

TB12

# **THE SMOOTHIE GUIDE**

**TB12SPORTS.COM**





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# SMOOTHIE 101

At TB12, we're huge on smoothies; they're a small way to make a huge impact on your routine. Whether you're looking for a meal replacement or a quick pick-me-up, drinking a smoothie each day is an effective way to boost your overall nutrition.

Generally, smoothies are great for their versatility and nutritional value. But, not all smoothies are created equal. In this guide, we break down the art of the smoothie and how to make the smoothie that works with — and for — your goals.





# ***WHY SMOOTHIES ARE GREAT***

Your unique goals require unique work to get there. Whether you're working with a Body Coach or blending up some fruits, we believe in centering your body's physical and mental needs over anything else.

That's why we see smoothies as key. They're easy to tailor to your goals. Whether you're looking to build muscle, lose weight, or just add more greens to your diet, you can easily tweak your smoothie recipe to fit. Plus, it doesn't hurt that they're easy to toss together and drink on the go.

# THE FOUR CORE SMOOTHIE TENETS

Smoothies are versatile — but that can also mean there's a lot of room for error. Here are our four key tenets for building a smoothie that works.



## Functionality

A quick breakfast smoothie has different ingredients and effects than a post-workout smoothie. Make sure you know what you want to get out of your smoothie before you start blending, and what ingredients you want to use to reach that goal.

## Balance

Too much fruit, and your smoothie will be overloaded with sugar. Too many vegetables, and your smoothie might taste less than great. It's all about balancing ingredients for the perfect blend of taste and nutrients.

## Quality

The ingredients you pick matter. Try to shop locally as much as possible for the freshest, most nutrient-packed fruits and vegetables.

## Taste

With smoothies, you rarely have to sacrifice flavor, since there are plenty of add-in options. Customize your drink to your personal preferences, and make it something you enjoy.



# CREATING YOUR SMOOTHIE

## Step 1. Set Your Intention

Is your smoothie a meal replacement? A snack? A recovery shake? It sounds obvious, but adding different ingredients results in different effects. Here's what to consider before blending.



### Meal Replacement

If you're replacing a full meal with a smoothie, you should pack plenty of protein in to keep you satisfied and energized. Try adding yogurt, avocado or nut butter for some healthy fats.



### Pre-Workout

Right before a workout, you'll want to have some easy-to-digest carbohydrates in your body. Consider adding banana, maple syrup and oats, along with plant-based protein powder.



### Snack

Snack smoothies should be a light pick-me-up, with ingredients like berries, coconut water or greens. Or, you can add some dark chocolate for a small caffeine boost.



### Recovery

Recovery smoothies should replace lost nutrients, refuel your body, and cut muscle inflammation. Plant-based protein is key here, along with spinach, chia seeds and turmeric.





## Step 2. Choose Your Base

Like the foundation of a building, a good smoothie should have a strong base that you can build upon. Bases also act as a thickening or thinning agent — less of a base gives you a thicker smoothie, while more liquid base thins it up.

### Water

What it lacks in flavor or nutrients, it adds in texture.

### Coconut Water

A naturally sweet hydrator that's high in potassium.

### Grass-Fed Dairy Milk

Grass-fed milk has more omega-3s than normal milk.

### Cashew Milk

Healthy fats, protein and vitamins with a mild flavor.

### Almond Milk

This nutty dairy substitute is packed with antioxidants.

### Hemp Milk

A good source of vitamin A, D and B12, especially for those with nut allergies.

## Step 3. Enhance With Ingredients

Got a goal in mind? There's an ingredient to get you there. Here are some booster ingredients to add to your smoothie, depending on what your goals are.

