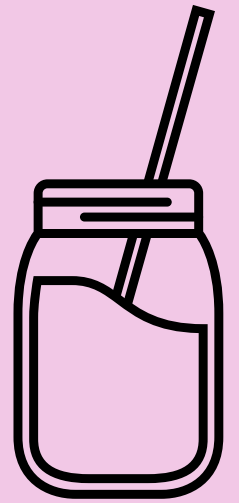


TFGG

the fit girl gang

Smoothies





The Smoothie Matrix

After years of creating new smoothies almost daily (and coming up with concoctions as weird as “Tropical Caramel Kale” along the way... yep), more than a few game changing lessons have been learned. The following tricks can be utilized on all TFGG recipes, and are guaranteed to turn you into a certified Smoothie Pro within seconds of switching on the blender!

XANTHAN GUM

Pronounced “Zan-Than” is a thickening agent that has the magical ability to give any smoothie a perfect “ice-cream like” creamy consistency. Be careful though! If too much is used, your smoothie’s texture will turn gummy and gelatinous in seconds. The perfect amount for a single smoothie is just 1/2 of 1 teaspoon (not tablespoon!). Xanthan isn’t listed in most of the TFGG smoothie ingredients, but works in every one!

STEVIA

This is a natural sugar substitute derived from a plant. On its own Stevia is over 100x sweeter than sugar and contains zero calories or artificial ingredients. If you’re someone with a sweet tooth, or just want to make your smoothie a little more “dessert-like” stevia is the recommended sweetener for all TFGG recipes. Although it is typically processed before placed in grocery stores, Stevia’s benefit over other sweeteners is that it is at least partially natural while still being calorie and sugar-free. Stevia isn’t listed in most of the TFGG smoothie ingredients, but works to sweeten every one!

VEGAN PROTEIN ALTERNATIVES

Whey protein is listed as the recommended source of protein in all TFGG recipes. This is because it is the most commonly used protein powder source and it is generally agreed upon to be the best tasting with the most flavour alternatives. However, you do not need to use whey protein! If you follow a vegan diet, have issues digesting dairy, or dislike the taste of whey, there are TONS of vegan protein options that can be used in its place! Vegan protein can often be found from sources like hemp, rice, pea, and tons of different vegan protein blends.



FROZEN SPINACH

If you want the never-ending benefit of greens in any of your TFGG smoothies, but don't want it to get in the way of the delicious flavour a handful of frozen spinach is your best bet. With fiber, vitamin A, C, E and K, thiamin, vitamin B6, folate, calcium, iron, magnesium, phosphorus, potassium, copper, and more, it goes unnoticed in any smoothie (other than the semi-weird colour change that will inevitably take place).

EGG WHITE POWDER

If you're out of protein, running low on cash, or looking for a vegetarian friendly protein source, egg-white powder is it. Found in most grocery stores, egg white powder is tasteless and has roughy 24g of protein in just 2 tablespoons.

The O.G.



INGREDIENTS

- 1 cup unsweetened cashew or almond milk
- 1/2 cup blueberries (frozen)
- 1 handful spinach (frozen)
- 1 cup ice cubes
- 1 serving vanilla whey protein
- 1/3 medium avocado
- 1 tsp vanilla extract

MACRONUTRIENT BREAKDOWN

Protein

29g

Carbs

23g

Fibre

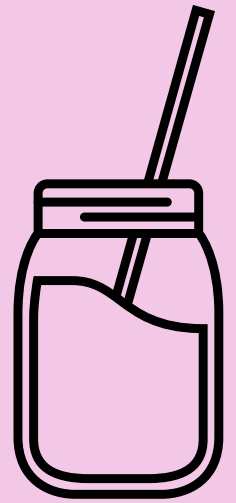
9g

Fat

10g

Cals

298



Peanut Butter Cup



INGREDIENTS

- 3/4 cup unsweetened chocolate almond milk
- 1/2 banana (frozen)
- 1 cup ice cubes
- 3 tbsp powdered peanut butter (PB2 or similar product)
- 1 tbsp cocoa powder
- 1 serving chocolate whey protein
- Optional: 2 tbsp calorie-free chocolate syrup (Walden Farms or similar product)

