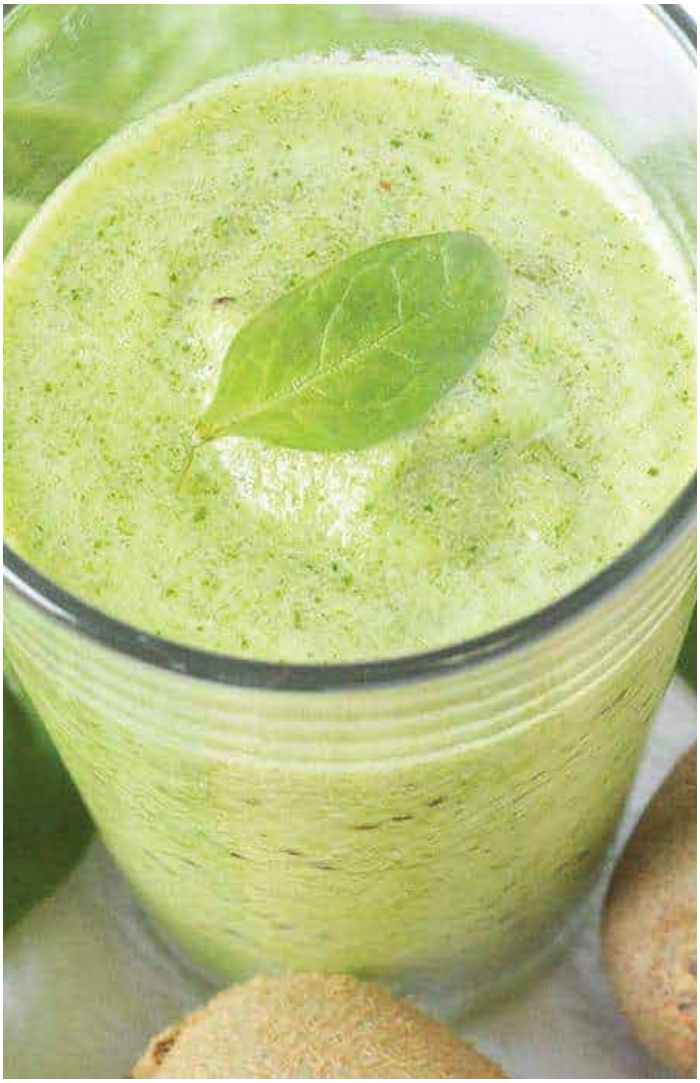

IMF IMpowered Fitness

THE GREEN MACHINE SMOOTHIE

208	5g	44g	4g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1 C	WATER
1 C	BABY SPINACH
½ C	KALE (STEMS REMOVED)
1	BANANA
½ C	FROZEN BERRIES OF CHOICE (BLUEBERRIES USED FOR NUTRITIONAL INFORMATION)
1 TBSP	CHIA SEEDS
¼ TSP	CINNAMON
	A LITTLE HONEY, MAPLE SYRUP, OR STEVIA TO SWEETEN (OPTIONAL)
	1 SERVING OF YOUR FAVORITE GREEN SUPERFOOD POWDER (OPTIONAL)

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

LEMON-LIME KALE DETOX SMOOTHIE

149	2g	39g	1g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1 C	WATER
½ LEMON	PEELED AND SEEDED
½ LIME	PEELED AND SEEDED
1	FRESH OR FROZEN BANANA
1 C	KALE, STEMS REMOVED
1 TSP	HONEY

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.