ANTI-INFLAMMATORY	IMMUNITY	RECOVERY	FIBER	
Turmeric	Citrus Fruits (Oranges, Grapefruits, Lemons, Limes)	Plant-Based Protein	Chia Seeds	
Cocoa Powder		Tart Cherry	Guava	
Leafy Greens (Kale, Spinach, Celery)		Bananas	Avocado	
Cayenne Pepper	Berries (Acai, Blueberries, Pomegranate, Blackberries)	Legumes	Carrots	
	Peaches	Hemp Seeds	Cauliflower	
	Cinnamon	ENERGY	GUT HEALTH	Berries
Ginger	Apple Cider Vinegar			Sweet Potato
Beets	Ginger			HYDRATION
TB12	Nut Butter	Leafy Greens (Kale, Spinach, Celery)	Electrolyte Powder	
	Chia Seeds	Flax Seeds	Coconut Water	
	Maca Powder	Kefir	Watermelon	
	Matcha Powder			
	Goji Berries			





# WHAT TO WATCH

Smoothies have a rep for being healthy, but that's not always the case. Try to avoid these ingredients as you build your smoothie.



## Added Preservatives

Extra preservatives, added sugars, and gums can wreak havoc on your body. Cut them out as often as



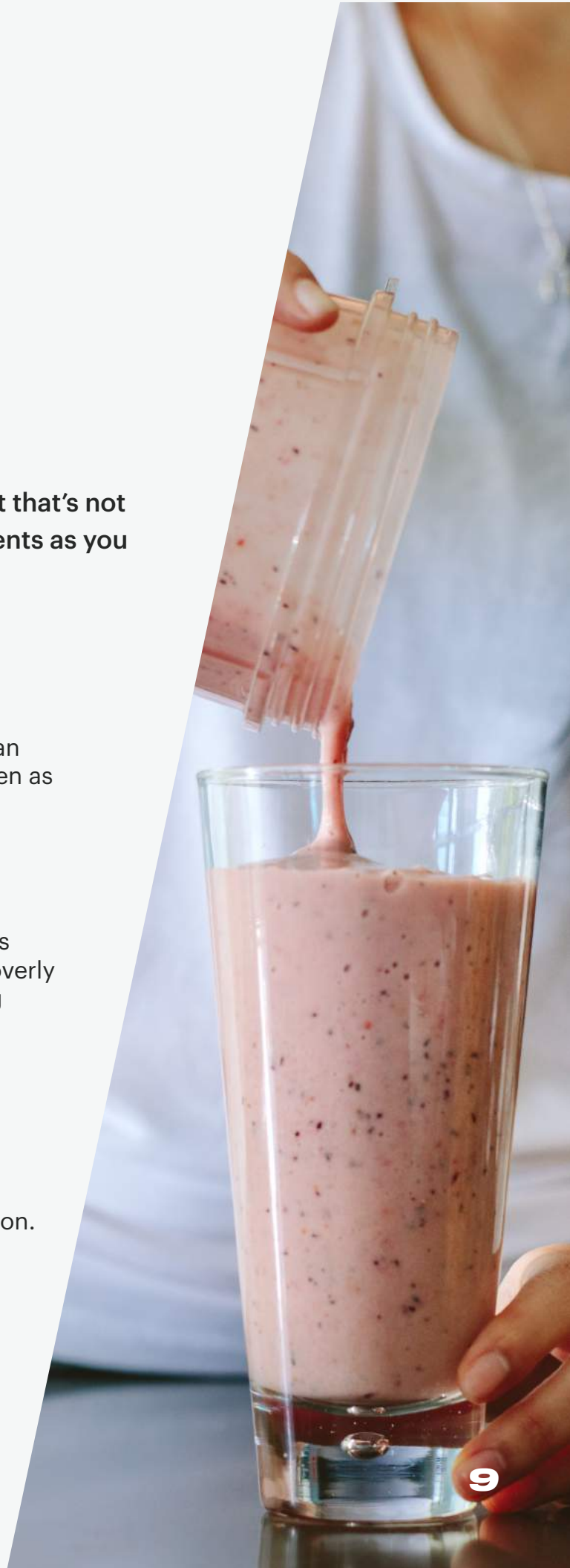
## High-Sugar Juices

If you're using juice as a base, be careful that it's 100% juice — otherwise, you'll end up with an overly sugary drink, especially if you're already adding sugary fruits.



