PRINTABLE RECIPE EBOOK + 4x6 RECIPE CARDS

30 High-Protein Smoothies

No protein powder. Just real food.

18–27 g protein per glass · Vegan · Dairy-free · 5-minute blends







30 recipes | Protein + calories | 7-day plan | Freezer packs | 30 recipe cards

By Coach Luke

NASM-CPT · NESTA Nutrition Coach · 20+ years in health and fitness

Welcome. Let's make protein easy.

Hi, I'm Coach Luke. For 20+ years I've helped busy people eat better without turning their lives upside down. One question comes up again and again: *"How do I get more protein without chugging chalky shakes?"*

This book is my answer. Every smoothie here gets its protein from real food you can buy at any grocery store: **unsweetened soy milk, silken tofu, soy yogurt, hemp hearts, oats and nut butters.** No powders, no scoops, no mystery ingredients. Each glass has between 18–27 grams of protein and tastes like something you'd actually want for breakfast.

All 30 recipes come from my own recipe collection, and each one was built and calculated from its exact ingredient list.

How to use this book

1. **Start with the formula.** Pages 4–6 show you how a no-powder protein smoothie is built, plus quick fixes when a blend goes wrong.
2. **Shop once.** The master shopping list (page 7) covers every recipe. Most ingredients repeat, so a few staples go a long way.
3. **Pick a chapter.** Green, Fruity & Berry, Chocolate & Nut Butter, Tropical, and Dessert-Style. Each recipe page has a checklist, a 3-step method and a coach tip.
4. **Follow the 7-day plan.** Not sure where to start? Page 44 picks a smoothie for every day of the week, with the grocery list done for you.
5. **Print the cards.** The 4x6 recipe cards (from page 47) fit a standard recipe box. Print on cardstock and cut on the dotted lines.

> **GOOD TO KNOW**
>
> Every recipe uses soy (soy milk, silken tofu or soy yogurt), and some use nuts or nut butters. If you have a soy or nut allergy, these recipes are not a fit as written. Nutrition is calculated per serving from the listed ingredients and will vary with brands. Choose an unsweetened soy milk with 7 to 8 g of protein per cup. This book is for general information, not medical advice. If you have a health condition, talk to your doctor or dietitian before changing your diet.

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The No-Powder Protein Smoothie Formula

Every recipe in this book follows the same simple build. Learn it once and you can blend a 20-gram protein smoothie from whatever is in your kitchen.

1

Liquid 1 TO 1¼ CUPS PER GLASS

Unsweetened soy milk is the base of almost every recipe because it brings about 7 g of protein per cup. Almond and oat milks only bring 1 to 3 g.

2

Protein food PICK 1 OR 2

½ cup silken tofu (blends silky and tastes like nothing), ½ cup soy yogurt (adds tang), or 2 to 3 tbsp hemp hearts (nutty, about 3 g per tbsp).

3

Fruit 1 TO 1½ CUPS, MOSTLY FROZEN

Frozen fruit makes it thick and cold without watering it down. A frozen banana adds sweetness and creaminess.

4

Greens OPTIONAL, ABOUT 1 CUP

Baby spinach is the easiest. Blend it with the liquid first and you won't taste or see leafy bits.

5

Boost A SPOONFUL FOR FLAVOR

Nut butter, oats, cocoa, cold brew, cinnamon, ginger, vanilla or a squeeze of lime. This is where the personality comes from.

Try it: a basic build

1 cup soy milk (about 7 g) + ½ cup silken tofu (about 5 g) + 2 tbsp hemp hearts (about 6 g) + 1 frozen banana and 1 cup frozen berries (about 2 g) = **roughly 20 g of protein**. Blend liquids first, frozen fruit last, 45 to 60 seconds on high.

Protein building blocks

These are the foods doing the work in this book. Numbers are rounded and vary by brand, so check your labels. A smart target is 20 g or more per smoothie when it replaces a meal.

Food	Amount	Protein (about)	Why it works
Unsweetened soy milk	1 cup	**7 g**	Highest-protein plant milk
Silken tofu	½ cup (about 4 oz)	**5 to 8 g**	Blends invisible, shake-thick
Hemp hearts	2 tbsp (20 g)	**6 g**	Nutty, no soaking needed
Plain soy yogurt	½ cup	**3 to 6 g**	Tangy; brands vary a lot
Peanut butter	1 tbsp	**4 g**	Rich flavor + healthy fats
Almond or hazelnut butter	1 tbsp	**3 g**	Mild and creamy
Rolled oats	¼ cup	**3 g**	Fiber and body
Walnuts	1 tbsp	**1 g**	Toasty, rich flavor
Baby spinach	1 cup	**1 g**	Color, no taste
Banana	1 medium	**1 g**	Sweet and creamy

COACH LUKE'S HONEST TAKE

Protein powder is fine if you like it. You just don't need it. Two everyday foods (soy milk plus tofu or hemp hearts) get most smoothies past 18 grams, and you get fiber, healthy fats and real flavor along the way. If you want more, add an extra ¼ cup of silken tofu (about 3 g) or another tablespoon of hemp hearts (about 3 g).

Blender fixes

Fruit size, ripeness and blenders all vary. If your smoothie doesn't come out right, it's almost always an easy fix.

Too thick

- Add soy milk 2 tablespoons at a time and blend again.
- Stop and scrape down the sides, then blend on low before going to high.
- Next time, pour the liquid in first and add frozen fruit last.

Too thin

- Add a handful of frozen fruit or a few ice cubes.
- Add ¼ frozen banana or 1 to 2 tablespoons of rolled oats.
- Use fruit straight from the freezer, not thawed.

Not sweet enough

- Use a riper banana (brown spots = sweeter).
- Blend in 1 pitted date or 1 teaspoon of maple syrup.
- Add a pinch of cinnamon or a drop more vanilla. Both read as sweet.

Gritty or leafy bits

- Blend greens with the liquid for 20 to 30 seconds before anything else.
- Let oats sit in the milk for 2 to 5 minutes to soften.
- Blend a full 60 seconds on high.

Separated in the fridge

- Totally normal. Shake the sealed jar or give it a quick stir.
- Oat smoothies thicken as they sit: stir in a splash of soy milk.
- Drink saved smoothies within 24 hours.

Tastes "beany"

- Use silken tofu, not firm. It's milder and smoother.
- Add vanilla, cinnamon or lime to brighten it.
- Pair tofu with bold fruit like berries, mango or cocoa.

Master shopping list

Everything used across all 30 recipes, with how many recipes use each item. Stock the top items and you can make most of the book. Check what you have, then circle what you need.

Fridge

- [ ] Unsweetened soy milk *7 to 8 g protein per cup* — 30 recipes
- [ ] Silken tofu *shelf-stable or chilled* — 23 recipes
- [ ] Plain unsweetened soy yogurt — 4 recipes
- [ ] Light coconut milk (canned) *stir before measuring* — 3 recipes
- [ ] Cold brew coffee — 1 recipe

Freezer

- [ ] Strawberries — 2 recipes
- [ ] Mixed berries — 3 recipes
- [ ] Blueberries — 1 recipe
- [ ] Raspberries — 1 recipe
- [ ] Dark sweet cherries — 1 recipe
- [ ] Mango chunks — 3 recipes
- [ ] Pineapple chunks — 4 recipes
- [ ] Peach slices — 2 recipes
- [ ] Papaya chunks — 1 recipe
- [ ] Unsweetened acai packs *100 g packs* — 1 recipe
- [ ] Ice — 3 recipes

> **COACH TIP**
>
> Buy silken tofu in shelf-stable aseptic boxes (usually 12 oz). They keep in the pantry for months, so you're never out. Once opened, keep tofu covered in the fridge and use it within a few days.

Fresh produce

- [ ] Bananas *freeze ripe ones in chunks* — 24 recipes
- [ ] Baby spinach — 7 recipes
- [ ] Fresh ginger — 4 recipes
- [ ] Limes *juice + zest* — 5 recipes
- [ ] Lemon — 1 recipe
- [ ] Fresh mint — 2 recipes
- [ ] Oranges — 1 recipe
- [ ] Kiwis — 1 recipe
- [ ] Avocado — 1 recipe
- [ ] Carrot — 1 recipe
- [ ] Apple — 1 recipe

Pantry

- [ ] Hemp hearts *the #1 staple* — 26 recipes
- [ ] Rolled oats *certified GF if needed* — 8 recipes
- [ ] Almond butter — 6 recipes
- [ ] Natural peanut butter — 3 recipes
- [ ] Hazelnut butter — 1 recipe
- [ ] Walnuts — 2 recipes
- [ ] Unsweetened cocoa powder — 4 recipes
- [ ] Dark chocolate chips — 1 recipe
- [ ] Unsweetened shredded coconut — 1 recipe
- [ ] Medjool dates — 1 recipe
- [ ] Pure maple syrup — 9 recipes
- [ ] Matcha powder — 1 recipe

Spice rack

- [ ] Vanilla extract — 16 recipes
- [ ] Ground cinnamon — 8 recipes
- [ ] Ground nutmeg — 2 recipes
- [ ] Ground ginger — 1 recipe
- [ ] Ground cardamom — 1 recipe
- [ ] Ground turmeric — 1 recipe
- [ ] Black pepper — 1 recipe
- [ ] Salt — 1 recipe







CHAPTER 1

Green Smoothies

Leafy, bright and naturally sweet. Spinach disappears when you blend it with the milk first.

