



# The smoothie guide





## The strength of your results are only as sure as the foundations upon which they are laid.

Once we understand that we are really only made from billions of tiny individual cells, and that these cells collectively are responsible for our health, it becomes very clear that an unhealthy body will have a difficult time losing fat, gaining muscle, driving up energy levels, thinking with greater clarity, possessing better skin and hair, having fewer colds and ills and many more!

The simple, yet highly effective principles mentioned in this book also form the bed-rock of the body fx “anti-diet” nutrition programme, designed to incinerate fat via the optimisation of health. A physiological overhaul to balance hormones and cellular function alongside a ‘metabolic tune-up’ will yield a body to be proud of.

body fx is a 16-week health and fat loss programme which is grounded in easy to grasp scientific principles. The science is blended with hands-on nutritional and lifestyle coaching methods allowing participants to implement the fat-loss strategies into their busy day-to-day routines.

Nutritional science and behavioural psychology is constantly evolving; body fx combines the latest proven strategies to lead and engage participants through a series of brief weekly seminars so that they are able to fully ‘jump on board’ with what is being asked of them by the body fx Coach. Understanding leads to empowerment which leads to adherence and results!

Accountability is a huge part of the body fx Programme. At regular intervals indices of health are assessed as these underpin how the participant’s physiological systems are reacting to the nutritional interventions. Furthermore, the all-important anthropometric measurements are taken bi-weekly to ensure fat loss results are moving in the right direction. In addition, weekly goal setting strategies are laid out which are progressive and align with the topics of discussion presented in the seminars- all of these results are recorded, collected and analysed with weekly feedback going straight out to the group!



## Why Smoothies?

Everyone loves a thick shake! Smoothies are really just very healthy thick shakes. Here are some other great reasons why you smoothies are good for you.

1. Get your daily allowance of fruit and vegetables all in the one go. Making sure you get your daily allowance of fruit and vegetables can sometimes be difficult. But it's easy when you blend them altogether in one delicious drink.
2. Great taste, even though it's healthy. Eating Kale and some other greens is not the most appetising. However, when blended together with sweeter vegetables and fruit, you get all the benefits without the bad taste
3. No matter how busy you are, preparing a smoothie takes no time. Wash, chop, blend, you're done! Smoothies take less than 5 minutes to prepare and clean up. There is just no excuse not to!



# SMOOTHIES







Twice The Health  
train.fitness

Nutrition Facts

Servings 2.0

Amount Per Serving  
Calories - 357

Total Fat - 4 g  
Total Carbohydrate - 81 g  
Protein - 5 g

PEACH DELIGHT

What do you do when summer come calling and the sweet tooth with it?  
Whip up a delicious Peach Delight and celebrate the sweetness from the natural sugars summer shares so well.

Peaches also offer a rich treasure of minerals such as calcium, potassium, magnesium, iron, manganese, phosphorous, zinc, and copper all inspiring the summer glow, as well as the summer body. They are a low calorie snack contain no saturated fat and offering a good source of dietary fibre.

Ingredients

- 2 peaches
- 1 banana
- 1/2 a cup of Vita Coco Coconut Water
- A tbsp. 0% fage yoghurt
- A squeeze of honey
- A sprinkle of desiccated coconut

Method

Pop everything in your nutribullet blender, whiz it up and top with sprinkling of extra coconut for that summer kick!







# BANANA BREAKFAST SMOOTHIE

**Ingredients**  
(serves 1)

- 2 small bananas
- 200ml unsweetened almond milk
- 100g greek yoghurt
- 30g porridge oats
- 1 tbsp peanut butter

**Method**

Blend 2 bananas with 100g greek yoghurt until smooth.

Add almond milk and porridge oats and blend until incorporated.

Finally, add in a tbsp of peanut butter.

You can add plenty of mix ins for this - a scoop of protein powder will make it slightly thicker, and you can play around with the proportions to make it to this thickness you want (e.g. more yoghurt and more oats = thicker)



Katie Ferguson & Kate O'Connor  
(These Girls Do)  
[www.thesegirlsdo.com](http://www.thesegirlsdo.com)

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
Calories - 501	
Total Fat	- 20 g
Total Carbohydrate	- 67 g
Protein	- 14 g
Sodium	- 4 mg
Sugars	- 29 g







Courtney Pruce  
teamleanuk.com

Nutrition Facts

Servings 2.0

Amount Per Serving  
Calories - 376

Total Fat - 18 g  
Total Carbohydrate - 8 g  
Protein - 51 g

SNICKERS PROTEIN SMOOTHIE

Ingredients

1.5 Scoops of chocolate based whey protein  
(I used ISOPURE zero sugar double chocolate whey from Musclefood. Chocolate peanut and chocolate caramel flavours also work really well)

Handful of ice cubes

1 Handful spinach  
I used Lucybee's raw cacao powder

Unsweetened almond milk  
or any alternative milk of your choice. The quantity depends on how thick or runny you would prefer your smoothie to be. The less milk you use and the more ice you use, the thicker it will be!

