



THERAPY

AND PERFORMANCE CLINIC

RECOVER STRONG, PERFORM STRONGER

Smoothie Recipe Pack

*Discover 30 easy, healthy and tasty recipes, including:
breakfast, lunch, dinner, treat and smoothies*

@tapwarwick



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GF	Gluten Free
DF	Dairy Free
LC	Low Carb (30g- serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts



The Power Breaky Smoothie

Serves 2

1 cup (150g) blueberries,
frozen

1 medium bananas, ripe

4 tbsp. rolled oats

2 tbsp. almond butter

2 cups (480ml) almond milk,
unsweetened

2 medjool dates

2 scoops (50g) vanilla protein
powder

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



DF	HP	V	Q	N							
Prep		Kcal		Fats(g)		Carbs(g)		Protein(g)		Fibre(g)	
5 min		395		14		45		26		8	

*Nutrition per serving



The Strawberry Burst Breakfast Smoothie

Serves 2

1 medium banana, sliced & frozen

1 cup (145g) strawberries, frozen

2 tbsp. rolled oats

2 scoops (50g) vanilla protein powder

2 tbsp. natural peanut butter

1 ½ cups (360ml) almond milk, unsweetened

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



DF	LC	HP	V	Q	N
Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	305	11	27	29	5

*Nutrition per serving



The Wake Me Up Protein Smoothie

Serves 2

4 tbsp. rolled oats
1 ½ cups (360ml) almond milk, unsweetened
½ cup (120ml) water
1 scoop (25g) chocolate protein powder
2 tsp. instant coffee powder
2 tsp. cocoa powder, natural
1 banana
¼ cup (30g) pecans

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



DF	LC	V	Q	N		
Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)	
5 min	267	14	25	14	6	

*Nutrition per serving



The Morning Energizer Smoothie

Serves 2

1 cup (240ml) coconut milk,
from carton

1 cup (240ml) coffee, chilled

$\frac{2}{3}$ cup (165g) coconut yogurt,
unsweetened

2 medjool dates

1 scoop (25g) protein powder,
chocolate

1 tbsp. cacao powder, natural

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	DF	LC	V	Q
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Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	212	6	28	11	4

*Nutrition per serving



The Green Fuel Smoothie

Serves 2

4 tbsp. rolled oats

½ tsp. matcha green tea powder

2 cups (480ml) almond milk, unsweetened

1 banana, chopped & frozen

2 scoops (50g) vanilla protein powder

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



DF	LC	HP	V	Q	N
Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	209	4	23	23	4

*Nutrition per serving



The Greenology Smoothie

Serves 2

1 cup (240ml) almond milk,
unsweetened

1 medium banana, frozen

½ mango, frozen

2 cups (60g) spinach

¼ cup (15g) pumpkin seeds

2 tbsp. hemp seeds hearts

1 scoop (25g) vanilla protein
powder

¼ cup (60ml) water

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	DF	V	Q	N							
Prep		Kcal		Fats(g)		Carbs(g)		Protein(g)		Fibre(g)	
5 min		266		10		30		19		5	

*Nutrition per serving



The Mango-Licious Protein Smoothie

Serves 2

1 cup (145g) strawberries,
frozen

1 mango, chopped, and frozen

½ cup (120g) Greek yogurt

2 scoops (50g) vanilla protein
powder, vanilla

2 cups (480ml) almond milk,
unsweetened

6 ice cubes

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	HP	V	Q	N
----	----	---	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	294	5	36	31	5

*Nutrition per serving



The Black Forest Smoothie

Serves 2

1 ½ cups (360ml) almond milk,
unsweetened

1 avocado

1 ½ (230g) cup cherries, frozen

2 scoops (50g) protein powder,
chocolate

2 tsp. vanilla extract

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	DF	LC	HP	V	Q	N
----	----	----	----	---	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	335	18	24	23	10

*Nutrition per serving



The Banana Twist Protein Smoothie

Serves 2

4 tbsp. rolled oats

2 cups (480ml) almond milk,
unsweetened

1 banana

1 apple

1 tsp. ground cardamom

2 scoops (50g) vanilla protein
powder

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



DF	HP	V	Q	N
----	----	---	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	259	4	35	23	7

