



LU30

LEVEL UP 30

The ultimate breakfast smoothie

This delicious weight loss green smoothie is a magic blend to give you all the power you need for your weight loss goal.

This one is my personal favorite and was part of my very own weight loss journey! These ingredients are carefully picked to fill you with the right nutrients; proteins, fibre and healthy fats, while still keeping it at a low caloric intake.

YOU NEED:

- Prep | 5 m
- A blender or Ninja Bullet
- Measuring cups

Stack all of the ingredients in your blender, serve and enjoy!



Always make sure that you are rotating your greens every 3-7 days. For this recipe, you can also use kale or romain lettuce.

INGREDIENTS for 1 serving

- 1 c. of almond milk unsweetened
- 1/2 cup of water
- 2 handfuls of spinach
- 1/2 c. of kiwi
- 1/2 c. of frozen raspberries
- 1/2 c. of avocado
- 1 scoop of whey protein
- 1 tsp. of spirulina



Don't like almond milk? Use coconut milk or any other nut milk. You can also simply add the same quantity of water.

Nutrition Facts

Servings 1.0	
Amount Per Serving	
calories 335	
	% Daily Value *
Total Fat 13 g	20 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 241 mg	10 %
Potassium 1165 mg	33 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 10 g	38 %
Sugars 12 g	
Protein 34 g	67 %
Vitamin A	96 %
Vitamin C	141 %
Calcium	45 %
Iron	13 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.