15g ground flaxseeds

15g nut butter  
I used Meridian smooth almond butter but any nut butter will do, OR a small portion of whole nuts such as almonds or cashews (whichever nuts you prefer)

A few zero calorie caramel stevia drops  
I used Musclefoods liquid flavour drops but any other caramel flavouring/stevia/sweetener/sugar-free syrups of choice will do. Of course this is optional

Optional:

Spinach leaves  
Frozen or fresh - frozen adds extra thickness to the smoothie

1 serving of powdered psyllium husks for fibre  
I get these here from Musclefood. It's great to add to proats and smoothies to help reach your fibre intake

Handful of fresh curly kale







## GREENER AND MEANER SMOOTHIE

### Ingredients

**Frozen Spinach**  
High volume but low in calories  
Good source of fibre  
Packed with vitamins and minerals, such as vitamin A, iron and magnesuim

**Frozen Mango**  
Brings sweetness to the smoothie without added sugar  
Antioxidants present that have been linked to a reduced risk in certain cancer

**Rude Health Ultimate Almond**  
No cholesterol or saturated fat  
This one is just made from water and almonds, so is less processed than alternatives  
No refined sugar and very low in natural sugar, this helps to stabilise blood sugar levels

**Rude Health Drinking Oats**  
Great source of fibre  
Low GI, which prevents blood sugar levels from spiking  
Many cardiovasuclar protective properties

**Vanilla Essence**  
Small volume offers huge flavour  
Bursting with antioxidants

**KMPT 'In Your Greens'**  
Extra hit of plant based protein to aid growth and repair  
A natural multivitamin

**Chia Seeds**  
Great source of fibre  
Offers up some texture to the smoothie



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Nutrition Facts	
Servings 2.0	
Amount Per Serving	
Calories - 441	
Total Fat	- 10 g
Total Carbohydrate	- 65 g
Protein	- 22 g







Charlotte Clarke  
[charlclarke.com](http://charlclarke.com)

**Nutrition Facts**  
Servings 2.0

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**Amount Per Serving**  
**Calories** - 379

**Total Fat** - 13 g  
**Total Carbohydrate** - 40 g  
**Protein** - 30 g



# CHARLOTTE CLARKE SMOOTHIE

## Ingredients

- 1 cup spinach
- 1 cup frozen mixed berries
- 200ml chocolate Vitacoco coconut water
- 1/2 tsp cinnamon
- 1/2 tsp Matcha powder
- 1 scoop STRIPPD vegan chocolate protein
- Sprinkle chopped nuts x2 to garnish and blend

## Method

Simply whizz it all up in a blender and enjoy!







## DOUBLE CHOCOLATE SUPER SMOOTHIE

**Ingredients**  
(serves 1)

- 1 Frozen banana (120g)
- 1 serving Chocolate Whey
- 1 tsp Cacao powder
- 1/2 tsp Maca powder (optional)
- Handful of Ice Cubes
- 175ml Unsweetened Almond Milk

**Method**

Whizz it all up in a nutribullet



Tally Rye  
[www.tallyrye.com](http://www.tallyrye.com)

**Nutrition Facts**  
Servings 1.0

**Amount Per Serving**  
Calories - 270

**Total Fat** - 4g  
**Total Carbohydrate** - 35g  
**Protein** - 28g

**Sodium** - 220mg  
**Sugars** - 16g







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Nutrition Facts

Servings 2.0

Amount Per Serving  
Calories - 353

Total Fat - 10 g  
Total Carbohydrate - 63 g  
Protein - 7 g



THE ULTIMATE POWER SMOOTHIE

Ingredients

- 1 large Banana  
for natural sweetness and body
- 200ml Rude Health Almond Drink  
for a silky smooth base
- 1 tsp of Raw Honey, Agave or Date Syrup  
for added sweetness
- 1 tbsp of Raw Cacao Powder  
for your superfood fix
- 2 tbsp Rude Health Smoothie Oats  
to thicken it up
- 1 tsp peanut butter  
just because we can

Optional

- 1 tsp of Maca Powder  
for an extra sprinkling of superfood goodness and a handful of ice
- Rude Health Ultimate Granola  
for a cracking crunch





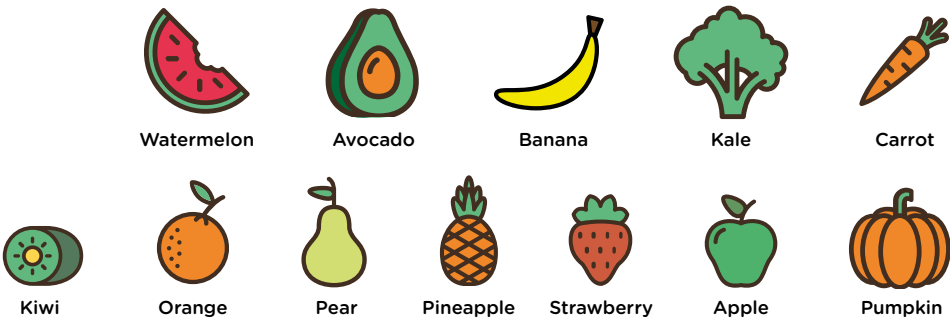
FANCY COMING UP  
WITH YOUR OWN  
RECIPE?





