



Blend your way to balanced hormones,
a faster-burning metabolism, and steady all-day energy—
starting with your morning smoothie.

WHY BLOOD SUGAR MATTERS MORE THAN YOU THINK

Most people think blood sugar problems only apply to people with diabetes—but the truth is, research shows over **80% of people with unstable blood sugar don't even know it**. Symptoms like energy crashes, brain fog, mood swings, cravings, PMS, and stubborn weight can often be traced back to blood sugar swings after meals.



The good news? You can take control—starting with your plate (or in this case, your blender). Every time you eat, your blood sugar naturally rises. **The key is to balance protein, healthy fats, and quality carbohydrates at every meal to prevent sharp spikes and dips.**

That's where Blood Sugar Balancing Smoothies come in. In just minutes, you can **create a nourishing, crave-worthy drink that supports steady energy, a healthy metabolism, and happy hormones**—all before you even leave the house.

BUILD YOUR OWN

BLOOD SUGAR BALANCING SMOOTHIE

1. CHOOSE A BASE (2 cups)

- Unsweetened Nut/Coconut Milk**
 - Recommended: Califia Organic Almond Milk, Malk Organics Almond Milk, Forage Cashew Milk, Trader Joe's Organic Lite Canned Coconut Milk (or similar)
- Water**

2. CHOOSE A PROTEIN (20-30g)

- Beef Isolate Protein Powder**
 - Recommended: Equip Prime Protein
- Collagen Powder**
 - Recommended: Great Lakes, Further Foods
- Grass-Fed Whey Isolate (dairy)**
 - Recommended: Naked Nutrition
- Pea Protein Powder (plant-based)**
 - Recommended: Nuzest

3. CHOOSE A FIBER (2 tbsp)

- Organic Whole Psyllium Husks**
- Chia Seeds**
- Whole Flax Seeds**
- Avocado**
(if chosen, omit fats from section 4)

4. CHOOSE A FAT (2 tbsp)

- Extra Virgin Cold-Pressed Coconut Oil**
- Extra Virgin Cold-Pressed Olive Oil**
- MCT Oil**
- Natural Nut/Seed Butter**
(stored in fridge)
- Raw Cashews**
- Raw Almonds**
- Raw Pecans**
- Raw Walnuts**



BUILD YOUR OWN

BLOOD SUGAR BALANCING SMOOTHIE

5. CHOOSE FRUIT (1/4-1/2 cup)

- Frozen Banana (use 1/4 or 1/2)
- Frozen Berries
- Frozen Tropical Fruit (1/4 cup)

6. OPTIONAL: ADD-ONS (1 serving each)

- Organic Matcha Powder
- Organic Greens
- Organic Cacao Powder
- Organic Instant Coffee / Organic Brewed Espresso
- Peppermint Extract
- Vanilla Extract
- Cinnamon

***LOOKING FOR DELICIOUS
RECIPE IDEAS?***

Keep going!



DONE-FOR-YOU

DELICIOUS SMOOTHIE RECIPES

Berry Balanced Bliss

A fruity, antioxidant-packed delight for sustained energy.

- **Base:** 2 cups milk of choice
- **Protein:** 1 serving unflavored or vanilla protein powder
- **Fiber:** 2 tbsp chia seeds
- **Fat:** 2 tbsp raw almond butter
- **Fruit:** ½ cup frozen mixed berries (blueberries, raspberries, and blackberries)
- **Add-On:** 1 serving organic matcha powder

Chocolate Dream Glow

A creamy chocolate treat that supports skin health and balances blood sugar.

- **Base:** 2 cups milk of choice
- **Protein:** 1 serving chocolate protein powder
- **Fiber:** 2 tbsp organic whole psyllium husks
- **Fat:** 2 tbsp organic extra virgin cold-pressed coconut oil
- **Fruit:** ½ frozen banana
- **Add-On:** 1 serving organic cacao powder

DONE-FOR-YOU

DELICIOUS SMOOTHIE RECIPES

Tropical Vitality Boost

A zesty, tropical-inspired smoothie to brighten your day.

- **Base:** 2 cups coconut milk
- **Protein:** 1 serving unflavored protein powder
- **Fiber:** 2 tbsp flax seeds
- **Fat:** 2 tbsp raw cashews
- **Fruit:** ½ cup frozen mango (use sparingly for blood sugar balance)
- **Add-On:** 1 serving organic matcha powder

Berry Nutty Recovery

Perfect for post-workout recovery or an afternoon snack.

- **Base:** 2 cups milk of choice
- **Protein:** 1 serving vanilla or unflavored protein powder
- **Fiber:** 2 tbsp chia seeds
- **Fat:** 2 tbsp raw pecans
- **Fruit:** ½ cup frozen mixed berries
- **Add-On:** 1 serving organic cacao powder

DONE-FOR-YOU

DELICIOUS SMOOTHIE RECIPES

Vanilla Green Dream

Silky, smooth, and lightly sweet—an ideal breakfast smoothie.

- **Base:** 2 cups milk of choice
- **Protein:** 1 serving vanilla protein powder
- **Fiber:** 2 tbsp avocado (skip added fats)
- **Fruit:** ¼ frozen banana
- **Add-On:** 1 serving organic matcha powder

Peanut Butter Cup

A guilt-free version of a classic chocolate-peanut butter combo.

- **Base:** 2 cups milk of choice
- **Protein:** 1 serving chocolate or vanilla protein powder
- **Fiber:** 2 tbsp organic whole psyllium husks
- **Fat:** 2 tbsp natural peanut butter (stored in the fridge)
- **Fruit:** ¼ frozen banana
- **Add-On:** 1 serving organic cacao powder (if using vanilla protein powder)

DONE-FOR-YOU

DELICIOUS SMOOTHIE RECIPES

Mocha Energy Boost

A coffee-inspired smoothie for sustained energy and focus.

- **Base:** 2 cups milk of choice
- **Protein:** 1 serving unflavored or vanilla protein powder
- **Fiber:** 2 tbsp flax seeds
- **Fat:** 2 tbsp organic extra virgin cold-pressed olive oil
- **Fruit:** ¼ frozen banana
- **Add-On:** 1 serving organic cacao powder + 1 tsp instant coffee or brewed espresso (cooled)

Blueberry Pie Bliss

Sweet and satisfying, reminiscent of a slice of blueberry pie.

- **Base:** 2 cups milk of choice
- **Protein:** 1 serving vanilla protein powder
- **Fiber:** 2 tbsp flax seeds
- **Fat:** 2 tbsp raw pecans
- **Fruit:** ½ cup frozen blueberries
- **Add-On:** A pinch of cinnamon + 1 tsp vanilla extract

DONE-FOR-YOU

DELICIOUS SMOOTHIE RECIPES

Mint Chocolate Chip Dream

A coffee-inspired smoothie for sustained energy and focus.

- **Base:** 2 cups milk of choice
- **Protein:** 1 serving vanilla or chocolate protein
- **Fiber:** 2 tbsp chia seeds
- **Fat:** 2 tbsp raw cashews
- **Fruit:** ¼ frozen banana
- **Add-On:** 1 serving organic cacao powder (if using vanilla protein powder) + a drop of peppermint extract

Black Forest Delight

A decadent yet balanced smoothie that tastes like a chocolate-covered cherry treat!

- **Base:** 2 cups milk of choice
- **Protein:** 1 serving chocolate or vanilla protein powder
- **Fiber:** 2 tbsp chia seeds
- **Fat:** 2 tbsp natural almond butter
- **Fruit:** ½ cup frozen cherries
- **Add-On:** 1 serving organic cacao powder (if using vanilla protein powder)