



BUILD A BETTER SMOOTHIE

TO KEEP YOU FULL AND SATISFIED

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WHAT'S INCLUDED



- Introduction
- Why not all smoothies are hormone friendly
- Hormone friendly smoothie formula
- How to make purchased smoothie better
- Recipes

A NOTE FROM THE DIETITIAN

HEY THERE!!

I am so excited to have you here! That means you're ready to learn more about how to support your hormones with nourishing foods. Oh, and enjoy some delicious smoothies!!

I believe that nourishing our bodies doesn't have to be complicated, time consuming or flavorless. Instead it can be simple, delicious and rewarding! And what better way to simplify things by making delicious smoothies that pack a nutritious punch!!

Now let's dive in to learn why not all smoothies are created equal and how you can up your smoothie game to support your hormones and metabolism while rewarding your taste buds!

~ Haley

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WHY NOT ALL SMOOTHIES ARE HORMONE FRIENDLY

NOT ALL SMOOTHIES ARE GREAT...

The thing I see most commonly in the smoothies I see on the shelves at the store, at restaurants like Jamba Juice or even what I see my clients making when we first start working together is that they are all: one, lacking protein and two, packed with sugar. Most smoothies at the store are great with their marketing. They show you all the fruits and vegetables they have packed into that tinny bottle, but it's not until you look at the back label that it is also packing 30-50+ grams of sugar too!

Wait, but this is natural sugar isn't it okay? Yes the sugar is usually coming from some great foods like fruits and vegetables, but that doesn't change the fact that it will spike your blood sugar. And because of this it will most likely do very little for keeping you satisfied longer than 30 minutes.

You see one of the keys to making a smoothie that will be satisfying and actually keep you full is to build one that will keep your blood sugar stable. In order to do that you need to balance out all those great carbohydrates with a bit of protein, fat and fiber.

When you build your smoothie like you build a balanced meal it will support stable blood sugar (which our hormones LOVE), keep you fuller longer and give you consistent energy. So let's take a look at how to build one of these fantastic hormone friendly smoothies!

HORMONE FRIENDLY SMOOTHIE FORMULA

STEP 1

Pick your protein. Protein provides amino acids that are literally the building blocks of our body. You do not want to skip on your protein when it comes to a smoothie. Protein helps keep your blood sugar stable, build muscle (hello metabolism booster) and keeps you fuller longer.

STEP 2

Find your fat. Fat is not to be feared! Like protein, fat plays a vital role in keeping blood sugar stable which is a foundational piece of metabolic and hormonal health. While fat is important, it is also good to be aware it is a bit more calorie dense so being mindful of portions does matter.

STEP 3

Fill it up with fiber. Building a great base with high fiber fruits and vegetables will not only give your smoothie great texture it will also help to fill you up by added bulk and slowing down digestion. Adding color and variety with your fiber sources in your diet is beneficial for supporting a diverse gut microbota and keeping your gut happy and healthy. Oh and also, helps keep your blood sugar stable (do I sounds like a broken record yet?).

STEP 4

Smoothies are a great way to pack in a lot of nutrients in one meal. By adding in fun things like cacao powder you not only get some extra nutrients but a bit of a flavor boost too! If you are working on your stress hormones or supporting detox you can add in things like adaptogens, broccoli sprouts or your supplements.

The most important thing to keep in mind when building a smoothie is that you want balance. Many smoothies are fruit and fruit juiced based, while there is nothing wrong with either of those if you have them alone that will spike your blood sugar and be a recipe for hanger and cravings not too long after. Think of building a smoothie similar to how you build a meal and it should keep you satisfied for 2-3+ hours!

The Formula

Step 1: Pick a Protein

If meant to be a meal aim for 20-30+ grams. If a snack aiming for 10-20+ grams.

*If choosing whole milk products that will count towards fat too.

Peanut butter
Almond butter
Cashew butter
Avocado
Coconut milk
Whole milk

Greek yogurt*
Plain yogurt*
Protein powder
Collagen
Milk
Silken Tofu

Step 2: Choose a Fat

Make sure to include some to make it satisfying.

For a meal aim for 10-25 grams. Snack 5-15grams.

Step 3: Fill it up with Fiber

Fruits and vegetables are filled with fiber to help keep you fuller longer. Aim for 6+ gram.

Maca
Cacao
Bee pollen
Cinnamon
Nutmeg
Lemon juice

Banana
Mango
Berries
Peaches
Brocoli sprouts
Cauliflower
Spinach
Acacia fiber
Chia seeds
Hemp seeds

Step 4: Bonus!

Add some nutrient dense flavor boosters!



MAKE IT BETTER

Now I get that there might be some times when making a smoothie at home is not possible or you are out and about and the kids want smoothies, so let's talk about some ways you can make the best out of what is available to you.

Store bought:

- Look at the nutrition label and opt for the lowest sugar option
- Add some protein. Either by mixing in a scoop or packet of collagen or grabbing something to have with it. You could grab a couple hard boiled eggs, string cheese or Greek yogurt.

