

RAISING THE BAR

| Turmeric Keto Smoothie | |
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| Ingredients | Nutrition |
| 200 ml full fat coconut milk | 56g Fat |
| 200 ml unsweetened almond milk | 7g Protein |
| 1 tsp granulated sweetener (stevia etc) or other sweetener | 6g Net Carbs |
| 1 tbsp ground turmeric | |
| 1 tsp ground cinnamon | |
| 1 tsp ground ginger | |
| 1 tbsp MCT Oil or use coconut oil | |
| 1 tbsp Chia seeds to top | |

| Avocado, ginger & turmeric Smoothie | |
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| Ingredients | Nutrition |
| 1/2 avocado (3-4 oz) | 23g Fat |
| 3/4 cup full - fat coconut milk (from a can) | 2g Protein |
| 1/4 cup almond milk | 7g Net Carbs |
| 1 tsp fresh grated ginger (about 1/2 inch piece) | |
| 1 tsp lemon or lime juice (or more to taste) | |
| 1/2 tsp turmeric | |
| 1 cup crushed ice (or more for a thicker smoothie) | |
| Sugar free sweetener to taste | |

| Blueberry coconut smoothie | |
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| Ingredients | Nutrition |
| 1 cup Coconut Milk | 10g Fat |
| 1/4 cup Blueberries | 20g Protein |
| 1 tsp Vanilla Extract | 7g Net Carbs |
| 1 tsp MCT Oil or coconut oil | |
| 30 g Protein Powder optional | |

| Key Lime Pie keto smoothie | |
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| Ingredients | Nutrition |
| 2 cups coconut milk | 27g Fat |
| 1/4 cup raw cashews OR macadamia nuts | 11g Protein |
| 4 tablespoons lime juice | 8g Net Carbs |
| 1/2 avocado | |
| 2 handfuls spinach or any greens | |
| 1 tablespoon erythritol or any low carb sweetener to taste | |
| 2 tablespoons coconut butter | |
| 2 tablespoons collagen | |
| Splash vanilla extract optional and Zest of one lime | |

For more easy, quick and healthy recipes, email admin@athleticinstitute.com.au to book in with our in-house Nutritionist Ali.