Green Protein Smoothie	19.9 g protein	10
Matcha Green Smoothie	26.7 g protein	11
Mint Chip Green Smoothie	22.4 g protein	12
Peach Green Smoothie	23.6 g protein	13
Kiwi Green Smoothie	21.3 g protein	14
Pineapple Spinach Smoothie	19.4 g protein	15

Green Protein Smoothie



Vegan · Dairy-free · No added sweetener

Serves 2 · 5 min · 293 calories

Ingredients

- [ ] 2 cups unsweetened soy milk
- [ ] 7 oz silken tofu
- [ ] 2 cups baby spinach
- [ ] 1 banana, frozen in chunks
- [ ] 1 cup frozen pineapple
- [ ] 2 tbsp (20 g) hemp hearts

Method

1. Peel the banana, break it into chunks and freeze for at least 4 hours (or overnight).
2. Blend the soy milk and spinach for 20 to 30 seconds, until the spinach is fully liquefied.
3. Add the tofu, frozen banana, pineapple and hemp hearts. Blend on high 45 to 60 seconds until thick and smooth, then pour into 2 glasses.

COACH TIP

Blending the spinach with the milk first is the secret to a silky green smoothie with no leafy bits.

Per serving: 293 calories · 19.9 g protein · 32.3 g carbs · 5 g fiber · 17.4 g sugar · 10.7 g fat

Matcha Green Smoothie



Vegan · Dairy-free · Has caffeine

Serves 1 · 5 min · 375 calories

Ingredients

- ☐ 1¼ cups soy milk
- ☐ ½ cup silken tofu
- ☐ 1½ tsp matcha powder
- ☐ 1 cup spinach
- ☐ 1 frozen banana
- ☐ 1 tbsp (10 g) hemp hearts
- ☐ 1 tsp maple syrup

Method

1. Blend the soy milk and matcha for 5 seconds to dissolve the matcha.
2. Add the tofu, spinach, frozen banana, hemp hearts and maple syrup.
3. Blend on high 45 to 60 seconds until smooth and bright green. Taste, add a little more maple if you like, and drink right away.

COACH TIP

Want it thicker and colder? Toss in a few ice cubes before the final blend.

Per serving: 375 calories · 26.7 g protein · 41.2 g carbs · 5.7 g fiber · 21.2 g sugar · 12.3 g fat

Mint Chip Green Smoothie



Vegan · Dairy-free · Tofu-free

Serves 1 · 5 min · 469 calories

Ingredients

- ☐ 1¼ cups soy milk, unsweetened
- ☐ 1 cup spinach
- ☐ 1 frozen banana
- ☐ 3 tbsp (30 g) hemp hearts
- ☐ ¼ cup fresh mint
- ☐ 1 tbsp chocolate chips

Method

1. Add the soy milk, spinach, frozen banana, hemp hearts and mint to the blender.
2. Blend on high 45 to 60 seconds until completely smooth and bright green.
3. Add the chocolate chips and pulse just 2 or 3 times to break them into small bits. Pour and enjoy.

COACH TIP

Pulse the chips at the very end. Blend them on high and the whole smoothie turns muddy brown.

Per serving: 469 calories · 22.4 g protein · 46.7 g carbs · 7.1 g fiber · 24.4 g sugar · 23.3 g fat

Peach Green Smoothie



Vegan · Dairy-free · No added sweetener

Serves 1 · 5 min · 415 calories

Ingredients

- ☐ ¾ cup soy milk
- ☐ ½ cup plain soy yogurt
- ☐ ¼ cup silken tofu
- ☐ 1 cup frozen peaches
- ☐ 1½ cups baby spinach
- ☐ ½ frozen banana
- ☐ 2 tbsp (20 g) hemp hearts
- ☐ 1 tsp fresh ginger
- ☐ 1 tsp lemon juice

Method

1. Blend the soy milk, soy yogurt, tofu and spinach for 15 seconds to break down the spinach.
2. Add the frozen peaches, frozen banana, hemp hearts, grated ginger and lemon juice.
3. Blend on high 45 to 60 seconds until smooth and creamy, adding a splash more soy milk if needed.

COACH TIP

Grate the ginger on a microplane so you get all the flavor and none of the stringy bits.

Per serving: 415 calories · 23.6 g protein · 48.1 g carbs · 6.9 g fiber · 27.8 g sugar · 15.9 g fat

Kiwi Green Smoothie



Vegan · Dairy-free · No added sweetener

Serves 2 · 5 min · 340 calories

Ingredients

- [ ] 3 kiwis
- [ ] 2 cups spinach
- [ ] 1 banana, frozen
- [ ] 8 oz silken tofu
- [ ] 1¼ cups soy milk
- [ ] 3 tbsp (30 g) hemp hearts
- [ ] 1 tbsp lime juice

Method

1. Peel the kiwi. Blend the soy milk, tofu, spinach and hemp hearts until the spinach is completely smooth.
2. Add the kiwi, frozen banana and lime juice.
3. Blend on high 45 to 60 seconds until thick and creamy, then pour into 2 glasses.

COACH TIP

Peel, slice and freeze a ripe banana ahead of time. It's what makes this one thick and creamy.

Per serving: 340 calories · 21.3 g protein · 40.2 g carbs · 7.6 g fiber · 21.5 g sugar · 12.3 g fat

Pineapple Spinach Smoothie



Vegan · Dairy-free · No added sweetener

Serves 2 · 5 min · 303 calories

Ingredients

- [ ] 1½ cups frozen pineapple
- [ ] 2 cups baby spinach
- [ ] 1¼ cups soy milk
- [ ] 6 oz silken tofu
- [ ] 3 tbsp (30 g) hemp hearts
- [ ] 1 tbsp almond butter
- [ ] 1 tsp fresh ginger

Method

1. Add the soy milk, spinach, tofu, hemp hearts, almond butter and grated ginger to the blender.
2. Blend for 20 seconds to break down the greens.
3. Add the frozen pineapple and blend on high 45 to 60 seconds until thick and bright green. Pour into 2 glasses.

COACH TIP

If your pineapple is very tart, add half a frozen banana for natural sweetness.

Per serving: 303 calories · 19.4 g protein · 24.4 g carbs · 4.5 g fiber · 14.2 g sugar · 15.5 g fat





CHAPTER 2

Fruity & Berry

The everyday crowd-pleasers. Frozen berries make them thick, cold and packed with fiber.

Strawberry Banana Smoothie	23.9 g protein	17
Acai Berry Smoothie	25.2 g protein	18
Raspberry Mint Smoothie	24.1 g protein	19
Blueberry Almond Butter Smoothie	18.2 g protein	20
Orange Berry Vitamin C Smoothie	21.7 g protein	21
Hemp Seed Berry Smoothie	18.4 g protein	22

Strawberry Banana Smoothie



Vegan · Dairy-free · No added sweetener

Serves 1 · 5 min · 393 calories

Ingredients

- [ ] 1 cup soy milk
- [ ] ½ cup silken tofu
- [ ] 1 cup frozen strawberries
- [ ] 1 frozen banana
- [ ] 1½ tbsp (15 g) hemp hearts
- [ ] ½ tsp vanilla extract

Method

1. Add the soy milk and silken tofu to the blender.
2. Add the frozen strawberries, frozen banana, hemp hearts and vanilla.
3. Blend on high 45 to 60 seconds until thick and smooth, adding a splash more soy milk if needed.

COACH TIP

Liquids in first, frozen fruit on top. Your blender will thank you.

Per serving: 393 calories · 23.9 g protein · 46 g carbs · 7.7 g fiber · 23.9 g sugar · 13.8 g fat

Acai Berry Smoothie



Vegan · Dairy-free · Berry blend

Serves 1 · 5 min · 455 calories

Ingredients

- [ ] 1 cup soy milk
- [ ] ½ cup silken tofu
- [ ] 1 packet (100 g) unsweetened frozen acai purée
- [ ] 1 cup frozen mixed berries
- [ ] ½ frozen banana
- [ ] 2 tbsp (20 g) hemp hearts

Method

1. Run the sealed acai pack under warm water for a few seconds, then break it into pieces.
2. Add the soy milk and tofu, then the acai, frozen berries, banana and hemp hearts.
3. Blend on low, then on high for 45 to 60 seconds until thick and completely smooth.

COACH TIP

Buy the unsweetened frozen acai packs. The sweetened ones add sugar you don't need.

Per serving: 455 calories · 25.2 g protein · 52.3 g carbs · 7.7 g fiber · 32.7 g sugar · 16.5 g fat

Raspberry Mint Smoothie



Vegan · Dairy-free · High fiber

Serves 1 · 5 min · 422 calories

Ingredients

- [ ] 1 cup soy milk, unsweetened
- [ ] ½ cup soy yogurt
- [ ] ¼ cup silken tofu
- [ ] 1 cup frozen raspberries
- [ ] ½ frozen banana
- [ ] 2 tbsp (20 g) hemp hearts
- [ ] 2 tbsp fresh mint

Method

1. Add the soy milk, soy yogurt, tofu, frozen raspberries, frozen banana, hemp hearts and mint to the blender.
2. Blend on high for about 1 minute until smooth and thick, adding a splash more soy milk if needed.
3. Taste, add a few more mint leaves for a stronger mint flavor, and garnish with a mint sprig.

COACH TIP

With almost 12 g of fiber, this is the highest-fiber smoothie in the book.

