp. honey

1 tsp. ground cinnamon

1 banana, chopped & frozen

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF | HP | V | Q | N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	274	4	35	28	4

*Nutrition per serving

myfitnesspal
03571170

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The Anti-Inflammatory Green Smoothie

Serves 2

2 cups (480ml) almond milk, unsweetened

2 cups (60g) spinach, packed

½ tsp. ground turmeric

pinch black pepper

2 tbsp. chia seeds

2 cups (330g) pineapple chunks, frozen

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF | DF | V | Q | N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	183	7	30	5	7

*Nutrition per serving

myfitnesspal



The Pick Me Up Smoothie

Serves 2

2 medium banana, frozen

1 ½ cups (360ml) almond milk, unsweetened

2 cups (60g) baby spinach

24 leaves mint

10 ice cubes

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF | DF | LC | V | Q | N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	135	2	29	3	5

*Nutrition per serving

myfitnesspal



The Golden Citrus Smoothie

Serves 2

1 mango, peeled, chopped & frozen

1 ¼ cups (300g) Greek yogurt

1 tbsp. turmeric root, chopped

4 clementines, peeled

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF V Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	298	4	53	17	6

*Nutrition per serving

myfitnesspal

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The Pineapple Lassi

Serves 2

1 ½ cups (360g) vanilla yogurt, plant based

2 cups (330g) canned pineapple with juice

½ (120ml) cup canned light coconut milk

½ tsp. root ginger, grated

10 ice cubes

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF DF V Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	298	9	46	10	3

*Nutrition per serving

myfitnesspal

09153442



The All Green Smoothie

Serves 2

½ avocado, pitted

2 cups (330g) pineapple, chunks

2 cups (60g) baby spinach

1 cup (240ml) coconut milk, from carton

4 tbsp. lime juice

¼ cup (12g) fresh coriander, chopped

2 tsp. ground ginger

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF DF V Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	233	11	36	3	8

*Nutrition per serving

myfitnesspal



The Summer Dream Smoothie

Serves 2

½ cup (120g) Greek yogurt

¼ cup (60ml) coconut milk, from canton

¼ cup (60ml) orange juice

1 cup (145g) strawberries, frozen

1 orange, peeled

1 tbsp. honey

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF V Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	162	2	31	7	3

*Nutrition per serving

myfitnesspal

04197946



The Black Beauty Smoothie

Serves 2

⅔ cup (160ml) almond milk, unsweetened

½ cup (120g) Greek yogurt

1 tbsp. ground flax seed

1 tbsp. natural cocoa powder, unsweetened

2 tbsp. peanut butter

½ tsp. vanilla extract

1 medium banana, chopped & frozen

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF | HP | V | Q | N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	473	24	45	23	9

*Nutrition per serving

myfitnesspal



The Kiwi Boost Smoothie

Serves 2

⅔ cup (160g) coconut yogurt

½ cup (120ml) coconut milk

¼ tsp. root ginger, grated

2 kiwis, peeled & quartered

2 tbsp. quinoa flakes

2 cups (60g) baby spinach

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF | DF | LC | V | Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	148	5	24	4	5

*Nutrition per serving

myfitnesspal



The Purple Smoothie

Serves 2

1 ½ cup (360ml) water

½ small red cabbage (285g), shredded & frozen

1 cup (150g) blueberries, frozen

1 banana, chopped & frozen

⅔ cup (165g) vanilla yogurt

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF V Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	216	3	44	7	7

*Nutrition per serving

myfitnesspal

02512619



The Mocha Smoothie

Serves 2

1 ⅓ cups (315ml) cold brew coffee

½ cup (120g) Greek yogurt

2 medjool dates

1 ½ tbsp. cocoa powder, natural

½ tsp. vanilla extract

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF | LC | V | Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	150	2	26	7	3

*Nutrition per serving

myfitnesspal

02381013



The Pina Colada Smoothie

Serves 2

4 tbsp. oats

2 cups (480ml) almond milk, unsweetened

1 cup (200g) pineapple chunks

4 tbsp. desiccated coconut

¼ cup (30g) walnuts

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

DF | LC | V | Q | N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	275	19	25	6	5

*Nutrition per serving

myfitnesspal

02692067



The Carrot Cake Smoothie

Serves 2

1 banana, chopped, frozen

1 carrot, peeled & grated

2 tbsp. rolled oats

2 tbsp. almond butter

¼ tsp. ground cinnamon

⅛ tsp. ground ginger

1 tbsp. honey

1 cup (240ml) almond milk, unsweetened

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

DF V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	233	11	33	6	6

*Nutrition per serving

myfitnesspal

05625642

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The Simple Banana Smoothie

Serves 2

2 medium bananas, sliced, frozen

½ cup (120g) Greek yogurt

1 tbsp. ground flax seeds

1 cup (240ml) almond milk, unsweetened

1 tsp. vanilla extract

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF | HP | V | Q | N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	191	4	32	8	4

*Nutrition per serving

myfitnesspal

02692692



The Apple Pie Smoothie

Serves 2

½ cup (120ml) almond milk, unsweetened

½ cup (120g) Greek yogurt

4 tbsp. rolled oats

1 apple, peeled, cored and chopped

1 medium banana, sliced & frozen

1 tbsp. honey

1 tbsp. almond butter

1 tsp. vanilla extract

1 ½ tsp. ground cinnamon

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	284	7	48	10	7

*Nutrition per serving

myfitnesspal

02036711

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The Sweet Potato Pie Smoothie

Serves 2

2 cups (270g) sweet potatoes, peeled & chopped

1 medium banana, sliced & frozen

1 cup (240ml) almond milk, unsweetened

½ cup (120g) Greek yogurt

2 tbsp. almond butter

2 tsp. vanilla extract

1 tsp. ground cinnamon

pinch of nutmeg

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	346	12	50	13	5

*Nutrition per serving

myfitnesspal

05704417



The Reset Smoothie

Serves 1

1 cucumber, chopped

2 cups (185g) green grapes

2 carrots, peeled & chopped

2 slices lemon

1 cup water

5 ice cubes

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF | DF | V | Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	222	1	55	4	7

*Nutrition per serving

myfitnesspal