## Digestion Inhibitors

Dairy and fiber are good in moderation, but too much might lead to gas, bloating, and indigestion.





## **OUR FAVORITE RECIPES**

We've included some of our favorite smoothie recipes in this guide to get you started. But these ten recipes aren't the definitive guide to smoothie making. Keep tinkering with ingredients and recipes until you find what works for you. As long as you keep the core principles of smoothie-making in mind, the world (or blender) is your oyster.





## Tom's Favorite Smoothie

We are always getting questions about what Tom eats! Below is the recipe for Tom's favorite smoothie. Tom drinks this smoothie almost everyday and it boasts an impressive 34 grams of protein. Give it a try and let us know what you think!

### Ingredients:

1/2 tbsp hemp seeds

1/2 tbsp chia seeds

1/2 tbsp flax seeds, ground

1 handful of walnuts

1 tbsp almond butter

1 scoop TB12 Vanilla Plant Based Protein  
OR TB12 Native Whey

1 cup frozen organic blueberries

1 banana, medium-sized

3/4 cup oat milk

*Instructions: Combine all ingredients in a blender, blend until smooth, and enjoy!*





## Gronk's "Cookie Gronkster" Smoothie

Straight from the kitchen of Rob Gronkowski! This "Cookie Gronkster" smoothie features our new Cookies & Cream flavor Plant-Based Protein and is a tasty way to fuel your body or recover after a workout. It is the perfect combination of indulgence and performance:

### Ingredients:

- 1 medium ripe banana
- 1/2 cup frozen wild blueberries
- 2 cups almond milk
- 2 tbsp almond butter
- 1 scoop Cookies & Cream Plant-Based Protein

*Instructions: Combine all ingredients in a blender, blend until smooth, and enjoy!*



## Tart Cherry Recovery Smoothie

We love tart cherry for its muscle recovery benefits, and it doesn't only work in capsule form. There's no better (or more flavorful) way to kick off your post-workout recovery than with our Tart Cherry Recovery Smoothie! It packs a protein punch and is a delicious way to accelerate your recovery and bounce back in time for your next workout!

### Ingredients:

¾ cup tart cherry juice

1 cup frozen pineapple

½ cup baby spinach

1/2 cup ice

1 scoop TB12 Plant-Based Protein: Vanilla

*Instructions: Combine all ingredients in a blender, blend until smooth, and enjoy!*





## Creamy Blueberry-Banana Smoothie

Our Creamy Blueberry-Banana Smoothie is the perfect antioxidant-rich way to jump-start your recovery after a tough workout. The delicious combination of banana and blueberry packs a healthy punch as an excellent source of fiber and potassium. Add in our new TB12 Chocolate Plant-Based Protein, and you've got 24 grams of pure pea protein with a complete amino acid profile – exactly what you need to help your body recover after a long day or a challenging workout.

### Ingredients:

1 cup ice

2 frozen bananas

1/4 tsp of vanilla extract

1.5 cups unsweetened, unflavored almond milk

1.5 cups fresh or frozen blueberries

1 scoop TB12 Plant-Based Protein: Chocolate

*Instructions: Combine all ingredients in a blender, blend until smooth, and enjoy!*





## Anti-Inflammatory Turmeric Smoothie

Turmeric is an anti-inflammatory favorite of ours here at TB12, and we like it so much that we decided to build a smoothie around it! This rich and flavorful smoothie packs an anti-inflammatory punch – in addition to giving you a serving of our delicious plant protein.

### Ingredients:

- |                                |  |
|--------------------------------|--|
| 1 cup oat milk                 | 1 tbsp fresh turmeric, grated (or 1 tsp ground turmeric) |
| 2 cups frozen pineapple chunks | 1 tbsp fresh ginger, grated (or 1/3 tsp ground ginger)   |
| 1 banana                       | 1 scoop Vanilla TB12 Plant-Based Protein                 |

*Instructions: Combine all ingredients in a blender, blend until smooth, and enjoy!*



## Chocolate Covered Strawberry Smoothie

Satisfy your sweet tooth and share this healthy Chocolate Covered Strawberry Smoothie with someone special. This blend of strawberry, banana, flaxseed, and almond gets a chocolatey protein punch from one scoop of our chocolate Plant-Based Protein.