Per serving: 422 calories · 24.1 g protein · 46.1 g carbs · 11.9 g fiber · 20.1 g sugar · 17.1 g fat

Blueberry Almond Butter Smoothie



Vegan · Dairy-free · High fiber

Serves 2 · 5 min · 434 calories

Ingredients

- ☐ 2 cups unsweetened soy milk
- ☐ ½ cup rolled oats
- ☐ 1½ cups frozen blueberries
- ☐ 1 banana, frozen in chunks
- ☐ 2 tbsp almond butter
- ☐ 2 tbsp (20 g) hemp hearts
- ☐ ½ tsp ground cinnamon
- ☐ ½ tsp vanilla extract

Method

1. Peel the banana, break it into chunks and freeze for at least 4 hours (or overnight).
2. Blend the soy milk and oats for 30 seconds to break down the oats.
3. Add the blueberries, frozen banana, almond butter, hemp hearts, cinnamon and vanilla. Blend on high 45 to 60 seconds and pour into 2 glasses.

COACH TIP

Oats keep thickening as it sits. Saving one for later? Stir in a splash of soy milk before drinking.

Per serving: 434 calories · 18.2 g protein · 52 g carbs · 9.8 g fiber · 20.3 g sugar · 19.2 g fat

Orange Berry Vitamin C Smoothie



Vegan · Dairy-free · Vitamin C

Serves 2 · 5 min · 361 calories

Ingredients

- [ ] 2 oranges
- [ ] 1½ cups frozen mixed berries
- [ ] 1½ cups soy milk
- [ ] 1 cup silken tofu
- [ ] 3 tbsp (30 g) hemp hearts
- [ ] 1 tsp vanilla extract
- [ ] 2 tsp maple syrup

Method

1. Peel the oranges, remove as much white pith as you can and break them into segments.
2. Add the soy milk, tofu, oranges, hemp hearts, vanilla and maple syrup, then the frozen berries on top.
3. Blend on high for 60 seconds until smooth and creamy. Pour into 2 glasses.

> **COACH TIP**
> Removing the white pith keeps the smoothie sweet instead of bitter.

Per serving: 361 calories · 21.7 g protein · 41.3 g carbs · 7.8 g fiber · 28.5 g sugar · 12.9 g fat

Hemp Seed Berry Smoothie



Vegan · Dairy-free · Tofu-free

Serves 2 · 5 min · 367 calories

Ingredients

- [ ] 2 cups unsweetened soy milk
- [ ] 5 tbsp (50 g) hemp hearts
- [ ] 2 cups frozen mixed berries
- [ ] 2 cups baby spinach
- [ ] 1 banana
- [ ] ½ tsp vanilla extract

Method

1. Blend the soy milk, hemp hearts and spinach for 20 seconds until the spinach is fully broken down.
2. Add the frozen berries, banana and vanilla.
3. Blend on high 45 to 60 seconds until thick and smooth, then pour into 2 glasses.

COACH TIP

No tofu or yogurt here. Five tablespoons of hemp hearts carry the protein on their own.

Per serving: 367 calories · 18.4 g protein · 39.6 g carbs · 8.3 g fiber · 21.6 g sugar · 16.5 g fat





CHAPTER 3

Chocolate & Nut Butter

Milkshake vibes with real protein. Cocoa, coffee and nut butters do the heavy lifting.

Chocolate Peanut Butter Smoothie	20.2 g protein	24
Mocha Protein Smoothie	19.7 g protein	25
Chocolate Cherry Smoothie	23.1 g protein	26
Peanut Butter Oat Smoothie	25.6 g protein	27
Chocolate Hazelnut Smoothie	22.4 g protein	28
Cinnamon Almond Smoothie	21.4 g protein	29

Chocolate Peanut Butter Smoothie



Vegan · Dairy-free · No added sweetener

Serves 2 · 5 min · 351 calories

Ingredients

- [ ] 2 cups unsweetened soy milk
- [ ] 7 oz silken tofu
- [ ] 2 bananas, frozen in chunks
- [ ] 2 tbsp natural peanut butter
- [ ] 2 tbsp unsweetened cocoa powder
- [ ] ½ tsp vanilla extract
- [ ] 1 cup ice

Method

1. Peel the bananas, break them into chunks and freeze for at least 4 hours (or overnight).
2. Add the soy milk, tofu, peanut butter, cocoa and vanilla to the blender, then the frozen banana and ice.
3. Blend on high 45 to 60 seconds until thick and completely smooth. Pour into 2 glasses.

> **COACH TIP**
> Use natural peanut butter (just peanuts and salt) so the only sweetness comes from the banana.

Per serving: 351 calories · 20.2 g protein · 40 g carbs · 7.2 g fiber · 18.3 g sugar · 15.2 g fat

Mocha Protein Smoothie



Vegan · Dairy-free · Has caffeine

Serves 2 · 5 min · 261 calories

Ingredients

- ☐ ¾ cup cold brew coffee
- ☐ 2 cups unsweetened soy milk
- ☐ 7 oz silken tofu
- ☐ 1 banana, frozen in chunks
- ☐ 2 tbsp unsweetened cocoa powder
- ☐ 2 tbsp (20 g) hemp hearts
- ☐ ½ tsp vanilla extract
- ☐ 1 cup ice

Method

1. Peel the banana, break it into chunks and freeze for at least 4 hours (or overnight).
2. Add the cold brew, soy milk, tofu, cocoa, hemp hearts and vanilla, then the frozen banana and ice.
3. Blend on high 45 to 60 seconds until thick and smooth. Pour into 2 glasses and dust with cocoa.

COACH TIP

Breakfast and your morning coffee in one glass, at just 261 calories.

Per serving: 261 calories · 19.7 g protein · 23.6 g carbs · 5.2 g fiber · 9.4 g sugar · 11.2 g fat

Chocolate Cherry Smoothie



Vegan · Dairy-free · High fiber

Serves 1 · 5 min · 472 calories

Ingredients

- [ ] 1¼ cups soy milk
- [ ] 1 cup frozen cherries
- [ ] ½ frozen banana
- [ ] 1½ tbsp cocoa powder
- [ ] 1 tbsp almond butter
- [ ] 2 tbsp (20 g) hemp hearts

Method

1. Add the soy milk, cocoa powder and almond butter to the blender.
2. Add the frozen cherries, banana and hemp hearts on top.
3. Blend on low, then on high for 45 to 60 seconds until thick and completely smooth.

COACH TIP

Frozen dark sweet cherries are already pitted, so this one takes about two minutes.

Per serving: 472 calories · 23.1 g protein · 49.9 g carbs · 11.2 g fiber · 27 g sugar · 24.4 g fat

Peanut Butter Oat Smoothie



Vegan · Dairy-free · No added sweetener

Serves 1 · 5 min · 482 calories

Ingredients

- [ ] 1 cup soy milk
- [ ] ¼ cup rolled oats
- [ ] ½ cup silken tofu
- [ ] 1½ tbsp peanut butter
- [ ] 1 frozen banana
- [ ] ¼ tsp ground cinnamon
- [ ] ½ tsp vanilla extract

Method

1. Add the soy milk and oats to the blender and let them sit for 5 minutes if you have time.
2. Add the tofu, peanut butter, frozen banana, cinnamon and vanilla.
3. Blend on high for 60 seconds until thick and smooth. Sprinkle with a pinch of cinnamon.

COACH TIP

Need it gluten-free? Use oats labeled certified gluten-free.

Per serving: 482 calories · 25.6 g protein · 53.6 g carbs · 8 g fiber · 19.6 g sugar · 20.3 g fat

Chocolate Hazelnut Smoothie



Vegan · Dairy-free · Kid favorite

Serves 2 · 5 min · 374 calories

Ingredients

- [ ] 1½ cups soy milk
- [ ] 8 oz silken tofu
- [ ] 1 banana, sliced and frozen
- [ ] 2 tbsp hazelnut butter
- [ ] 2 tbsp cocoa powder
- [ ] 2 tbsp (20 g) hemp hearts
- [ ] 1 tbsp maple syrup
- [ ] ½ tsp vanilla extract

Method

1. Add the soy milk, drained tofu, hazelnut butter, cocoa, hemp hearts, maple syrup and vanilla to the blender.
2. Top with the sliced frozen banana.
3. Blend on high for 60 seconds until thick and smooth. Taste, add a little more maple if you like, and pour into 2 glasses.

COACH TIP

Top with chopped toasted hazelnuts for crunch. Real hazelnut butter brings all the chocolate-hazelnut flavor.

Per serving: 374 calories · 22.4 g protein · 32.6 g carbs · 6.5 g fiber · 16 g sugar · 19.4 g fat

Cinnamon Almond Smoothie



Vegan · Dairy-free · Tofu-free

Serves 1 · 5 min · 526 calories

Ingredients

- [ ] 1 cup soy milk
- [ ] 2 tbsp almond butter
- [ ] ¼ cup rolled oats
- [ ] 1 banana, sliced and frozen
- [ ] 1 tbsp (10 g) hemp hearts
- [ ] ½ tsp ground cinnamon
- [ ] ½ tsp vanilla extract

Method

1. Slice the banana and freeze it for at least 2 hours (or use one frozen ahead).
2. Add the soy milk first, then the almond butter, oats, hemp hearts, cinnamon and vanilla, then the frozen banana.
3. Blend on high for 60 seconds until thick and smooth. Dust with extra cinnamon.

> **COACH TIP**
> Drink this one as a meal: it's the most filling in the book at 526 calories.

Per serving: 526 calories · 21.4 g protein · 53 g carbs · 10.7 g fiber · 17.3 g sugar · 27.9 g fat





CHAPTER 4

Tropical

Mango, pineapple, papaya and coconut. A vacation in a glass, any month of the year.

