

# Keys to Making a Killer Smoothie

*Make sure to add in at least ONE ingredient from each of the four categories below.  
Everyone is unique so make sure so make the smoothie fit your needs.*

## FAT

Avocados  
Coconut Oil  
Ghee  
Olive Oil  
Hemp oil  
**Chia seeds**  
**Flax seeds (ground)**  
**Hemp seeds**  
Walnuts  
Almonds  
Pecans

## FIBER

Spinach  
Romaine  
Arugula  
Kale  
Fruit (1-2 cups)  
**Flax seeds (ground)**  
**Chia seeds**  
**Hemp seeds**  
Herbs (see below)

## PROTEIN

Bulletproof Collagen  
Vega Protein  
Pea Protein powder  
Pastured Whey  
Spinach  
Spirulina  
Cholerella powder  
Bee Pollen  
**Chia seeds**  
**Flax seeds (ground)**  
**Hemp Seeds**  
NO SOY PROTEIN!  
(Aim for 15-25 grams  
per smoothie)

**Secret Sauce:** How to make smoothies go from “mehh” to “AMAZING”  
= adding in herbs and essential oils.

## Herbs and Spices

- Basil (pairs well with berries)
- Cilantro (great with pineapple and green smoothies)
- Parsley (great in any green smoothie)
- Mint (love Mint with berries/bananas and greens)
- Ginger: I recommend using 1 inch of fresh ginger root, pairs well orange, banana, raspberries.
- Turmeric: Ground or the fresh root will work, ant-inflammatory and mild in flavor.
- Cardamon & Cinnamon: both great for blood sugar balance and great with blueberries



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22 Day Sugar Cleanse: Create A New Normal