

Beyond your Scale Kitchen

Keep it easy with these simple but delicious recipes. From make-ahead lunches and midweek meals to fuss-free sides and moreish desserts, we've got everything you need.

MeTURBOLism Smoothie

This healing, powerful smoothie is made with ingredients you should have in your kitchen and is whipped up quickly in your blender. A strong immune system and a healthy heart are important for our survival. Heal your body from different stressors such as eating a poor diet, one too high in protein from animal sources, or too high in sugar.

Enjoy this smoothie for breakfast, lunch, or dinner to calm your system and bring on health!

Anti-Inflammatory Boost Your Heart Health HEAL from the INSIDE OUT Powerful Green Smoothie



MeTURBOlism Smoothie (2 servings)

2 servings

15 minutes

Ingredients

1 cup Plain Kefir (low fat or regular, substitute with milk or dairy free beverage)
1/2 cup Cottage Cheese (1% or low fat, substitute with Greek or Coconut Yogurt)
1/2 cup Unsweetened Almond Milk (flavored or unflavored)
1/4 cup Protein Powder (whey or plant based, unsweetened)
1 tbsp Organic Peanut Butter (or peanut butter powder)
1 tbsp Nutritional Yeast
2 tbsps Ground Flax Seed
1 tbsp Cocoa Powder
1 tsp Cinnamon
1 tsp Turmeric (fresh or powder, organic)
1 tsp Ginger (fresh or ground)
1/4 cup Dried Apricots
1 Fig
3 Strawberries (frozen)
1/2 Banana (frozen)
1 cup Baby Spinach (or mix with Kale)
1/2 cup Blueberries (fresh or frozen, add after blending for extra crunchiness)
1/4 cup Oats (Use rolled oats for extra thickness, add after blending for extra

Directions

- 1 Add all ingredients to a high speed blender. Add more or less ginger for your taste. Blend until smooth and creamy. Pour into a glass and enjoy!
- 2 Turn your smoothie into a "crunchie" by adding the fresh fruits, oatmeal and seeds after blending all other ingredients. Eating a smoothie like a meal can be a healthy option.

Notes

Smoothies: Smoothies are a great way to get a nutrient-packed meal or snack, stat. They provide everything you need – protein, healthy fats, vegetables, and fruits – all in one convenient package. Made correctly, smoothies can be a great start to your day, and the flavor possibilities are endless.

Blend the Perfect Smoothie: A lot of people give smoothies a short blend at full power, but that makes for a terrible smoothie. Instead, starting at low speed and gradually increasing power lets the blades work better, breaking the ingredients down evenly and at the same time. With your Vitamix and Ninja Blender, use the one-touch preset programs for best results.

Nutrition: Smoothies make for a convenient, portable, and easy meal (or snack) with no cooking skills required. This shake is packed with protein, fiber, healthy fats, phytonutrients, and probiotics. It can be breakfast, lunch, or dinner and a great way to obtain key nutrients that may be otherwise lacking in your daily diet and to also quickly give your body what it needs to maximize the recovery response after a workout.

Mix & Match: As the weather changes, I love to refresh or hydrate my healthy smoothies, so I thought a mix and match formula for how to build a satisfying and healthy smoothie would be helpful. Use this healthy smoothie recipe as a template to get creative - or try some of my favorite healthy smoothie recipe combinations below. Switch it up & enjoy!

Keep it healthy: Start by using roughly one cup of fruit per smoothie. Then, you'll also want to measure out a single serving of high-fat additions like nut butters, chia seeds, or avocados, because these can easily make you consume more calories overall.

Even healthier: Try adding a handful of greens, such as kale or spinach, is a great way to

crunchiness)

1 tbsp Granola (Add after blending for extra crunchiness)

1 tbsp Unsweetened Coconut Flakes (Add after blending for extra crunchiness)

1 tbsp Chia Seeds (Add after blending for extra crunchiness)

1 tbsp Sunflower Seeds (Add after blending for extra crunchiness)

boost antioxidant and fiber intake. As a bonus, they bulk up beverages to make you feel fuller for longer. Enjoy different colors. I promise you won't notice the taste! For extra potassium add half a banana.

Crunchy: I like to turn my smoothies into "crunchies" by adding granola, nuts, seeds, or other "chewables" after blending. According to nutritional science chewing your food improves the absorption of nutrients and energy from your food. It keeps you fuller and helps digestion. So enjoy your smoothies "crunchy" for better taste and a healthier weight.

Nut-Free Version: Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.

Low-Fat: While almond or peanut butter is delicious and a little richer tasting, you can use powdered peanut butter instead of nut butters. Besides keeping it low-fat and fewer calories, it also makes it much easier to clean the container of your blender.

Less Calories: Smoothies can pack 400 calories in a 20-ounce cup. Here's how to downsize: Most vegetables are already quite low in calories. Fruits and nut butters can be moderately high in calories but are also jam-packed with vitamins and minerals. Strawberries or blueberries and powdered peanut butter are a great low-calorie option, while still getting lots of fresh fruit and flavor. **NOT A FAN OF DAIRY?** Most milk alternatives (soy, rice, almond) have fewer calories than milk or dairy.

Grab-N-Go: Make-ahead smoothies are my ultimate answer for a quick breakfast, lunch, or dinner. Simply make a smoothie, pour the smoothie into Mason jars (they don't need to be freezer-safe), and refrigerate. Smoothies will keep in the fridge for 1-2 days. If separated, just stir the smoothie and enjoy!

Make It A Meal: A smoothie alone might not be enough for you or fill the hungry bellies in your family. For this reason, I usually pair a smoothie with an easy side: popcorn, cut veggie sticks (sometimes with homemade ranch), crackers, a homemade snack (see snacks), homemade soup or salad (see soups & salads), a homemade starter or side (see starters & sides), a muffin (made in advance), or an egg (usually made in the Instant Pot and prepped in advance).

Cool it down: Add 2 or 3 ice cubes after blending or briefly blend again to crush ice to keep it from watering down.

Leftovers: Store in the fridge in an airtight container for up to 2 days. Add "crunchy" ingredients, then enjoy this powerful smoothie for breakfast, lunch or dinner.

Powerful, Easy To Use Blender: Make thicker, creamier smoothies at home with a good, powerful, and easy to use blender. A good blender, like Vitamix or a less expensive Ninja blender, powers through frozen foods and nut butters with less liquid for thicker smoothies.