Avocado Mango Smoothie	26.1 g protein	31
Pineapple Coconut Smoothie	23.4 g protein	32
Mango Lassi Smoothie	21 g protein	33
Papaya Lime Smoothie	19.5 g protein	34
Toasted Coconut Strawberry Smoothie	24 g protein	35
Golden Turmeric Smoothie	18.2 g protein	36

Avocado Mango Smoothie



Vegan · Dairy-free · No added sweetener

Serves 1 · 5 min · 458 calories

Ingredients

- [ ] 1 cup soy milk, unsweetened
- [ ] ½ cup silken tofu
- [ ] 1 cup frozen mango
- [ ] 2 oz avocado
- [ ] 2 tbsp (20 g) hemp hearts
- [ ] 1 tbsp lime juice

Method

1. Add the soy milk, tofu, frozen mango, avocado, hemp hearts and lime juice to the blender.
2. Blend on high for about 1 minute until thick and completely smooth.
3. Taste, add a little more lime if you like it brighter, and serve right away.

COACH TIP

Avocado makes it ultra creamy without any dairy. Freeze leftover avocado in chunks for next time.

Per serving: 458 calories · 26.1 g protein · 39 g carbs · 8.4 g fiber · 25.5 g sugar · 24.2 g fat

Pineapple Coconut Smoothie



Vegan · Dairy-free · No added sweetener

Serves 1 · 5 min · 466 calories

Ingredients

- ☐ ¾ cup soy milk, unsweetened
- ☐ ½ cup light coconut milk
- ☐ ½ cup silken tofu
- ☐ 1 cup frozen pineapple
- ☐ ½ frozen banana
- ☐ 2 tbsp (20 g) hemp hearts
- ☐ 1 tbsp lime juice

Method

1. Add the soy milk, coconut milk, tofu, frozen pineapple, frozen banana, lime juice and most of the hemp hearts.
2. Blend on high for about 1 minute until thick and completely smooth.
3. Pour into a glass and sprinkle with the hemp hearts you saved.

COACH TIP

Stir the canned light coconut milk well before you measure it, since the cream settles on top.

Per serving: 466 calories · 23.4 g protein · 46.7 g carbs · 5.5 g fiber · 25.7 g sugar · 21.4 g fat

Mango Lassi Smoothie



Vegan · Dairy-free · Indian-inspired

Serves 2 · 5 min · 336 calories

Ingredients

- [ ] 1½ cups frozen mango
- [ ] 10 oz silken tofu
- [ ] ¾ cup soy yogurt
- [ ] 1 cup soy milk
- [ ] 2 tbsp (20 g) hemp hearts
- [ ] 1 tbsp lime juice
- [ ] ½ tsp lime zest
- [ ] 1 tbsp maple syrup
- [ ] ¼ tsp ground cardamom

Method

1. Add the soy milk, soy yogurt, tofu, hemp hearts, lime juice, zest, maple syrup and cardamom.
2. Top with the frozen mango.
3. Blend on high for 60 seconds until thick and smooth. Taste, adjust the cardamom or lime, and pour into 2 glasses.

COACH TIP

Plain unsweetened soy yogurt gives the most authentic lassi tang.

Per serving: 336 calories · 21 g protein · 40.1 g carbs · 3.5 g fiber · 29.5 g sugar · 11.1 g fat

Papaya Lime Smoothie



Vegan · Dairy-free · No added sweetener

Serves 2 · 5 min · 317 calories

Ingredients

- [ ] 1½ cups frozen papaya
- [ ] ¾ cup frozen pineapple
- [ ] 2 tbsp lime juice
- [ ] 1 tsp lime zest
- [ ] ½ cup light coconut milk
- [ ] ¾ cup soy milk
- [ ] 10 oz silken tofu
- [ ] 3 tbsp (30 g) hemp hearts

Method

1. Add the soy milk, coconut milk, tofu, hemp hearts, lime juice and zest to the blender.
2. Top with the frozen papaya and pineapple.
3. Blend on high for about 60 seconds until thick and smooth. Taste, add more lime if you like, and pour into 2 glasses.

COACH TIP

Can't find frozen papaya? Frozen mango works just as well.

Per serving: 317 calories · 19.5 g protein · 28 g carbs · 3.8 g fiber · 16.4 g sugar · 14.6 g fat

Toasted Coconut Strawberry Smoothie



Vegan · Dairy-free · Crowd-pleaser

Serves 2 · 5 min · 420 calories

Ingredients

- [ ] 2½ cups frozen strawberries
- [ ] 2 cups soy milk
- [ ] 1 cup silken tofu
- [ ] 3 tbsp (30 g) hemp hearts
- [ ] 3 tbsp unsweetened shredded coconut
- [ ] 1 banana
- [ ] 1 tsp vanilla extract
- [ ] 2 tsp maple syrup

Method

1. Toast the coconut in a dry skillet over medium-low heat for 2 to 3 minutes, stirring, until golden. Let it cool.
2. Add the soy milk, tofu, hemp hearts, banana, vanilla, maple and half the coconut, then the frozen strawberries.
3. Blend on high for 60 seconds until thick and smooth. Pour into 2 glasses and top with the rest of the coconut.

COACH TIP

Saving the second glass? Keep the coconut topping separate so it stays crunchy.

Per serving: 420 calories · 24 g protein · 41.8 g carbs · 8.1 g fiber · 23.2 g sugar · 18.6 g fat

Golden Turmeric Smoothie



Vegan · Dairy-free · No added sweetener

Serves 2 · 5 min · 315 calories

Ingredients

- [ ] 1 cup frozen mango
- [ ] 1 banana, frozen in chunks
- [ ] 10 oz silken tofu
- [ ] ½ cup light coconut milk
- [ ] ¾ cup soy milk
- [ ] 2 tbsp (20 g) hemp hearts
- [ ] 1 tsp ground turmeric
- [ ] 1 tsp fresh ginger
- [ ] 1/8 tsp black pepper

Method

1. Freeze the banana in chunks (or use one frozen ahead) and grate the ginger.
2. Add the soy milk, coconut milk, tofu, hemp hearts, turmeric, ginger and black pepper, then the frozen mango and banana.
3. Blend on high for 60 to 90 seconds until smooth and bright golden. Pour into 2 glasses.

COACH TIP

Rinse the blender right away, because turmeric stains. The pinch of black pepper is there on purpose.

Per serving: 315 calories · 18.2 g protein · 33.6 g carbs · 4 g fiber · 20.3 g sugar · 12.6 g fat





CHAPTER 5

Dessert-Style & Seasonal

Banana bread, carrot cake, apple pie. Bakery flavors in a glass, with real protein.

Banana Bread Smoothie	25.3 g protein	38
Carrot Cake Smoothie	22.3 g protein	39
Peaches and Cream Smoothie	21.8 g protein	40
Ginger Vanilla Smoothie	26.5 g protein	41
Salted Caramel Smoothie	21.2 g protein	42
Apple Pie Smoothie	18.4 g protein	43

Banana Bread Smoothie



Vegan · Dairy-free · No added sweetener

Serves 1 · 5 min · 501 calories

Ingredients

- [ ] 1 cup soy milk
- [ ] ½ cup silken tofu
- [ ] 1 frozen banana
- [ ] ¼ cup rolled oats
- [ ] 1 tbsp peanut butter
- [ ] 1 tbsp walnuts
- [ ] ½ tsp ground cinnamon
- [ ] ½ tsp vanilla extract

Method

1. Add the soy milk and oats to the blender and let them soften for 2 to 3 minutes.
2. Add the tofu, frozen banana, peanut butter, walnuts, cinnamon and vanilla.
3. Blend on high for 60 seconds until thick and smooth. Sprinkle with cinnamon.

COACH TIP

The spottier the banana, the more it tastes like real banana bread.

Per serving: 501 calories · 25.3 g protein · 53.7 g carbs · 8.6 g fiber · 19.1 g sugar · 22.7 g fat

Carrot Cake Smoothie



Vegan · Dairy-free · High fiber

Serves 1 · 5 min · 520 calories

Ingredients

- [ ] 1¼ cups soy milk
- [ ] 1 carrot
- [ ] 1 frozen banana
- [ ] ¼ cup rolled oats
- [ ] 1 tbsp walnuts
- [ ] 2 tbsp (20 g) hemp hearts
- [ ] ½ tsp ground cinnamon
- [ ] ¼ tsp ground ginger
- [ ] 1/8 tsp ground nutmeg
- [ ] ½ tsp vanilla extract
- [ ] 1 tsp maple syrup

Method

1. Peel and chop or grate the carrot. Let the soy milk and oats soften in the blender for 2 to 3 minutes.
2. Add the carrot, frozen banana, walnuts, hemp hearts, spices, vanilla and maple syrup.
3. Blend on high for 60 to 90 seconds until completely smooth. Sprinkle with cinnamon.

COACH TIP

Grated carrot blends smoother than chunks if you have a basic blender.

Per serving: 520 calories · 22.3 g protein · 61.2 g carbs · 10.5 g fiber · 23.6 g sugar · 22.4 g fat

Peaches and Cream Smoothie



Vegan · Dairy-free · Tofu-free

Serves 1 · 5 min · 456 calories

Ingredients

- [ ] 1¼ cups frozen peaches
- [ ] 1 cup soy milk
- [ ] ½ cup soy yogurt
- [ ] 2 tbsp (20 g) hemp hearts
- [ ] ¼ cup rolled oats
- [ ] ½ tsp vanilla extract
- [ ] 1/8 tsp ground nutmeg
- [ ] 1 tsp maple syrup

Method

1. Add the soy milk and soy yogurt to the blender first so the blades move freely.
2. Add the oats, hemp hearts, vanilla, nutmeg and maple syrup, then the frozen peaches.
3. Blend on high for 60 seconds until thick and smooth. Top with a swirl of soy yogurt if you like.

