

# 7 Days of High Protein Fruit Smoothies



*Sheryl Keane*

**Hey Girlfriend!**

## Has your metabolism taken a nose-dive in your 40's & 50's?

A big contributor to this is declining muscle mass

and increasing your daily protein intake can help!

As women age, they need more protein every day.

An easy way to meet this increased need is with High Protein Smoothies.

### High Protein Smoothies:

- Are delicious!
- Are easy to make and take with you on the go!
- Give you lots of energy to jump start your day!
- Can provide up to one-third of your increased daily protein needs!

In this FREE e-book, 7-Days of High Protein Fruit Smoothies, you will get:

- Information on why protein is so important for woman over 40.
- Easy to follow step-by-step recipes with protein data.
- A list of the top 10 fruits with the highest protein content.
- A summarized list of ingredients, making for an easy shopping list!
- A link for easy purchasing of ingredients and other smoothie-making items.





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# Girlfriend - Protein is for YOU!

## Why Protein?

Protein is a key nutrient in the human diet that should be eaten daily to maximize healthy body functions. Protein plays a part in just about every bodily process that you can think of, from cellular repair to hormone production, hair growth to immune system response.



Protein is also the major component of our muscles. Muscles are made up of proteins that are synthesized from the proteins in our diet.



## Why Do We Need More Protein as We Age?

In our 40's, muscle mass decreases approximately 1 to 2% per year, and this rate of decline is even higher after the age of 60. This means loss of strength and balance, increasing the risk of falling and being vulnerable to injury, including head injuries and broken bones.



Muscles are also the tissues that surround and protect joints and organs. In short, we should be doing what we can to help maintain muscle mass!

Two of the various factors contributing to muscle decline as we age, are reduced exercise and “anabolic resistance” – which in layman’s terms means that a 50-year old body does not synthesis protein as efficiently as a 20-year old body, even if they eat the same amount of protein. This means that we should be increasing our protein intake as we age. Many experts are now saying that after 40, we should be eating at least 30 grams of protein per meal, totaling up to about 90 to 100 grams of protein per day.





# Top 10 Fruits Highest in Protein \*

50g of Protein = 100% of the Daily Value (%DV)

<p><b>1 Guavas</b></p>  <p><b>8% DV (4.2g)</b> per cup</p> <p>112 calories</p>	<p><b>2 Avocados</b></p>  <p><b>6% DV (3g)</b> per cup</p> <p>240 calories</p>
<p><b>3 Apricots</b></p>  <p><b>4% DV (2.2g)</b> per cup</p> <p>74 calories</p>	<p><b>4 Kiwifruit</b></p>  <p><b>4% DV (2.1g)</b> per cup</p> <p>110 calories</p>
<p><b>5 Blackberries</b></p>  <p><b>4% DV (2g)</b> per cup</p> <p>62 calories</p>	<p><b>6 Oranges</b></p>  <p><b>3% DV (1.7g)</b> per cup</p> <p>85 calories</p>
<p><b>7 Bananas</b></p>  <p><b>3% DV (1.6g)</b> per cup sliced</p> <p>134 calories</p>	<p><b>8 Cantaloupe</b></p>  <p><b>3% DV (1.5g)</b> per cup</p> <p>60 calories</p>
<p><b>9 Raspberries</b></p>  <p><b>3% DV (1.5g)</b> per cup</p> <p>64 calories</p>	<p><b>10 Peaches</b></p>  <p><b>3% DV (1.4g)</b> per cup</p> <p>60 calories</p>

- Protein grams and % Recommended Daily Value per cup taken from the USDA Nutrition Data.
- Amount of grams of protein in each of the 7 recipes are estimated based on food labels.
- High Protein Fruit Smoothies should be part of an overall healthy diet and exercise lifestyle. Always consult a doctor before beginning any diet or exercise program.

\* - per USDA Nutrition Data

Day 1

## Vanilla Blueberry Almond Delight

### Ingredients

### Grams of Protein

1/2 cup crushed ice	-
1/3 cup (1/2 single container, approx. 3 oz) Fage Total Greek Yogurt - 0% Milkfat	9.0 grams
1/8 cup (1/2 scoop) Orgain Organic Protein - Protein Powder. Vanilla Bean flavor	5.0 grams
1 medium banana, sliced	1.3 grams
1/2 cup blueberries	0.5 grams
1/2 cup almond milk, unsweetened	0.5 grams
<b>Total grams of protein:</b>	<b>16.3 grams</b>

### Directions:

- Put crushed iced in blender or Magic Bullet Smoothie container.
- Add yogurt, protein powder, sliced banana, and blueberries.
- Add unsweetened almond milk last.
- Mix according to blender or Magic Bullet directions until chunks are gone.



## Avocado Melon Sweet Refresh

### Ingredients

### Grams of Protein

1/2 cup crushed ice	-
1/3 cup (1/2 single container, approx. 3 oz) Fage Total Greek Yogurt - 0% Milkfat	9.0 grams
1/2 cup of frozen avocado chunks	2.0 grams
1/2 cup of diced canteloupe	0.7 grams
1/2 cup seedless green grapes	0.6 grams
1/3 cup skim milk	2.7 grams
<b>Total grams of protein:</b>	<b>15.0 grams</b>

### Directions:

- Put crushed iced in blender or Magic Bullet Smoothie container.
- Add yogurt, avocado chunks, diced canteloupe, and green grapes.
- Add skim milk last.
- Mix according to blender or Magic Bullet directions until chunks are gone.