Restaurant/Fast food:

If you are getting it from a smoothie shop you may have a few more options available to you to make your smoothie better balanced:

- Make sure it has some protein. Request to add protein powder or blend in some Greek yogurt.
- If possible, boost with some fiber (I.e. add a vegetable or chia seeds)
- If it is made with frozen yogurt or sorbet request for half or even leave it out. If available you can swap it out for a yogurt for less sugar and added protein.

RECIPES

to try



Blueberry Peanut Butter Smoothie

1 serving

5 minutes

Ingredients

1 cup Frozen Blueberries
10 fl ozs Unsweetened Almond Milk
3/4 cup Cauliflower Rice
1 tbsp All Natural Peanut Butter
1 serving Vanilla Protein Powder
1 tbsp Chia Seeds

Directions

- 1 Add all ingredients to smoothie and blend.
- 2 NOTE: may add more liquid if prefer it thinner.

Nutrition

Amount per serving	
Calories	406
Fat	16g
Carbs	35g
Fiber	11g
Sugar	16g
Protein	39g
Cholesterol	0mg
Sodium	218mg
Potassium	427mg
Vitamin A	686IU
Vitamin C	4mg
Calcium	657mg
Iron	2mg
Vitamin B6	0.2mg
Folate	25µg
Vitamin B12	0µg
Magnesium	90mg



Chocolate Zucchini Bread Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 Zucchini (chopped, frozen)
- 1/4 cup Chocolate Protein Powder
- 1/2 Banana (frozen)
- 1 tbsp Chia Seeds
- 1 tbsp Almond Butter
- 1 tbsp Cacao Powder
- 1 tsp Cacao Nibs (optional)

Nutrition

Amount per serving	
Calories	389
Fat	19g
Carbs	30g
Fiber	12g
Sugar	10g
Protein	28g
Cholesterol	4mg
Sodium	209mg
Potassium	968mg
Vitamin A	733IU
Vitamin C	23mg
Calcium	716mg
Iron	4mg
Vitamin B6	0.5mg
Folate	52µg
Vitamin B12	0.6µg
Magnesium	216mg

Directions

- 1 Add all ingredients except the cacao nibs into a high-speed blender and blend until smooth.
- 2 Pour into a glass and top with cacao nibs (optional). Enjoy!

Notes

Nut-Free: Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Raspberry Zinger Smoothie

1 serving
10 minutes

Ingredients

1 cup Frozen Cauliflower
1 cup Frozen Raspberries
1 Lemon (juiced)
1/4 cup Vanilla Protein Powder
1 tbsp Chia Seeds
1 1/2 cups Unsweetened Almond Milk

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Protein Powder: Use 1/4 cup hemp seeds per serving instead.

Nutrition

Amount per serving	
Calories	312
Fat	10g
Carbs	36g
Fiber	16g
Sugar	12g
Protein	27g
Cholesterol	4mg
Sodium	317mg
Potassium	819mg
Vitamin A	873IU
Vitamin C	100mg
Calcium	925mg
Iron	4mg
Vitamin B6	0.4mg
Folate	131µg
Vitamin B12	0.6µg
Magnesium	159mg



Chocolate Cauliflower Shake

2 servings

5 minutes

Ingredients

2 cups Frozen Cauliflower
2 Banana (frozen)
2 tbsps Almond Butter
1/4 cup Cacao Powder
1/2 cup Chocolate Protein Powder
2 cups Unsweetened Almond Milk
1 tbsp Maca Powder

Directions

- 1 In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Make it Mocha: Replace half of the almond milk with chilled coffee.

Likes it Sweeter: Add pitted medjool dates.

No Maca Powder: Leave it out or use cinnamon instead.

Nutrition

Amount per serving	
Calories	449
Fat	16g
Carbs	50g
Fiber	17g
Sugar	20g
Protein	31g
Cholesterol	4mg
Sodium	235mg
Potassium	1345mg
Vitamin A	593IU
Vitamin C	67mg
Calcium	695mg
Iron	4mg
Vitamin B6	0.8mg
Folate	114µg
Vitamin B12	0.6µg
Magnesium	236mg



Butternut Squash Smoothie

1 serving

5 minutes

Ingredients

1 1/3 cups Unsweetened Almond Milk
1/2 cup Frozen Cauliflower
4 leaves Romaine (roughly chopped)
3/4 cup Butternut Squash (frozen, cubed)
1/2 Banana (frozen)
1/8 tsp Cinnamon
1/4 cup Vanilla Protein Powder
1 1/2 tbsps Chia Seeds
1 tbsp Almond Butter

Nutrition

Amount per serving	
Calories	446
Fat	19g
Carbs	46g
Fiber	17g
Sugar	12g
Protein	31g
Cholesterol	4mg
Sodium	283mg
Potassium	1401mg
Vitamin A	21630IU
Vitamin C	60mg
Calcium	979mg
Iron	5mg
Vitamin B6	0.7mg
Folate	246µg
Vitamin B12	0.6µg
Magnesium	241mg

Directions

- 1 Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Nut-Free: Use coconut or oat milk and use sunflower seed butter instead of almond butter.

No Frozen Butternut Squash: Use fresh, cooked squash or canned.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



READY TO LIVE IN A BODY YOU LOVE AND
HAVE THE ENERGY TO LIVE LIFE TO IT'S
FULLEST?

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