*Nutrition per serving



The Superfood Protein Smoothie

Serves 2

What you need to do

1 medium banana, sliced and frozen

1 cup (150g) blueberries, frozen

1 cup (70g) kale

2 medjool dates

1 tbsp. ground flax seeds

3 cauliflower florets (40g), frozen

2 scoops (50g) protein powder, chocolate

1 ½ tbsp. cocoa powder, natural

2 cups (480ml) almond milk, unsweetened

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	DF	HP	V	Q	N
----	----	----	---	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	328	6	50	25	11

*Nutrition per serving



The Strawberry Post Workout Smoothie

Serves 2

1 cup (145g) strawberries,
frozen

1 cup (240ml) coconut milk,
cartoned

2 scoops (50g) protein powder,
vanilla

2 tsp. honey

2 tsp. vanilla extract

2 tsp. desiccated coconut

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	DF	LC	HP	V	Q
----	----	----	----	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	193	4	16	23	2

*Nutrition per serving



The Golden Protein Smoothie

Serves 2

1 mango, chopped, frozen
1 banana, sliced, frozen
½ cup (120g) Greek yogurt
1 tsp. ground cinnamon
1 tsp. ground turmeric
½ tsp. ground ginger
pinch black pepper
1 cup (240ml) almond milk,
unsweetened
2 scoops (50g) vanilla protein
powder

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	HP	V	Q	N		
Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)	
5 min	317	4	45	31	6	

*Nutrition per serving



The Triple Berry Protein Smoothie

Serves 2

1 ½ cups (220g) berry mix, frozen

1 banana, chopped & frozen

2 tsp. chia seeds

2 scoops (50g) vanilla protein powder

2 cups (480ml) almond milk, unsweetened

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	DF	LC	HP	V	Q	N
----	----	----	----	---	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	242	4	29	26	7

*Nutrition per serving



The Cinnamon Roll Smoothie

Serves 2

1 cup (240ml) almond milk,
unsweetened

½ cup (120g) Greek yogurt

2 scoops (50g) vanilla protein
powder

4 tbsp. rolled oats

1 tbsp. honey

1 tsp. ground cinnamon

1 banana, chopped & frozen

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	HP	V	Q	N
----	----	---	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	274	4	35	28	4

*Nutrition per serving



The Anti-Inflammatory Green Smoothie

Serves 2

2 cups (480ml) almond milk, unsweetened

2 cups (60g) spinach, packed

½ tsp. ground turmeric

pinch black pepper

2 tbsp. chia seeds

2 cups (330g) pineapple chunks, frozen

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	DF	V	Q	N
----	----	---	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	183	7	30	5	7

*Nutrition per serving



The Pick Me Up Smoothie

Serves 2

2 medium banana, frozen

1 ½ cups (360ml) almond milk,
unsweetened

2 cups (60g) baby spinach

24 leaves mint

10 ice cubes

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	DF	LC	V	Q	N
Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	135	2	29	3	5

*Nutrition per serving



The Golden Citrus Smoothie

Serves 2

1 mango, peeled, chopped & frozen

1 ¼ cups (300g) Greek yogurt

1 tbsp. turmeric root, chopped

4 clementines, peeled

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF	V	Q
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Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	298	4	53	17	6

*Nutrition per serving





The Pineapple Lassi

Serves 2

1 ½ cups (360g) vanilla yogurt,
plant based

2 cups (330g) canned
pineapple with juice

½ (120ml) cup canned light
coconut milk

½ tsp. root ginger, grated

10 ice cubes

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	DF	V	Q
----	----	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	298	9	46	10	3

*Nutrition per serving



The All Green Smoothie

Serves 2

½ avocado, pitted

2 cups (330g) pineapple, chunks

2 cups (60g) baby spinach

1 cup (240ml) coconut milk, from carton

4 tbsp. lime juice

¼ cup (12g) fresh coriander, chopped

2 tsp. ground ginger

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	DF	V	Q
----	----	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	233	11	36	3	8

*Nutrition per serving



The Summer Dream Smoothie

Serves 2

½ cup (120g) Greek yogurt

¼ cup (60ml) coconut milk,
from carton

¼ cup (60ml) orange juice

1 cup (145g) strawberries,
frozen

1 orange, peeled

1 tbsp. honey

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	V	Q
----	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	162	2	31	7	3