COACH TIP

Making it ahead? It keeps in a sealed jar in the fridge for up to 24 hours. Just stir before drinking.

Per serving: 456 calories · 21.8 g protein · 55.1 g carbs · 7.3 g fiber · 27.9 g sugar · 16.9 g fat

Ginger Vanilla Smoothie



Vegan · Dairy-free · Top protein

Serves 1 · 5 min · 449 calories

Ingredients

- [ ] 1 cup soy milk
- [ ] ½ cup silken tofu
- [ ] 2 tbsp (20 g) hemp hearts
- [ ] 2 tbsp rolled oats
- [ ] 1 banana, sliced and frozen
- [ ] 1 tsp fresh ginger
- [ ] 1 tsp vanilla extract
- [ ] ¼ tsp ground cinnamon
- [ ] 1 tsp maple syrup

Method

1. Slice and freeze the banana for at least 2 hours (or use one frozen ahead). Finely grate the ginger.
2. Add the soy milk, tofu, hemp hearts, oats, banana, ginger, vanilla, cinnamon and maple to the blender.
3. Blend on high 45 to 60 seconds until creamy. Taste and add more ginger or a few ice cubes if you like.

> **COACH TIP**
> At 26.5 g, this is one of the highest-protein smoothies in the book.

Per serving: 449 calories · 26.5 g protein · 49.3 g carbs · 6.6 g fiber · 21.5 g sugar · 16.5 g fat

Salted Caramel Smoothie



Vegan · Dairy-free · Date-sweetened

Serves 2 · 5 min · 411 calories

Ingredients

- [ ] 60 g pitted Medjool dates (about 3)
- [ ] 120 g banana (1 medium), frozen
- [ ] 8 oz silken tofu
- [ ] 1¼ cups soy milk
- [ ] 2 tbsp almond butter
- [ ] 2 tbsp (20 g) hemp hearts
- [ ] ½ tsp vanilla extract
- [ ] 1/8 tsp salt
- [ ] ¼ tsp ground cinnamon
- [ ] ½ cup ice

Method

1. Add the soy milk, pitted dates, tofu, almond butter, hemp hearts, vanilla, salt and cinnamon.
2. Blend for 30 seconds, until the dates are broken down.
3. Add the frozen banana and ice and blend on high for 60 seconds until thick and smooth. Pour into 2 glasses.

> **COACH TIP**
> Dates a little dry? Soak them in hot water for 10 minutes first. A few flakes of sea salt on top finish it.

Per serving: 411 calories · 21.2 g protein · 45.2 g carbs · 7 g fiber · 28.9 g sugar · 18.3 g fat

Apple Pie Smoothie



Vegan · Dairy-free · Fall favorite

Serves 2 · 5 min · 351 calories

Ingredients

- [ ] 1 apple
- [ ] 1 banana
- [ ] 10 oz silken tofu
- [ ] 1 cup soy milk
- [ ] 1/3 cup rolled oats
- [ ] 1 tbsp almond butter
- [ ] 1 tbsp maple syrup
- [ ] 1 tsp ground cinnamon
- [ ] ½ tsp vanilla extract

Method

1. Core the apple and cut it into chunks, leaving the skin on.
2. Add the soy milk, tofu, oats, almond butter, maple, cinnamon and vanilla, then the apple and banana.
3. Blend on high for 60 to 90 seconds until completely smooth. Pour into 2 glasses and dust with cinnamon.

COACH TIP

Use a frozen banana for a thicker, colder glass. Nut-free? Swap in sunflower seed butter.

Per serving: 351 calories · 18.4 g protein · 49.5 g carbs · 7.4 g fiber · 25.2 g sugar · 10.3 g fat

Your 7-day smoothie plan

One smoothie a day, every one a single serving, so nothing goes to waste. Have it as breakfast or an afternoon meal. The grocery list for the whole week is on the next page.



MONDAY
Strawberry Banana Smoothie
Page 17

☐ done

23.9 g
protein · 393 cal



TUESDAY
Matcha Green Smoothie
Page 11

☐ done

26.7 g
protein · 375 cal



WEDNESDAY
Chocolate Cherry Smoothie
Page 26

☐ done

23.1 g
protein · 472 cal



THURSDAY
Avocado Mango Smoothie
Page 31

☐ done

26.1 g
protein · 458 cal



FRIDAY
Peanut Butter Oat Smoothie
Page 27

☐ done

25.6 g
protein · 482 cal



SATURDAY
Raspberry Mint Smoothie
Page 19

☐ done

24.1 g
protein · 422 cal



SUNDAY
Banana Bread Smoothie
Page 38

☐ done

25.3 g
protein · 501 cal

Weekly average: about 25 g protein and 443 calories per smoothie. Prep tip: on Sunday, slice and freeze 5 bananas (the week uses 5 in total).

7-day grocery list

Exact amounts for the 7 smoothies in the plan. Check off what you already have.

Fridge

- [ ] Unsweetened soy milk — **7½ cups** *(one half-gallon carton)*
- [ ] Silken tofu — **2¾ cups** *(one 12 oz box is about 1½ cups)*
- [ ] Plain soy yogurt — **½ cup**

Freezer

- [ ] Frozen strawberries — **1 cup**
- [ ] Frozen dark sweet cherries — **1 cup**
- [ ] Frozen mango — **1 cup**
- [ ] Frozen raspberries — **1 cup**

Produce

- [ ] Bananas (freeze them) — **5**
- [ ] Baby spinach — **1 cup**
- [ ] Avocado — **2 oz** *(about 1/3 of a medium avocado)*
- [ ] Lime juice — **1 tbsp** *(1 lime)*
- [ ] Fresh mint — **2 tbsp**

Pantry + spices

- [ ] Hemp hearts — **8½ tbsp (85 g)**
- [ ] Rolled oats — **½ cup**
- [ ] Peanut butter — **2½ tbsp**
- [ ] Almond butter — **1 tbsp**
- [ ] Walnuts — **1 tbsp**
- [ ] Cocoa powder — **1½ tbsp**
- [ ] Matcha powder — **1½ tsp**
- [ ] Maple syrup — **1 tsp**
- [ ] Vanilla extract — **1½ tsp**
- [ ] Ground cinnamon — **¾ tsp**

COACH TIP

Silken tofu amounts are in cups here because that's how these single-serve recipes measure it. Open a box, use what you need, and keep the rest covered in the fridge for the next few days of the plan.

Freezer prep packs

Spend 20 minutes on the weekend and your weekday smoothie takes 60 seconds. Bag the frozen and dry parts of each recipe, label it, and freeze. In the morning, tip the bag into the blender, add the liquid and tofu, and blend.

1. Use 1-quart freezer bags or jars. One bag = one recipe.
2. Fruit, banana, greens, hemp hearts, oats, nuts and spices go IN the bag.
3. Soy milk, tofu, yogurt and extracts get added fresh at blend time.
4. Squeeze out the air, lay bags flat, and use them within 1 month for the best flavor.

Strawberry Banana Smoothie

IN THE BAG	ADD AT BLEND TIME
1 cup frozen strawberries	1 cup soy milk
1 banana, sliced	½ cup silken tofu
1½ tbsp hemp hearts	½ tsp vanilla

Recipe on page 17 · Date frozen: _____

Matcha Green Smoothie

IN THE BAG	ADD AT BLEND TIME
1 cup spinach	1¼ cups soy milk + 1½ tsp matcha
1 banana, sliced	½ cup silken tofu
1 tbsp hemp hearts	1 tsp maple syrup

Recipe on page 11 · Date frozen: _____

Chocolate Cherry Smoothie

IN THE BAG	ADD AT BLEND TIME
1 cup frozen cherries	1¼ cups soy milk
½ banana, sliced	1½ tbsp cocoa powder
2 tbsp hemp hearts	1 tbsp almond butter

Recipe on page 26 · Date frozen: _____

Avocado Mango Smoothie

IN THE BAG	ADD AT BLEND TIME
1 cup frozen mango	1 cup soy milk
2 oz avocado, cubed	½ cup silken tofu
2 tbsp hemp hearts	1 tbsp lime juice

Recipe on page 31 · Date frozen: _____

Banana Bread Smoothie

IN THE BAG	ADD AT BLEND TIME
1 banana, sliced	1 cup soy milk
¼ cup rolled oats	½ cup silken tofu
1 tbsp walnuts + ½ tsp cinnamon	1 tbsp peanut butter + ½ tsp vanilla

Recipe on page 38 · Date frozen: _____

Raspberry Mint Smoothie

IN THE BAG	ADD AT BLEND TIME
1 cup frozen raspberries	1 cup soy milk + ½ cup soy yogurt
½ banana, sliced	¼ cup silken tofu
2 tbsp hemp hearts	2 tbsp fresh mint

Recipe on page 19 · Date frozen: _____



Green Protein Smoothie

19.9 G PROTEIN · 293 CAL · SERVES 2 · 5 MIN · VEGAN

INGREDIENTS

- ☐ 2 cups unsweetened soy milk
- ☐ 7 oz silken tofu
- ☐ 2 cups baby spinach
- ☐ 1 banana, frozen in chunks
- ☐ 1 cup frozen pineapple
- ☐ 2 tbsp (20 g) hemp hearts

METHOD

1. Peel the banana, break it into chunks and freeze for at least 4 hours (or overnight).

2. Blend the soy milk and spinach for 20 to 30 seconds, until the spinach is fully liquefied.

3. Add the tofu, frozen banana, pineapple and hemp hearts. Blend on high 45 to 60 seconds until thick and smooth, then pour into 2 glasses.