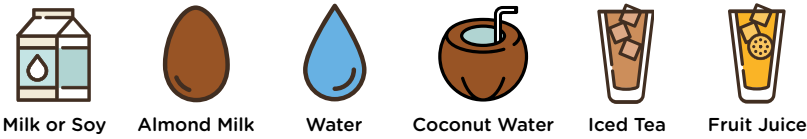
## ADD FRUIT & VEG

Choose 2-4 types of fresh or frozen fruit or vegetables. Try to pick a variety of colors to maximise the range of nutrients.



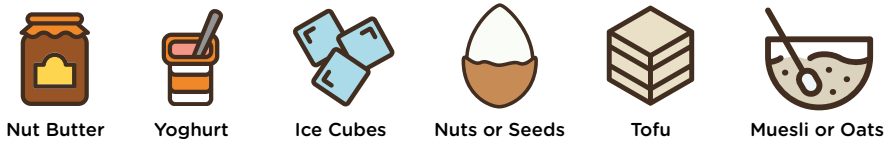
## CHOOSE A BASE

Add 1-2 cups of liquid base. The amount of liquid required may depend on the fruit and vegetables you’ve chosen.



## THICKEN IT UP

Thicken your smoothie to give it that luxurious taste and texture while also enhancing the flavour.



## ADD SOME FLAVOUR

A little something extra to give your smoothie that edge. A little extra sweetener goes a long way.



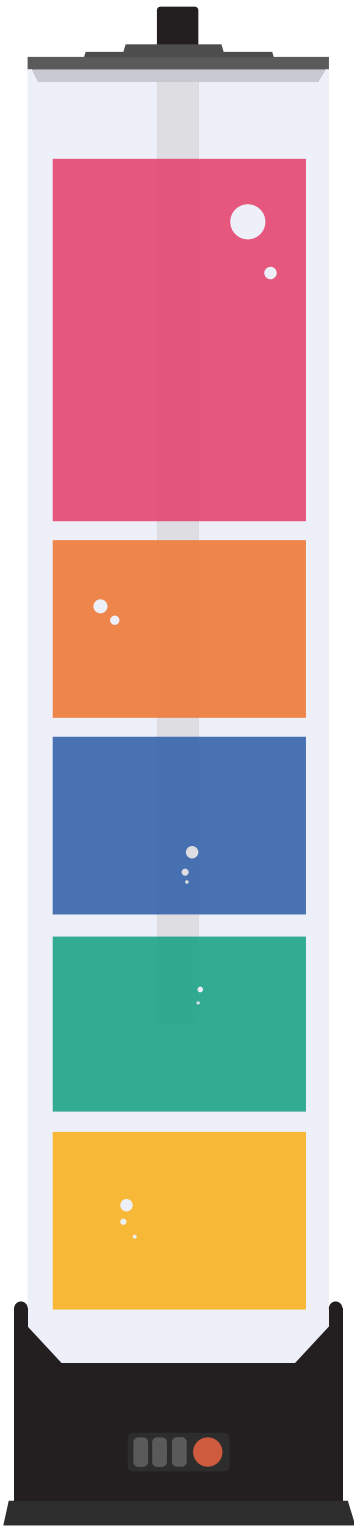
## PACK IN THE POWER

Build yourself a smoothie that packs a punch, topping it o with nutrient-rich superfoods or supplements.



## SHARE YOUR RECIPE

If you have a recipe you’d like to share, we’d love to hear it. Drop us an email [support@train.fitness](mailto:support@train.fitness) or find **TRAINFITNESS** on Facebook, Twitter or Instagram. The best recipes will be featured on our website and recipe book!





Most people are interested to know – ‘how many calories should I eat and what ratio of carbs, fat and protein are relevant for me?’

This is in fact a very difficult question to answer as the scientific literature clearly demonstrates that metabolism is highly dynamic, adaptable and individual. Simply, this tells us that no single calorie or macro-nutrient guidance will work for everybody. However, the general, health-focused principles mentioned in this book will!

As a guide, this table may work to provide a useful start point:

Body type and goal	Priority 1 Suggested calories		Priority 2 Suggested macro-nutrient split (carb/fat/protein)	
	MALE	FEMALE	MALE	FEMALE
Ectomorph – lean mass gain	3500	2250	35c/30f/35p %	35c/30f/35p %
Any – health maintenance	2500	1750	30c/35f/35p %	30c/35f/35p %
Endomorph – fat loss	2000	1500	25c/30f/45p %	25c/30f/45p %

Please understand, that the information within this table represents very ‘loose guidance’ and offers somewhere to start. Other important variables such as your overall body mass, height and body composition will dictate more accurately where you should begin with your calorie and macro-nutrient requirements. The most appropriate advice that can be offered is to continually monitor your progress via changes in: overall body mass, circumferential (waist, hips, chest + back etc.), body fat, how your clothes fit, how you look in the mirror, how you feel and the feedback others give you!

Then, each week, make small adjustments. First amend your calorie intake and second manipulate your macro-nutrient ratios.







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