

6 High Protein Smoothies

Delicious ways to add more protein to your diet. Use them as a snack, dessert, or even as a meal replacement on the go!

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Welcome to Atlas!

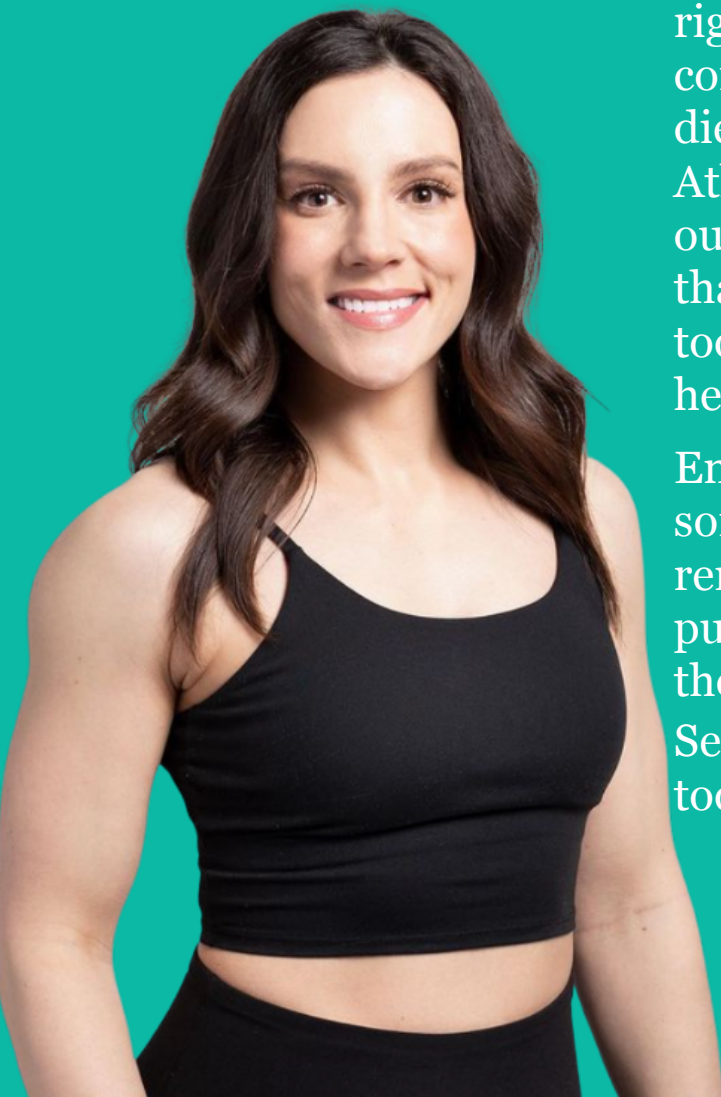
Hey there! My name is Victoria Whittington, Registered Dietitian and Co-Founder of Atlas Optimization. If you're reading this then its clear you're taking the steps to living a better, healthier, more OPTIMAL life, and I couldn't be more excited to help you on that journey.

I may be biased, but it's my belief that health optimization starts with a healthy diet. But what does that mean? It's easy to feel overwhelmed and confused by nutrition in our modern climate. One Instagram influencer tells you the secret to health is eliminating all carbs then you scroll down and the next one tells you you can eat whatever you want but only between 5pm -9pm.

So who is right? More importantly, what's right for YOU? That's where our team comes in. The truth is, there is no *one* best diet. Everyone's nutritional needs vary! At Atlas we'll help you to learn the ins and outs of nutrition and come up with a plan that works best for you. You'll develop the tools to reach your goals and have a healthy relationship with food.

Enjoy these delicious smoothies to add some extra protein to your diet. But remember, protein is just one piece of the puzzle. Just like there's no magic pill there's no magic food.

Set up your **FREE CONSULTATION** today to map out your individual needs.



Victoria Whittington, RDN



Raspberry Protein Smoothie

Serves 1

½ ripe banana
1 cup (125g) frozen raspberries
1 cup (240ml) almond milk
2 tbsp. vanilla whey or pea protein
1 tbsp. smooth almond butter
handful ice cubes

What You Need To Do

1. Place all ingredients in a high-speed blender and blitz until smooth.



GF	HP	V	Q	N		
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	
5 mins	0 mins	331	12	25	29	

*Nutrition per serving



Green Glow Protein Smoothie

Serves 1

1 small banana
1 cup spinach
1 cup kale
1 tbsp. almond butter
 $\frac{2}{3}$ cup (150ml) coconut water
1 scoop (25g) vanilla protein powder, optional

What You Need To Do

1. Place all ingredients into a high-speed blender and blitz until smooth.
2. Serve immediately.

Note: The protein powder is optional, but adds a boost of protein. You can use whey or any plant-based protein powder. You can also replace the protein powder with a few tablespoons of Greek yogurt (in that case reduce the amount of liquid).



GF	HP	V	Q	N				
Prep		Cook		Kcal	Fats(g)	Carbs(g)	Protein(g)	
5 mins		0 mins		350	12	34	29	

*Nutrition per serving



Vanilla & Coffee Protein Smoothie

Serves 2

¼ cup (60ml) espresso
1 ⅔ cup (400ml) almond milk
2 scoops vanilla whey
2 tsp. cinnamon
2 tbsp. flax seeds
handful ice

What You Need To Do

1. Please all in gradients in a high-speed blender and mix until smooth. Serve cold in a glass.



GF	LC	HP	V	Q	N
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	174	6	4	26

*Nutrition per serving



Antioxidant Blueberry Protein Smoothie

Serves 1

½ cup (125ml) coconut water

½ cup (125ml) almond milk,
unsweetened

1 scoop vanilla whey protein

½ cup (50g) frozen blueberries

1 tsp. ground cinnamon

1 tsp. chia seeds

What You Need To Do

1. Blend all the ingredients in a high-speed blender until smooth and serve.



GF	LC	HP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	197	4	14	26

*Nutrition per serving



Cinnamon Roll Protein Smoothie

Serves 2

1 banana
2 scoops (50g) vanilla protein powder
1 tsp. cinnamon
1 cup (240ml) almond milk
1 cup of ice cubes

What You Need To Do

1. Place all ingredients into a blender and pulse until smooth. Serve.



GF	HP	V	Q	N		
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	
5 mins	0 mins	162	3	15	22	

*Nutrition per serving



Kind of a smoothie...

Matcha Chia Pudding

Serves 2

¼ cup (30g) chia seeds

1 ½ cup almond milk

2 tsp. maple syrup

3 tbsp. (40g) unflavoured soy protein isolate (or vanilla)

1 tsp. matcha

1 cup (100g) fresh or frozen berries, to serve

What You Need To Do

1. Mix the chia seeds and almond milk and place in the fridge. After an hour, mix again and place back in the refrigerator to chill overnight.
2. The next morning, mix in the maple syrup, protein powder, and matcha.
3. Divide between two bowls and serve with berries.



GF	DF	LC	HP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
overnight	0 mins	275	9	19	23

*Nutrition per serving