



TFA
THE FLEXIBLE APPROACH

Smoothie Recipe Ebook

Ingredients | Instructions | Calories | Macros



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Quick and Easy Smoothie Recipes



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



POWER HOUSE SMOOTHIE



THE BERRY BURST BREAKFAST SMOOTHIE



THE RISE 'N' SHINE PROTEIN SMOOTHIE



COFFEE & COCONUT SMOOTHIE



THE GREEN TEA & BANANA SMOOTHIE



THE CLEAN GREEN SMOOTHIE



MAGIC MANGO PROTEIN SMOOTHIE



THE BLACK FOREST SMOOTHIE



BANANA & APPLE SMOOTHIE



SUPERFOOD SMOOTHIE



STRAWBERRY, COCONUT & HONEY SMOOTHIE



GOLDEN HOUR SMOOTHIE



THE TRIPLE BERRY BLASTER



CINNAMON ROLL SMOOTHIE



GREEN ANTI-INFLAMMATORY SMOOTHIE



THE MINTY FRESH SMOOTHIE



THE MANGO CITRUS SMOOTHIE



THE PINEAPPLE EXPRESS



THE LEAN GREEN SMOOTHIE



THE SUMMER BREEZE SMOOTHIE



COCOA & PB SMOOTHIE



THE KIWI & QUINOA SMOOTHIE



BLUEBERRY, CABBAGE & FRUIT SMOOTHIE



THE TROPICAL STORM SMOOTHIE



CARROT CAKE CINNAMON SMOOTHIE



BANANA SMOOTHIE



APPLE & HONEY SMOOTHIE



THE SWEET POTATO SMOOTHIE



CUCUMBER, GRAPE & CARROT SMOOTHIE





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