MACRONUTRIENT BREAKDOWN

Protein

36g

Carbs

29.5g

Fibre

9.5g

Fat

6g

Cals

315

Cinnamon Bun Shake



INGREDIENTS

- 3/4 cup lite coconut milk (canned, with 0g sugar)
- 1/2 medium zucchini
- 1 cup ice cubes
- 1 serving cinnamon roll whey protein (vanilla works too!)
- 1 tsp vanilla extract
- 2 tsp cinnamon
- 1/2 tsp xanthan gum
- Optional: a few drops of butter flavouring

MACRONUTRIENT BREAKDOWN

Protein

27g

Carbs

15g

Fibre

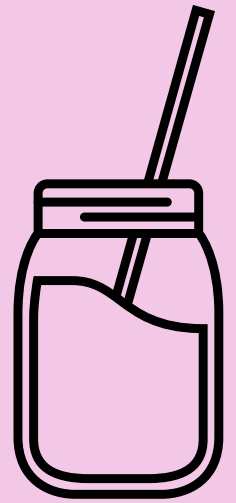
4g

Fat

11g

Cals

267



Green Monster



INGREDIENTS

- 1 cup unsweetened almond or cashew milk
- 1 serving of matcha powder
- 1 big handful kale (frozen)
- 1 cup ice cubes
- 1 serving vanilla whey protein
- 1/3 medium avocado
- 1 tsp vanilla extract

MACRONUTRIENT BREAKDOWN

Protein

31g

Carbs

19g

Fibre

9g

Fat

11g

Cals

299

Salted Caramel Cookie



INGREDIENTS

- 3/4 cup unsweetened vanilla cashew or almond milk
- 1/2 banana (frozen)
- 1/4 medium avocado
- 1 cup ice cubes
- 1 serving caramel whey protein (vanilla works too!)
- 1 tsp vanilla extract
- 3 tbsp calorie-free caramel sauce (Walden Farms or similar product)
- 1 tsp sea salt

MACRONUTRIENT BREAKDOWN

Protein

26.5g

Carbs

22.5g

Fibre

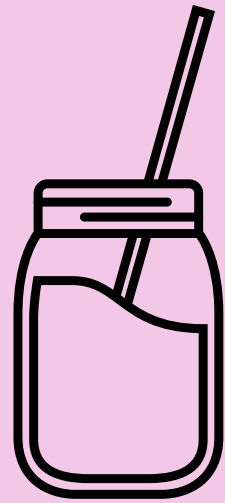
6g

Fat

8.5g

Cals

273



Morning Jo



INGREDIENTS

- 2 shots of espresso
- 1/2 cup unsweetened cashew or almond milk
- 1/2 banana (frozen)
- 1 cup ice cubes
- 1 serving vanilla whey protein
- 1 tbsp almond butter

MACRONUTRIENT BREAKDOWN

Protein

30g

Carbs

24.5g

Fibre

5.5g

Fat

10g

Cals

316

PB & J



INGREDIENTS

- 3/4 cup unsweetened almond or cashew milk
- 1/2 cup strawberries (frozen)
- 1/2 cup raspberries (frozen)
- 3 tbsp powdered peanut butter (PB2 or similar product)
- 1 cup ice cubes
- 1 serving chocolate, peanut butter, or vanilla whey protein (they all taste amazing in here!)
- Top with: 1 tbsp crushed peanuts (unsalted)

MACRONUTRIENT BREAKDOWN

Protein

36g

Carbs

29g

Fibre

12g

Fat

10g

Cals

350



Mango Creamsicle



INGREDIENTS

- 3/4 cup lite coconut milk (canned, with 0g sugar)
- 1/2 cup frozen mango chunks
- 1 cup ice cubes
- 2/3 cup frozen cauliflower
- 1 serving vanilla whey protein
- 1 tbsp organic virgin coconut oil
- 1/2 tsp xanthan gum
- 1 tsp vanilla extract
- Optional: Stevia to sweeten

TIP: Pre-chop your cauliflower, place it in a freezer-safe bag, and always have some accessible in your freezer.

MACRONUTRIENT BREAKDOWN

Protein

27g

Carbs

30g

Fibre

6g

Fat

25g

Cals

416