

# COACH KEEK'S



# SMOOTHIE MADNESS

*Enjoy 30 delicious smoothie recipes complete with ingredients, directions, macros, and scannable MyFitnessPal barcode for easy tracking*

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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  
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







# 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





# 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







# The Morning Energizer Smoothie

## Serves 2

1 cup (240ml) coconut milk,  
from carton

1 cup (240ml) coffee, chilled

$\frac{2}{3}$  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







# 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







# 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





# 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







# 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







# 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





# The Superfood Protein Smoothie

## Serves 2

## What you need to do

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

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







# 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







# 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





# 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







# 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





# 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







# 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







# 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





# 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







# 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





# The Summer Dream Smoothie

## Serves 2

- ½ cup (120g) Greek yogurt
- ¼ cup (60ml) coconut milk, from carton
- 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







# The Black Beauty Smoothie

## Serves 2

$\frac{3}{4}$  cup (160ml) almond milk,  
unsweetened

$\frac{1}{2}$  cup (120g) Greek yogurt

1 tbsp. ground flax seed

1 tbsp. natural cocoa powder,  
unsweetened

2 tbsp. peanut butter

$\frac{1}{2}$  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





# The Kiwi Boost Smoothie

## Serves 2

$\frac{3}{4}$  cup (160g) coconut yogurt

$\frac{1}{2}$  cup (120ml) coconut milk,  
from cartoned

$\frac{1}{4}$  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







# 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





# 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







# 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





# 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







# 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





# 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







# The Sweet Potato Pie Smoothie

## Serves 2

## What you need to do

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

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





# 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