Coach tip: *Blending the spinach with the milk first is the secret to a silky green smoothie with no leafy bits.*

30 High-Protein Smoothies · Coach Luke

4 x 6 in · cut along the dotted lines



Matcha Green Smoothie

26.7 G PROTEIN · 375 CAL · SERVES 1 · 5 MIN · VEGAN

INGREDIENTS

- ☐ 1¼ cups soy milk
- ☐ ½ cup silken tofu
- ☐ 1½ tsp matcha powder
- ☐ 1 cup spinach
- ☐ 1 frozen banana
- ☐ 1 tbsp (10 g) hemp hearts
- ☐ 1 tsp maple syrup

METHOD

1. Blend the soy milk and matcha for 5 seconds to dissolve the matcha.

2. Add the tofu, spinach, frozen banana, hemp hearts and maple syrup.

3. Blend on high 45 to 60 seconds until smooth and bright green. Taste, add a little more maple if you like, and drink right away.

Coach tip: *Want it thicker and colder? Toss in a few ice cubes before the final blend.*

30 High-Protein Smoothies · Coach Luke



Mint Chip Green Smoothie

22.4 G PROTEIN · 469 CAL · SERVES 1 · 5 MIN · VEGAN

INGREDIENTS

- ☐ 1¼ cups soy milk, unsweetened
- ☐ 1 cup spinach
- ☐ 1 frozen banana
- ☐ 3 tbsp (30 g) hemp hearts
- ☐ ¼ cup fresh mint
- ☐ 1 tbsp chocolate chips

METHOD

1. Add the soy milk, spinach, frozen banana, hemp hearts and mint to the blender.

2. Blend on high 45 to 60 seconds until completely smooth and bright green.

3. Add the chocolate chips and pulse just 2 or 3 times to break them into small bits. Pour and enjoy.

Coach tip: *Pulse the chips at the very end. Blend them on high and the whole smoothie turns muddy brown.*

30 High-Protein Smoothies · Coach Luke

4 x 6 in · cut along the dotted lines



Peach Green Smoothie

23.6 G PROTEIN · 415 CAL · SERVES 1 · 5 MIN · VEGAN

INGREDIENTS

- ☐ ¾ cup soy milk
- ☐ ½ cup plain soy yogurt
- ☐ ¼ cup silken tofu
- ☐ 1 cup frozen peaches
- ☐ 1½ cups baby spinach
- ☐ ½ frozen banana
- ☐ 2 tbsp (20 g) hemp hearts
- ☐ 1 tsp fresh ginger
- ☐ 1 tsp lemon juice

METHOD

1. Blend the soy milk, soy yogurt, tofu and spinach for 15 seconds to break down the spinach.

2. Add the frozen peaches, frozen banana, hemp hearts, grated ginger and lemon juice.

3. Blend on high 45 to 60 seconds until smooth and creamy, adding a splash more soy milk if needed.

Coach tip: *Grate the ginger on a microplane so you get all the flavor and none of the stringy bits.*

30 High-Protein Smoothies · Coach Luke



Kiwi Green Smoothie

21.3 G PROTEIN · 340 CAL · SERVES 2 · 5 MIN · VEGAN

INGREDIENTS

- ☐ 3 kiwis
- ☐ 2 cups spinach
- ☐ 1 banana, frozen
- ☐ 8 oz silken tofu
- ☐ 1¼ cups soy milk
- ☐ 3 tbsp (30 g) hemp hearts
- ☐ 1 tbsp lime juice

METHOD

1. Peel the kiwi. Blend the soy milk, tofu, spinach and hemp hearts until the spinach is completely smooth.

2. Add the kiwi, frozen banana and lime juice.

3. Blend on high 45 to 60 seconds until thick and creamy, then pour into 2 glasses.

Coach tip: *Peel, slice and freeze a ripe banana ahead of time. It's what makes this one thick and creamy.*

30 High-Protein Smoothies · Coach Luke

4 x 6 in · cut along the dotted lines



Pineapple Spinach Smoothie

19.4 G PROTEIN · 303 CAL · SERVES 2 · 5 MIN · VEGAN

INGREDIENTS

- ☐ 1½ cups frozen pineapple
- ☐ 2 cups baby spinach
- ☐ 1¼ cups soy milk
- ☐ 6 oz silken tofu
- ☐ 3 tbsp (30 g) hemp hearts
- ☐ 1 tbsp almond butter
- ☐ 1 tsp fresh ginger

METHOD

1. Add the soy milk, spinach, tofu, hemp hearts, almond butter and grated ginger to the blender.

2. Blend for 20 seconds to break down the greens.

3. Add the frozen pineapple and blend on high 45 to 60 seconds until thick and bright green. Pour into 2 glasses.

Coach tip: *If your pineapple is very tart, add half a frozen banana for natural sweetness.*

30 High-Protein Smoothies · Coach Luke



Strawberry Banana Smoothie

23.9 G PROTEIN · 393 CAL · SERVES 1 · 5 MIN · VEGAN

INGREDIENTS

- ☐ 1 cup soy milk
- ☐ ½ cup silken tofu
- ☐ 1 cup frozen strawberries
- ☐ 1 frozen banana
- ☐ 1½ tbsp (15 g) hemp hearts
- ☐ ½ tsp vanilla extract

METHOD

1. Add the soy milk and silken tofu to the blender.

2. Add the frozen strawberries, frozen banana, hemp hearts and vanilla.

3. Blend on high 45 to 60 seconds until thick and smooth, adding a splash more soy milk if needed.

Coach tip: *Liquids in first, frozen fruit on top. Your blender will thank you.*

30 High-Protein Smoothies · Coach Luke

4 x 6 in · cut along the dotted lines



Acai Berry Smoothie

25.2 G PROTEIN · 455 CAL · SERVES 1 · 5 MIN · VEGAN

INGREDIENTS

- ☐ 1 cup soy milk
- ☐ ½ cup silken tofu
- ☐ 1 packet (100 g) unsweetened frozen acai purée
- ☐ 1 cup frozen mixed berries
- ☐ ½ frozen banana
- ☐ 2 tbsp (20 g) hemp hearts

METHOD

1. Run the sealed acai pack under warm water for a few seconds, then break it into pieces.

2. Add the soy milk and tofu, then the acai, frozen berries, banana and hemp hearts.

3. Blend on low, then on high for 45 to 60 seconds until thick and completely smooth.

Coach tip: *Buy the unsweetened frozen acai packs. The sweetened ones add sugar you don't need.*

30 High-Protein Smoothies · Coach Luke



Raspberry Mint Smoothie

24.1 G PROTEIN · 422 CAL · SERVES 1 · 5 MIN · VEGAN

INGREDIENTS

- ☐ 1 cup soy milk, unsweetened
- ☐ ½ cup soy yogurt
- ☐ ¼ cup silken tofu
- ☐ 1 cup frozen raspberries
- ☐ ½ frozen banana
- ☐ 2 tbsp (20 g) hemp hearts
- ☐ 2 tbsp fresh mint

METHOD

1. Add the soy milk, soy yogurt, tofu, frozen raspberries, frozen banana, hemp hearts and mint to the blender.

2. Blend on high for about 1 minute until smooth and thick, adding a splash more soy milk if needed.

3. Taste, add a few more mint leaves for a stronger mint flavor, and garnish with a mint sprig.

Coach tip: *With almost 12 g of fiber, this is the highest-fiber smoothie in the book.*

30 High-Protein Smoothies · Coach Luke

4 x 6 in · cut along the dotted lines



Blueberry Almond Butter Smoothie

18.2 G PROTEIN · 434 CAL · SERVES 2 · 5 MIN · VEGAN

INGREDIENTS

- ☐ 2 cups unsweetened soy milk
- ☐ ½ cup rolled oats
- ☐ 1½ cups frozen blueberries
- ☐ 1 banana, frozen in chunks
- ☐ 2 tbsp almond butter
- ☐ 2 tbsp (20 g) hemp hearts
- ☐ ½ tsp ground cinnamon
- ☐ ½ tsp vanilla extract

METHOD

1. Peel the banana, break it into chunks and freeze for at least 4 hours (or overnight).

2. Blend the soy milk and oats for 30 seconds to break down the oats.

3. Add the blueberries, frozen banana, almond butter, hemp hearts, cinnamon and vanilla. Blend on high 45 to 60 seconds and pour into 2 glasses.

