

CROSSFIT

LASALLE



Smoothies 101

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Why add protein to my smoothies?

There are numerous studies that support the use of protein in the diet for everything from disease prevention to fat loss.

From a fat loss standpoint, here are a few things to consider:

- Increased Protein intake triggers the hormone Glucagon. This, in turn, prevents the spiking of your Insulin (which is also a hormone) levels, which simply mean you, minimize the chance of storing blood sugar as fat.

In other words, eat more protein and you bust the belly flab. Sure, there's more to it than that, but that is the crux of it. As long as you understand the basics, you can KEEP the belly flab from coming back.

- Our tissues, nerves, and bones are made up mostly of protein. Proteins help give structure to our cells and is used for growth, tissue repair, and to make essential hormones and enzymes. Essentially, it helps repair and build muscle.
- Protein requires more calories to digest than carbohydrates or fat. This is called the "thermic effect of food." In other words, your body uses more calories to digest protein than other nutrients.

A study published in the American Journal of Physiology showed that a high protein group of participants (consuming 1 gram of protein per pound of bodyweight per day) had higher thermic effect, meaning they burned more fat—42% more fat to be exact. The lower protein group, (consuming the RDA recommendation of 0.8 grams per kilogram of bodyweight, which is approx 0.4 grams per pound of bodyweight per day) only increased their fat burning by 16%.

- Protein provides satiety. That's a fancy way of saying you feel fuller for longer when you eat protein. Researchers have found that the hormone cholecystokinin (CCK) is largely responsible for the feeling of fullness or satiety. CCK is available in whey protein and studies show that when people who consumed whey before they were allowed to eat all they wanted at a buffet they had a decreased consumption of calorie intake.

- Studies show that the alpha-lactalbumin found in whey heightens the tryptophan in the blood, therefore aiding in higher serotonin levels. Higher serotonin levels lead to lower stress and reduced food consumption.

I could list study after study, but basically using protein in exchange for some of the other things you are currently eating, such as high sugar and high carbohydrate meals, could result in a better looking and feeling body.

What kind of protein is best?

I prefer whey protein. I prefer the taste and texture to all others. And I have tried almost everything...

You want to choose a protein that is a "complete" protein, meaning it has the essential amino acids present in the correct ratios. Generally, this can only be found in an animal-based protein such as whey or egg white protein.

Sometimes vegan types of protein powder combine ingredients to create a complete protein, but usually standalone vegan proteins such as rice, soy, or pea are not complete by themselves.

How much protein should I eat?

I think you should get advice from a doctor or a nutrition expert on this and then you still may need to adjust based on how your body reacts and how you feel.

There are recommendations out there from 0.4 grams per pound of bodyweight, all the way to other suggestions of 1.2 grams per pound of bodyweight for athletes. Some bodybuilders and physique models have been documented using up to 2+ grams per pound of bodyweight.

What is the difference between a "Protein Shake" and a "Meal Replacement Shake"?

A protein shake, for the most part, is just protein. There are no other macro-nutrients: very little or no carbohydrates, fat, or fiber.

A meal replacement shake is just that, a meal replacement, meaning it has all the macro-nutrients such as protein, carbohydrates, fat, and fiber.

They are both useful, depending on the time of day such as morning meal or evening snack, or pre-workout or post-workout, whether it is a snack or a meal, what your caloric and macro-nutrient needs are.

I think either one of these shakes is a better choice than, say, granola bars, cheeseburgers, French fries, ice cream, cake, cookies, candy bars, frappuccinos, double white chocolate

mochas, burrito supremes, scones, bran muffins, chips, breakfast cereal, bagels, toast, and many, many other things that we grab to eat way too often.

What tools are needed to make a smoothie?

A blender, measuring cups, and spoons...

As for blenders, I have tried everything, all kinds of brands, small ones, big ones, plastic ones, stainless steel ones. You name it, and I've tried it! I've found that any kind can work, but the best one for you depends on how you will be using it.

Choose one that fits your needs. Size, price, durability. All of these things matter. I have found that spending a little more on a good blender is worth every penny. I have been through a million cheap blenders: Take my word for it and just get a good one.

Why should I incorporate smoothies into my diet?

My top reasons are convenience, health, and yummy-ness.

- I have always been a breakfast eater and still prefer preparing a big fancy egg breakfast, but I know from personal experience that this option just isn't possible all the time with my schedule. Research shows that eating breakfast helps you stay lean and healthy, but eating more convenient foods like waffles, donuts, etc., is a bad idea. I KNOW that if I eat those then I will crave crap and eat crap the rest of the day. However, if I make a protein shake, the rest of the day will more likely be successful. I will feel better about myself, and my body will feel better all day.

Smoothies take 30 seconds to 5 minutes at the most depending on how creative you are. How much more convenient than that can you get?

- It allows me to have a yummy and delicious treat without flooding my body with sugar and refined carbohydrates. I honestly feel good about subbing crappy food with a protein smoothie.
- Got kids? Try to get them on a protein smoothie for breakfast. Studies show that they will be more productive, think clearer, and have a better attention span all day long if they have protein in their breakfast. I would cut the protein serving size in half for kids under 13.

Protein smoothie basics

The base for all smoothies is the protein powder or meal replacement powder, water, and ice.

