

St. Patrick's Day

Superfood

Shakes





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# Shamrock Smoothie

## Ingredients

- 1 cup unsweetened almond milk
- 1 cup ice
- 1 scoop Vanilla Shakeology
- 1 medium kiwifruit peeled, chopped
- $\frac{1}{4}$  cup fresh mint leaves
- 1 tsp. pure maple syrup

## Instructions

Place almond milk, Shakeology, kiwi, mint leaves, maple syrup, and ice in blender; cover. Blend until smooth.

Portion Fix Containers: 1/2 purple, 1 red, 1 tsp.  
2B Mindset Plate It: Enjoy as part of breakfast!



# Matcha Latte Smoothie

## Ingredients

- 1 cup unsweetened almond milk
- 1 cup ice
- 1 scoop Vanilla Shakeology
- 1 tsp. unsweetened matcha powder

## Instructions

Place almond milk, ice, Shakeology, and matcha powder in blender; cover. Blend until smooth.

Portion Fix Containers: 1 red, 1 tsp.

2B Mindset Plate It: A great snack or enjoy as part of breakfast.



# Super Green Smoothie

## Ingredients

1 cup water

1 cup ice

1 scoop Vanilla Shakeology

$\frac{1}{2}$  cup fresh spinach

1 medium kiwifruit, peeled, cut into chunks

$\frac{1}{4}$  medium banana, cut into chunks

1 Tbsp. finely grated orange peel (orange zest)

**Instructions** Place water, ice, Shakeology, spinach, kiwifruit, banana, and orange peel in blender; cover. Blend until smooth.

Portion Fix Containers:  $\frac{1}{2}$  green, 1 purple, 1 red  
2B Mindset Plate It: A great snack or enjoy as part of breakfast.



# Coconut Green Smoothie

## Ingredients

1 cup coconut water

1 cup ice

1 scoop Vanilla Shakeology

1 cup Power Greens Boost

1 packed cup raw spinach

Instructions Place coconut water, ice, Shakeology, Power Greens Boost, and spinach in blender; cover. Blend until smooth.

Portion Fix Containers: 1 1/2 green, 1 red, 1/2 yellow  
2B Mindset Plate It: A great protein and veggie as part of breakfast.



# Key Lime Dream Smoothie

## Ingredients

- 1 cup unsweetened almond milk
- 2 Tbsp. fresh lime juice
- 1 cup ice
- 1 scoop Vanilla Shakeology
- 1 scoop Power Greens Boost
- 2 tsp. raw honey

## Instructions

Place almond milk, lime juice, ice, Shakeology, Power Greens, and honey in blender; cover. Blend until smooth.

Portion Fix Containers: 1/2 green, 1 red, 2 tsp.  
2B Mindset Plate It: Enjoy as part of breakfast



# Mint + Avocado Smoothie

## Ingredients

- 1 cup unsweetened almond milk
- 1 cup ice
- 1 scoop Vanilla Shakeology
- ½ cup raw spinach
- ¼ medium ripe avocado
- 2 Tbsp. fresh mint leaves

## Instructions

Place almond milk, ice, Shakeology, spinach, avocado, and mint in blender; cover. Blend until smooth.

Portion Fix Containers: 1/2 green, 1 red, 1 blue, 1 tsp.  
2B Mindset Plate It: A great snack or enjoy as part of breakfast.





# Glowing Green Smoothie Bowl

## Ingredients

- 1 cup unsweetened almond milk
- 1 cup ice
- 1 scoop Vanilla Shakeology
- 1 cup raw spinach
- ¼ large banana, cut into thick slices
- 1 medium kiwi, peeled, cut into thick slices
- 2 Tbsp. unsweetened shredded coconut

## Instructions

Place almond milk, Shakeology, spinach, and ice in blender; cover. Blend until smooth. Place smoothie in a medium bowl. Top with banana, kiwi, and coconut; serve immediately.

Portion Fix Containers: 1 green, 1 red, 1 purple, 1 orange, 1 tsp.  
2B Mindset Plate It: This recipe makes a great breakfast option.