Coach tip: *Oats keep thickening as it sits. Saving one for later? Stir in a splash of soy milk before drinking.*

30 High-Protein Smoothies · Coach Luke



Orange Berry Vitamin C Smoothie

21.7 G PROTEIN · 361 CAL · SERVES 2 · 5 MIN · VEGAN

INGREDIENTS

- ☐ 2 oranges
- ☐ 1½ cups frozen mixed berries
- ☐ 1½ cups soy milk
- ☐ 1 cup silken tofu
- ☐ 3 tbsp (30 g) hemp hearts
- ☐ 1 tsp vanilla extract
- ☐ 2 tsp maple syrup

METHOD

1. Peel the oranges, remove as much white pith as you can and break them into segments.

2. Add the soy milk, tofu, oranges, hemp hearts, vanilla and maple syrup, then the frozen berries on top.

3. Blend on high for 60 seconds until smooth and creamy. Pour into 2 glasses.

Coach tip: *Removing the white pith keeps the smoothie sweet instead of bitter.*

30 High-Protein Smoothies · Coach Luke

4 x 6 in · cut along the dotted lines



Hemp Seed Berry Smoothie

18.4 G PROTEIN · 367 CAL · SERVES 2 · 5 MIN · VEGAN

INGREDIENTS

- ☐ 2 cups unsweetened soy milk
- ☐ 5 tbsp (50 g) hemp hearts
- ☐ 2 cups frozen mixed berries
- ☐ 2 cups baby spinach
- ☐ 1 banana
- ☐ ½ tsp vanilla extract

METHOD

1. Blend the soy milk, hemp hearts and spinach for 20 seconds until the spinach is fully broken down.

2. Add the frozen berries, banana and vanilla.

3. Blend on high 45 to 60 seconds until thick and smooth, then pour into 2 glasses.

Coach tip: *No tofu or yogurt here. Five tablespoons of hemp hearts carry the protein on their own.*

30 High-Protein Smoothies · Coach Luke



Chocolate Peanut Butter Smoothie

20.2 G PROTEIN · 351 CAL · SERVES 2 · 5 MIN · VEGAN

INGREDIENTS

- ☐ 2 cups unsweetened soy milk
- ☐ 7 oz silken tofu
- ☐ 2 bananas, frozen in chunks
- ☐ 2 tbsp natural peanut butter
- ☐ 2 tbsp unsweetened cocoa powder
- ☐ ½ tsp vanilla extract
- ☐ 1 cup ice

METHOD

1. Peel the bananas, break them into chunks and freeze for at least 4 hours (or overnight).

2. Add the soy milk, tofu, peanut butter, cocoa and vanilla to the blender, then the frozen banana and ice.

3. Blend on high 45 to 60 seconds until thick and completely smooth. Pour into 2 glasses.

Coach tip: *Use natural peanut butter (just peanuts and salt) so the only sweetness comes from the banana.*

30 High-Protein Smoothies · Coach Luke

4 x 6 in · cut along the dotted lines



Mocha Protein Smoothie

19.7 G PROTEIN · 261 CAL · SERVES 2 · 5 MIN · VEGAN

INGREDIENTS

- ☐ ¾ cup cold brew coffee
- ☐ 2 cups unsweetened soy milk
- ☐ 7 oz silken tofu
- ☐ 1 banana, frozen in chunks
- ☐ 2 tbsp unsweetened cocoa powder
- ☐ 2 tbsp (20 g) hemp hearts
- ☐ ½ tsp vanilla extract
- ☐ 1 cup ice

METHOD

1. Peel the banana, break it into chunks and freeze for at least 4 hours (or overnight).

2. Add the cold brew, soy milk, tofu, cocoa, hemp hearts and vanilla, then the frozen banana and ice.

3. Blend on high 45 to 60 seconds until thick and smooth. Pour into 2 glasses and dust with cocoa.

Coach tip: *Breakfast and your morning coffee in one glass, at just 261 calories.*

30 High-Protein Smoothies · Coach Luke



Chocolate Cherry Smoothie

23.1 G PROTEIN · 472 CAL · SERVES 1 · 5 MIN · VEGAN

INGREDIENTS

- ☐ 1¼ cups soy milk
- ☐ 1 cup frozen cherries
- ☐ ½ frozen banana
- ☐ 1½ tbsp cocoa powder
- ☐ 1 tbsp almond butter
- ☐ 2 tbsp (20 g) hemp hearts

METHOD

1. Add the soy milk, cocoa powder and almond butter to the blender.

2. Add the frozen cherries, banana and hemp hearts on top.

3. Blend on low, then on high for 45 to 60 seconds until thick and completely smooth.

Coach tip: *Frozen dark sweet cherries are already pitted, so this one takes about two minutes.*

30 High-Protein Smoothies · Coach Luke

4 x 6 in · cut along the dotted lines



Peanut Butter Oat Smoothie

25.6 G PROTEIN · 482 CAL · SERVES 1 · 5 MIN · VEGAN

INGREDIENTS

- ☐ 1 cup soy milk
- ☐ ¼ cup rolled oats
- ☐ ½ cup silken tofu
- ☐ 1½ tbsp peanut butter
- ☐ 1 frozen banana
- ☐ ¼ tsp ground cinnamon
- ☐ ½ tsp vanilla extract

METHOD

1. Add the soy milk and oats to the blender and let them sit for 5 minutes if you have time.

2. Add the tofu, peanut butter, frozen banana, cinnamon and vanilla.

3. Blend on high for 60 seconds until thick and smooth. Sprinkle with a pinch of cinnamon.

Coach tip: *Need it gluten-free? Use oats labeled certified gluten-free.*

30 High-Protein Smoothies · Coach Luke



Chocolate Hazelnut Smoothie

22.4 G PROTEIN · 374 CAL · SERVES 2 · 5 MIN · VEGAN

INGREDIENTS

- ☐ 1½ cups soy milk
- ☐ 8 oz silken tofu
- ☐ 1 banana, sliced and frozen
- ☐ 2 tbsp hazelnut butter
- ☐ 2 tbsp cocoa powder
- ☐ 2 tbsp (20 g) hemp hearts
- ☐ 1 tbsp maple syrup
- ☐ ½ tsp vanilla extract

METHOD

1. Add the soy milk, drained tofu, hazelnut butter, cocoa, hemp hearts, maple syrup and vanilla to the blender.

2. Top with the sliced frozen banana.

3. Blend on high for 60 seconds until thick and smooth. Taste, add a little more maple if you like, and pour into 2 glasses.

Coach tip: *Top with chopped toasted hazelnuts for crunch. Real hazelnut butter brings all the chocolate-hazelnut flavor.*

30 High-Protein Smoothies · Coach Luke

4 x 6 in · cut along the dotted lines



Cinnamon Almond Smoothie

21.4 G PROTEIN · 526 CAL · SERVES 1 · 5 MIN · VEGAN

INGREDIENTS

- ☐ 1 cup soy milk
- ☐ 2 tbsp almond butter
- ☐ ¼ cup rolled oats
- ☐ 1 banana, sliced and frozen
- ☐ 1 tbsp (10 g) hemp hearts
- ☐ ½ tsp ground cinnamon
- ☐ ½ tsp vanilla extract

METHOD

1. Slice the banana and freeze it for at least 2 hours (or use one frozen ahead).

2. Add the soy milk first, then the almond butter, oats, hemp hearts, cinnamon and vanilla, then the frozen banana.

3. Blend on high for 60 seconds until thick and smooth. Dust with extra cinnamon.

Coach tip: *Drink this one as a meal: it's the most filling in the book at 526 calories.*

30 High-Protein Smoothies · Coach Luke



Avocado Mango Smoothie

26.1 G PROTEIN · 458 CAL · SERVES 1 · 5 MIN · VEGAN

INGREDIENTS

- ☐ 1 cup soy milk, unsweetened
- ☐ ½ cup silken tofu
- ☐ 1 cup frozen mango
- ☐ 2 oz avocado
- ☐ 2 tbsp (20 g) hemp hearts
- ☐ 1 tbsp lime juice

METHOD

1. Add the soy milk, tofu, frozen mango, avocado, hemp hearts and lime juice to the blender.

2. Blend on high for about 1 minute until thick and completely smooth.

3. Taste, add a little more lime if you like it brighter, and serve right away.

Coach tip: *Avocado makes it ultra creamy without any dairy. Freeze leftover avocado in chunks for next time.*

30 High-Protein Smoothies · Coach Luke

4 x 6 in · cut along the dotted lines



Pineapple Coconut Smoothie

23.4 G PROTEIN · 466 CAL · SERVES 1 · 5 MIN · VEGAN

INGREDIENTS

- ☐ ¾ cup soy milk, unsweetened
- ☐ ½ cup light coconut milk
- ☐ ½ cup silken tofu
- ☐ 1 cup frozen pineapple
- ☐ ½ frozen banana
- ☐ 2 tbsp (20 g) hemp hearts
- ☐ 1 tbsp lime juice

METHOD

1. Add the soy milk, coconut milk, tofu, frozen pineapple, frozen banana, lime juice and most of the hemp hearts.

2. Blend on high for about 1 minute until thick and completely smooth.

3. Pour into a glass and sprinkle with the hemp hearts you saved.

Coach tip: *Stir the canned light coconut milk well before you measure it, since the cream settles on top.*

30 High-Protein Smoothies · Coach Luke



Mango Lassi Smoothie

21 G PROTEIN · 336 CAL · SERVES 2 · 5 MIN · VEGAN

INGREDIENTS

- ☐ 1½ cups frozen mango
- ☐ 10 oz silken tofu
- ☐ ¾ cup soy yogurt
- ☐ 1 cup soy milk
- ☐ 2 tbsp (20 g) hemp hearts
- ☐ 1 tbsp lime juice
- ☐ ½ tsp lime zest
- ☐ 1 tbsp maple syrup
- ☐ ¼ tsp ground cardamom