### Ingredients:

1 cup unsweetened almond milk

1 cup frozen strawberries

1 tablespoon ground flaxseed

1/4 cup almonds

1 medium banana

1 Scoop TB12 Plant-Based Protein: Chocolate

*Instructions: Combine all ingredients in a blender, blend until smooth, and enjoy!*





## On-the-Go Power Smoothie

This quick and healthy smoothie recipe is TB12 Body Coach Becca Coutts' go-to during her busy mornings as a mom. Get a probiotic boost at breakfast when you add kefir to the berries, banana, and kale. Plus, our TB12 Plant-Based Protein adds even more nutrients to give you a healthy, energetic start to your day!

### Ingredients:

1/4 cup frozen raspberries

1/4 cup kefir

1/2 cup frozen blueberries

1/2 cup water

1 banana

1 scoop TB12 Vanilla Plant Based Protein

1/2 cup kale

*Instructions: Combine all ingredients in a blender, blend until smooth, and enjoy!*





## Blood Orange Smoothie

There's nothing spooky about recovery! Curb your sugar cravings with our delicious Blood Orange Smoothie that everyone will love. This smoothie is filled with vitamins, minerals, anti-inflammatory ingredients, and fueled with our TB12 Vanilla Plant-Based Protein.

### Ingredients:

3/4 cup fresh squeezed blood orange juice

1 cup pineapple, frozen

1 cup strawberries, frozen

1 cup cherries, frozen

1/4 cup spinach

1 scoop TB12 Vanilla Plant-Based Protein

1/2 cup non-dairy milk or water

*Instructions: Combine all ingredients in a blender, blend until smooth, and enjoy!*



## Hydrating Lemonade Refresher

Cool off and recover faster after a tough workout with this simple, refreshing, and dairy-free Lemonade Refresher! The delicious summer flavors of cherry and lemon combined with our Plant-Based Protein create a delicious and nutritious smoothie that gives you everything you need to recover. Add one of our Lemonade electrolyte stick packs for a boost of hydration and extra recovery!

### Ingredients:

1 Cup Almond Milk

1/2 Frozen Banana

1 Stick Pack Lemonade TB12 Electrolytes

1/2 Cup Frozen, Pitted Cherries

1 Scoop Vanilla TB12 Plant-Based Protein

Optional: 1 Tsp Cacao Nibs

*Instructions: Combine all ingredients in a blender, blend until smooth, and enjoy!*





## Orange Creamsicle Smoothie

What can we say, orange is our color these days! Our dairy-free Orange Creamsicle Smoothie is the perfect way to beat the heat with a nutrient-rich twist on a delicious summer favorite. This healthy orange smoothie is both simple and nutritious, and packs in Vitamin C, Calcium, and Potassium!

### Ingredients:

1 cup frozen banana slices

1/2 cup ice

1 cup dairy-free milk (almond, oat, etc.)

1 scoop TB12 Vanilla Plant-Based Protein

1 cup 100% orange juice

Optional: Add 1/4 avocado for extra creaminess

1/4 tsp of vanilla extract

*Instructions: Combine all ingredients in a blender, blend until smooth, and enjoy!*

# **SUPER CHARGE YOUR SMOOTHIE WITH PLANT-BASED PROTEIN**

We consider Protein “the building blocks of life,” and its primary function is to build, heal, and repair tissues – especially our muscles. Our plant-based protein is the perfect addition to any smoothie. Each serving delivers 24g of sustainable protein, a complete amino acid profile (to help build lean muscle), and just one net carb, providing your body with the nutrients it needs to function at its best.

TB12 PLANT-BASED PROTEIN POWDER (2 LB): CHOCOLATE



TB12 PLANT-BASED PROTEIN POWDER (2 LB): VANILLA



TB12 PLANT-BASED PROTEIN POWDER (2 LB): COOKIES & CREAM





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