Day 3

## Chocolatey Peanut Butter Banana

### Ingredients

### Grams of Protein

1/2 cup crushed ice	-
1/3 cup (1/2 single container, approx. 3 oz) Fage Total Greek Yogurt - 0% Milkfat	9.0 grams
1 medium banana, sliced	1.3 grams
1/8 cup (1/2 scoop) Orgain Organic Protein - Protein Powder, Creamy Chocolate Fudge	5.3 grams
1 tablespoon PB2 Powdered Peanut Butter	3.0 grams
1/2 cup seedless green grapes	0.6 grams
1/3 cup skim milk	2.7 grams
<b>Total grams of protein:</b>	<b>21.9 grams</b>

### Directions:

- Put crushed iced in blender or Magic Bullet Smoothie container.
- Add greek yogurt, sliced banana, Orgain Protein Powder, PB2 Peanut Powder, grapes.
- Add skim milk last.
- Mix according to blender or Magic Bullet directions until chunks are gone.



## Peachy Apricot Oatmeal

### Ingredients

### Grams of Protein

1/2 cup crushed ice	-
1/3 cup (1/2 single container, approx. 3 oz) Fage Total Greek Yogurt - 0% Milkfat	9.0 grams
1/4 cup dried oats	2.5 grams
1/8 cup (1/2 scoop) Orgain Organic Protein - Protein Powder. Vanilla Bean flavor	5.0 grams
2 peeled fresh apricots (or 2 unpeeled canned apricots)	1.0 gram
1/2 cup blueberries	0.5 grams
1/2 cup frozen peaches	0.8 grams
1/2 cup skim milk	4.0 grams
<b>Total grams of protein:</b>	<b>22.8 grams</b>

### Directions:

- Put crushed iced in blender or Magic Bullet Smoothie container.
- Add greek yogurt, dried oats, Orgain Protein Powder, peeled apricots, blueberries, peaches.
- Add skim milk last.
- Mix according to blender or Magic Bullet directions until chunks are gone.



## Chocolate Covered Nuts & Berries

### Ingredients

### Grams of Protein

1/2 cup crushed ice	-
1 medium banana, sliced	1.3 grams
1/2 cup frozen sliced strawberries	0.5 grams
1/4 cup unsalted almonds	6.0 grams
1/4 cup (1 scoop) Orgain Organic Protein - Protein Powder, Creamy Chocolate Fudge flavor	10.5 grams
3/4 cup unsweetened almond milk	0.8 grams
<b>Total grams of protein:</b>	<b>19.1 grams</b>

### Directions:

- Put crushed ice in blender or Magic Bullet Smoothie container.
- Add sliced banana, strawberries, almonds, Orgain Protein Powder.
- Add almond milk last.
- Mix according to blender or Magic Bullet directions until chunks are gone.



## Apple Pie a la Mode

### Ingredients

### Grams of Protein

1/2 cup crushed ice	-
1/4 cup Fage Total Greek Yogurt - 0% Milkfat	10.7 grams
1/8 cup (1/2 scoop) Orgain Organic Protein - Protein Powder. Vanilla Bean flavor	5.0 grams
1 large (or 2 small to medium apples), sliced thin, peeled	0.7 grams
1 teaspoon cinnamon	0.1 gram
1/4 cup unsalted almonds	6.0 grams
1/2 cup almond milk, unsweetened	0.5 grams
<b>Total grams of protein:</b>	<b>23.0 grams</b>

### Directions:

- Put crushed iced in blender or Magic Bullet Smoothie container.
- Add yogurt, protein powder, sliced apples, cinnamon
- Add unsweetened almond milk last.
- Mix according to blender or Magic Bullet directions until chunks are gone.



# Berry Blast

## Ingredients

## Grams of Protein

1/2 cup crushed ice	-
1 medium banana, sliced	1.3 grams
1/2 cup blueberries	0.5 grams
1/4 cup frozen sliced strawberries	0.3 grams
1/4 cup (1 scoop) Orgain Organic Protein - Protein Powder. Vanilla Bean flavor	10.0 grams
1/3 cup unsweetened almond milk	0.3 grams
<b>Total grams of protein:</b>	<b>12.4 grams</b>

## Directions:

- Put crushed iced in blender or Magic Bullet Smoothie container.
- Add banana, blueberries, strawberries, and protein powder.
- Add almond milk last.
- Mix according to blender or Magic Bullet directions until chunks are gone.



## Shopping List - Page 1

	Ingredient	Total for All 7 Days of Smoothies
1	Apples, small to medium	2
2	Almonds, unsalted	1/2 cup
3	Almond milk, unsweetened, unflavored	2 to 2 and 1/2 cups
4	Avocados, frozen chunks or fresh	1/2 cup
5	Apricots, canned or fresh	2
6	Bananas	4 medium
7	Blueberries, fresh or frozen	1 and 1/2 cups
8	Cantaloupe, chunks	1/2 cup
9	Cinnamon, ground	1 teaspoon
10	Fage Total Greek Yogurt 0% Milkfat	2 cups
11	Fat-free milk	2 cups
12	Green grapes, seedless	1 cup
13	Orgain Organic Protein - protein powder creamy chocolate fudge flavor	1/2 cup
14	Orgain Organic Protein - protein powder vanilla bean flavor	3/4 to 1 cup
15	PB2 Powdered Peanut Butter	1 tablespoon
16	Peaches, sliced, fresh or frozen	1/2 cup
17	Quaker Oats (1 minute oats or other)	1/4 to 1/2 cup
18	Strawberries, sliced, fresh or frozen	3/4 to 1 cup