METHOD

1. Add the soy milk, soy yogurt, tofu, hemp hearts, lime juice, zest, maple syrup and cardamom.

2. Top with the frozen mango.

3. Blend on high for 60 seconds until thick and smooth. Taste, adjust the cardamom or lime, and pour into 2 glasses.

Coach tip: *Plain unsweetened soy yogurt gives the most authentic lassi tang.*

30 High-Protein Smoothies · Coach Luke

4 x 6 in · cut along the dotted lines



Papaya Lime Smoothie

19.5 G PROTEIN · 317 CAL · SERVES 2 · 5 MIN · VEGAN

INGREDIENTS

- ☐ 1½ cups frozen papaya
- ☐ ¾ cup frozen pineapple
- ☐ 2 tbsp lime juice
- ☐ 1 tsp lime zest
- ☐ ½ cup light coconut milk
- ☐ ¾ cup soy milk
- ☐ 10 oz silken tofu
- ☐ 3 tbsp (30 g) hemp hearts

METHOD

1. Add the soy milk, coconut milk, tofu, hemp hearts, lime juice and zest to the blender.

2. Top with the frozen papaya and pineapple.

3. Blend on high for about 60 seconds until thick and smooth. Taste, add more lime if you like, and pour into 2 glasses.

Coach tip: *Can't find frozen papaya? Frozen mango works just as well.*

30 High-Protein Smoothies · Coach Luke



Toasted Coconut Strawberry Smoothie

24 G PROTEIN · 420 CAL · SERVES 2 · 5 MIN · VEGAN

INGREDIENTS

- ☐ 2½ cups frozen strawberries
- ☐ 2 cups soy milk
- ☐ 1 cup silken tofu
- ☐ 3 tbsp (30 g) hemp hearts
- ☐ 3 tbsp unsweetened shredded coconut
- ☐ 1 banana
- ☐ 1 tsp vanilla extract
- ☐ 2 tsp maple syrup

METHOD

1. Toast the coconut in a dry skillet over medium-low heat for 2 to 3 minutes, stirring, until golden. Let it cool.

2. Add the soy milk, tofu, hemp hearts, banana, vanilla, maple and half the coconut, then the frozen strawberries.

3. Blend on high for 60 seconds until thick and smooth. Pour into 2 glasses and top with the rest of the coconut.

Coach tip: *Saving the second glass? Keep the coconut topping separate so it stays crunchy.*

30 High-Protein Smoothies · Coach Luke

4 x 6 in · cut along the dotted lines



Golden Turmeric Smoothie

18.2 G PROTEIN · 315 CAL · SERVES 2 · 5 MIN · VEGAN

INGREDIENTS

- ☐ 1 cup frozen mango
- ☐ 1 banana, frozen in chunks
- ☐ 10 oz silken tofu
- ☐ ½ cup light coconut milk
- ☐ ¾ cup soy milk
- ☐ 2 tbsp (20 g) hemp hearts
- ☐ 1 tsp ground turmeric
- ☐ 1 tsp fresh ginger
- ☐ 1/8 tsp black pepper

METHOD

1. Freeze the banana in chunks (or use one frozen ahead) and grate the ginger.

2. Add the soy milk, coconut milk, tofu, hemp hearts, turmeric, ginger and black pepper, then the frozen mango and banana.

3. Blend on high for 60 to 90 seconds until smooth and bright golden. Pour into 2 glasses.

Coach tip: *Rinse the blender right away, because turmeric stains. The pinch of black pepper is there on purpose.*

30 High-Protein Smoothies · Coach Luke



Banana Bread Smoothie

25.3 G PROTEIN · 501 CAL · SERVES 1 · 5 MIN · VEGAN

INGREDIENTS

- ☐ 1 cup soy milk
- ☐ ½ cup silken tofu
- ☐ 1 frozen banana
- ☐ ¼ cup rolled oats
- ☐ 1 tbsp peanut butter
- ☐ 1 tbsp walnuts
- ☐ ½ tsp ground cinnamon
- ☐ ½ tsp vanilla extract

METHOD

1. Add the soy milk and oats to the blender and let them soften for 2 to 3 minutes.

2. Add the tofu, frozen banana, peanut butter, walnuts, cinnamon and vanilla.

3. Blend on high for 60 seconds until thick and smooth. Sprinkle with cinnamon.

Coach tip: *The spottier the banana, the more it tastes like real banana bread.*

30 High-Protein Smoothies · Coach Luke

4 x 6 in · cut along the dotted lines



Carrot Cake Smoothie

22.3 G PROTEIN · 520 CAL · SERVES 1 · 5 MIN · VEGAN

INGREDIENTS

- ☐ 1¼ cups soy milk
- ☐ 1 carrot
- ☐ 1 frozen banana
- ☐ ¼ cup rolled oats
- ☐ 1 tbsp walnuts
- ☐ 2 tbsp (20 g) hemp hearts
- ☐ ½ tsp ground cinnamon
- ☐ ¼ tsp ground ginger
- ☐ 1/8 tsp ground nutmeg
- ☐ ½ tsp vanilla extract
- ☐ 1 tsp maple syrup

METHOD

1. Peel and chop or grate the carrot. Let the soy milk and oats soften in the blender for 2 to 3 minutes.

2. Add the carrot, frozen banana, walnuts, hemp hearts, spices, vanilla and maple syrup.

3. Blend on high for 60 to 90 seconds until completely smooth. Sprinkle with cinnamon.

Coach tip: *Grated carrot blends smoother than chunks if you have a basic blender.*

30 High-Protein Smoothies · Coach Luke



Peaches and Cream Smoothie

21.8 G PROTEIN · 456 CAL · SERVES 1 · 5 MIN · VEGAN

INGREDIENTS

- ☐ 1¼ cups frozen peaches
- ☐ 1 cup soy milk
- ☐ ½ cup soy yogurt
- ☐ 2 tbsp (20 g) hemp hearts
- ☐ ¼ cup rolled oats
- ☐ ½ tsp vanilla extract
- ☐ 1/8 tsp ground nutmeg
- ☐ 1 tsp maple syrup

METHOD

1. Add the soy milk and soy yogurt to the blender first so the blades move freely.

2. Add the oats, hemp hearts, vanilla, nutmeg and maple syrup, then the frozen peaches.

3. Blend on high for 60 seconds until thick and smooth. Top with a swirl of soy yogurt if you like.

Coach tip: *Making it ahead? It keeps in a sealed jar in the fridge for up to 24 hours. Just stir before drinking.*

30 High-Protein Smoothies · Coach Luke

4 x 6 in · cut along the dotted lines



Ginger Vanilla Smoothie

26.5 G PROTEIN · 449 CAL · SERVES 1 · 5 MIN · VEGAN

INGREDIENTS

- ☐ 1 cup soy milk
- ☐ ½ cup silken tofu
- ☐ 2 tbsp (20 g) hemp hearts
- ☐ 2 tbsp rolled oats
- ☐ 1 banana, sliced and frozen
- ☐ 1 tsp fresh ginger
- ☐ 1 tsp vanilla extract
- ☐ ¼ tsp ground cinnamon
- ☐ 1 tsp maple syrup

METHOD

1. Slice and freeze the banana for at least 2 hours (or use one frozen ahead). Finely grate the ginger.

2. Add the soy milk, tofu, hemp hearts, oats, banana, ginger, vanilla, cinnamon and maple to the blender.

3. Blend on high 45 to 60 seconds until creamy. Taste and add more ginger or a few ice cubes if you like.

Coach tip: *At 26.5 g, this is one of the highest-protein smoothies in the book.*

30 High-Protein Smoothies · Coach Luke



Salted Caramel Smoothie

21.2 G PROTEIN · 411 CAL · SERVES 2 · 5 MIN · VEGAN

INGREDIENTS

- ☐ 60 g pitted Medjool dates (about 3)
- ☐ 120 g banana (1 medium), frozen
- ☐ 8 oz silken tofu
- ☐ 1¼ cups soy milk
- ☐ 2 tbsp almond butter
- ☐ 2 tbsp (20 g) hemp hearts
- ☐ ½ tsp vanilla extract
- ☐ 1/8 tsp salt
- ☐ ¼ tsp ground cinnamon
- ☐ ½ cup ice

METHOD

1. Add the soy milk, pitted dates, tofu, almond butter, hemp hearts, vanilla, salt and cinnamon.

2. Blend for 30 seconds, until the dates are broken down.

3. Add the frozen banana and ice and blend on high for 60 seconds until thick and smooth. Pour into 2 glasses.

Coach tip: *Dates a little dry? Soak them in hot water for 10 minutes first. A few flakes of sea salt on top finish it.*

30 High-Protein Smoothies · Coach Luke

4 x 6 in · cut along the dotted lines



Apple Pie Smoothie

18.4 G PROTEIN · 351 CAL · SERVES 2 · 5 MIN · VEGAN

INGREDIENTS

- ☐ 1 apple
- ☐ 1 banana
- ☐ 10 oz silken tofu
- ☐ 1 cup soy milk
- ☐ 1/3 cup rolled oats
- ☐ 1 tbsp almond butter
- ☐ 1 tbsp maple syrup
- ☐ 1 tsp ground cinnamon
- ☐ ½ tsp vanilla extract

METHOD

1. Core the apple and cut it into chunks, leaving the skin on.

2. Add the soy milk, tofu, oats, almond butter, maple, cinnamon and vanilla, then the apple and banana.

3. Blend on high for 60 to 90 seconds until completely smooth. Pour into 2 glasses and dust with cinnamon.

Coach tip: *Use a frozen banana for a thicker, colder glass. Nut-free? Swap in sunflower seed butter.*

30 High-Protein Smoothies · Coach Luke

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