*Nutrition per serving



The Black Beauty Smoothie

Serves 2

$\frac{2}{3}$ cup (160ml) almond milk,
unsweetened

$\frac{1}{2}$ cup (120g) Greek yogurt

1 tbsp. ground flax seed

1 tbsp. natural cocoa powder,
unsweetened

2 tbsp. peanut butter

$\frac{1}{2}$ tsp. vanilla extract

1 medium banana, chopped &
frozen

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	HP	V	Q	N
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Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	473	24	45	23	9

*Nutrition per serving



The Kiwi Boost Smoothie

Serves 2

$\frac{2}{3}$ cup (160g) coconut yogurt

$\frac{1}{2}$ cup (120ml) coconut milk,
from cartoned

$\frac{1}{4}$ tsp. root ginger, grated

2 kiwis, peeled & quartered

2 tbsp. quinoa flakes

2 cups (60g) baby spinach

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	DF	LC	V	Q	
Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	148	5	24	4	5

*Nutrition per serving



The Purple Smoothie

Serves 2

1 ½ cup (360ml) water

½ small red cabbage (285g),
shredded & frozen

1 cup (150g) blueberries,
frozen

1 banana, chopped & frozen

⅔ cup (165g) vanilla yogurt

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	V	Q
----	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	216	3	44	7	7

*Nutrition per serving



The Mocha Smoothie

Serves 2

1 ⅓ cups (315ml) cold brew coffee

½ cup (120g) Greek yogurt

2 medjool dates

1 ½ tbsp. cocoa powder, natural

½ tsp. vanilla extract

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	LC	V	Q
----	----	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	150	2	26	7	3

*Nutrition per serving



The Tropical Bliss Smoothie

Serves 2

4 tbsp. oats

2 cups (480ml) almond milk,
unsweetened

1 cup (200g) pineapple chunks

4 tbsp. desiccated coconut

¼ cup (30g) walnuts

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



DF	LC	V	Q	N
----	----	---	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	295	19	25	6	5

*Nutrition per serving



The Carrot Cake Smoothie

Serves 2

1 banana, chopped, frozen
1 carrot, peeled & grated
2 tbsp. rolled oats
2 tbsp. almond butter
¼ tsp. ground cinnamon
⅓ tsp. ground ginger
1 tbsp. honey
1 cup (240ml) almond milk,
unsweetened

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



DF	V	Q	N			
Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)	
5 min	233	11	33	6	6	

*Nutrition per serving



The Simple Banana Smoothie

Serves 2

2 medium bananas, sliced,
frozen

½ cup (120g) Greek yogurt

1 tbsp. ground flax seeds

1 cup (240ml) almond milk,
unsweetened

1 tsp. vanilla extract

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	HP	V	Q	N
----	----	---	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	191	4	32	8	4

*Nutrition per serving



The Apple Pie Smoothie

Serves 2

½ cup (120ml) almond milk,
unsweetened

½ cup (120g) Greek yogurt

4 tbsp. rolled oats

1 apple, peeled, cored and
chopped

1 medium banana, sliced &
frozen

1 tbsp. honey

1 tbsp. almond butter

1 tsp. vanilla extract

1 ½ tsp. ground cinnamon

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



V	Q	N
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Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	284	7	48	10	7

*Nutrition per serving



The Sweet Potato Pie Smoothie

Serves 2

2 cups (270g) sweet potatoes, peeled & chopped

1 medium banana, sliced & frozen

1 cup (240ml) almond milk, unsweetened

½ cup (120g) Greek yogurt

2 tbsp. almond butter

2 tsp. vanilla extract

1 tsp. ground cinnamon

pinch of nutmeg

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	V	Q	N
----	---	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	346	12	50	13	5

*Nutrition per serving



The Reset Smoothie

Serves 1

1 cucumber, chopped
2 cups (185g) green grapes
2 carrots, peeled & chopped
2 slices lemon
1 cup water
5 ice cubes

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	DF	V	Q
----	----	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	222	1	55	4	7

*Nutrition per serving