

Street Parking Smoothie



prep time
5 minutes



total time
5 minutes



servings
as many as
you can fit
in your blender

Ingredients

Protein

- Egg whites (pasteurized)
- Greek yogurt
- Protein powder (whey, collagen, egg white, plant-based)

Carbohydrates

- Oats
- Cooked sweet potato
- Banana
- Mango
- Berries
- Apples
- Cherries
- Pineapple
- Any other fruit you can think of that you enjoy!

Fat

- Almond milk
- Avocado
- Coconut milk
- Nuts/seeds (whole or as butter)

Vegetables

- Spinach
- Kale
- Cauliflower
- Cucumber

Liquid (at least 1 cup of liquid of any of the following):

- Water
- Coffee
- Green tea
- Nut/oat/coconut milk
- Non-dairy milk of choice

simple meal

Instructions

- 1 Select an item from each category, with serving sizes according to your meal portions (template, balanced plate, palm method, etc.)
- 2 Combine in a blender, with at least 1 cup of liquid (if you choose nut milk as your fat, this can count towards your fat, otherwise water is a great option.)

Note that some fruits may result in a thicker smoothie than others (mango for example is thicker than berries.)

Whole Recipe Serving Breakdown:

Since this will depend on your specific choices and preferences in terms of smoothie consistency, the breakdown by macronutrient will depend on the inputs.



Here is an example:

- 140 grams fat free greek yogurt
- 1 scoop collagen protein powder
- 134 grams frozen mango
- 2 large handfuls of baby spinach
- 28 grams almond butter
- ½ cup water

3 Servings Protein

1 Servings Carb

1 Servings Fat

1 Servings Veggies