If you prefer, you can always substitute milk instead of water, and that milk can be cow's milk, rice milk, almond milk, or coconut milk. Just keep this in mind: Most of those milk

options add more calories and carbohydrates. Also, if you have a thyroid issue you may want to stay away from soy.

After the basics of protein, water, and ice, you can add anything to it. Anything! Just keep in mind that the things you add to the smoothie continue to stack up calories. The tradeoff is that when you add wholesome fruits and vegetables (yes, veggies!), these boost the nutrient content drastically!

Here are some recipes to get you started.

With a little creativity, I bet you could create more options that suit your favorite flavors!

ChocolateMintShake

1 Cup of Ice
1 Cup of water
2 Scoops Chocolate Whey Isolate
¼ to ½ tsp. natural peppermint extract

Mix all ingredients in a blender and enjoy!

Mounds

1 - Cup of Ice
1 - Cup of water
2 - Scoops Vanilla Whey Isolate
½-Cup of Coconut Flakes (unsweetened)
Mix all ingredients in a blender and enjoy!

Creamy Vanilla

1 Cup of Ice
1 Cup of milk*
1 Scoop Vanilla Whey Isolate
1 tsp. Vanilla Extract
½ tsp. Cinnamon
½ tsp. Nutmeg

Mix all ingredients in a blender and enjoy!

Chocolateeee Chocolate

1 Cup of Ice
1 Cup of water
2 Scoops Chocolate Whey Isolate
1 Tbsp of Unsweetened Cocoa Powder
1 packet of Truvia

Mix in a blender and enjoy!

Strawberry Banana Smoothie

1 Cup of Ice
1 Cup of water
1 Scoop Vanilla Whey Isolate
1 Cup of Frozen Strawberries
½ Banana sliced

Mix in a blender and enjoy!

Grande Protein Mocha

1 Cup of Ice
1 Cup of water
2 Scoops Chocolate Whey Isolate
½ Packet of Starbucks Via Instant Coffee (or any type of instant coffee)
1Tbsp. of your favorite coffee creamer (optional)

Mix in a blender and enjoy!

Banana Chocolate Smoothie

1 Cup of Ice
1 Cup of water
2 Scoops Chocolate Whey Isolate
1 Frozen Sliced Banana

Mix in a blender and enjoy!

Chunky Monkey

1 Cup of Ice
1 Cup of water
2 Scoops Chocolate Whey Isolate
½ Frozen Sliced Banana
1-2 Tbsp. Natural Chunky Peanut Butter

Mix in a blender and enjoy!

Chocolate Covered Cherry

1 Cup of Ice
1 Cup of water
2 Scoops Chocolate Whey Isolate
½ Cup of Frozen Cherries

Mix in a blender and enjoy!

Pumpkin Pie Protein Shake

3.5 Tbs. Pumpkin Puree
1 scoop Vanilla Whey Isolate
1 tsp. Pumpkin Pie Spice
1 cup ice
2/3 cup milk

1 tsp. pure vanilla extract
2 Tbsp. Heavy Whipping Cream

Blend ingredients in a blender top with whipped cream and pumpkin pie spice for a special treat.

Orangesicle

1 Cup of Ice
1 Cup of milk*
1 Scoop Vanilla Whey Isolate
½ tsp. orange extract (or you could use 1-2 tbsp. of frozen o.j. concentrate)

Mix in a blender and enjoy!

Frozen Coffee Delight

1 Cup of Ice
1 Cup of water
1 Scoop Vanilla Whey Isolate
½ Packet of Starbucks Via Instant Coffee (or any type of instant coffee)
1 Tbsp. of your favorite flavored creamer (optional)

Mix in a blender and enjoy!

Strawberry Milkshake

1 Cup of Ice
1 Cup of water
1 Scoop Vanilla Whey Isolate
7-8 Frozen Strawberries
1 Tbsp. Vanilla coffee creamer

Mix in a blender and enjoy!

Egg Nog Shake

1 Cup of Ice
1 Cup of Silk Nog (it is a soy milk egg nog without eggs)
1 Scoop Vanilla Whey Isolate
Dash of Nutmeg Dash of Cinnamon

Mix in a blender and enjoy!

Root Beer Float

1 Cup of Ice

Diet Root Beer (you could also try Root Beer Extract and use milk as liquid base)

1 Scoop Vanilla Whey Isolate

2 Tbsp Whipping cream (heavy cream, not from a can)

Blend whipping cream, ½ of the ice cubes, and just enough water to make a paste out of protein, then add a little bit of root beer at a time. Your blender will explode if you add it all at once! Add more ice to make it icy enough for your preference.

Key Lime Pie

1 Cup of Ice

½ Cup of water

3-4 oz. of Vanilla Greek Yogurt

1 Scoop Vanilla Whey Isolate

1-2 Tbsp. Cream

Juice from 5-6 Key Limes

Key Lime Zest

1 Graham Cracker

Mix in a blender and enjoy!

Peach Cobbler

1 Cup of Ice

1 Cup of Water

1 Scoop of Vanilla Whey Isolate

½ Tsp. of Cinnamon

1 Cup of fresh or frozen peaches (fresh are sweeter)

1 Graham Cracker

Mix in a blender and enjoy!

Banana Split Power Smoothie

1 Cup of Skim Milk
1 Cup of low fat cottage cheese
½ banana peeled
1 Cup frozen strawberries
1 ½ Cups frozen pineapple chunks
½ Tsp. stevia
You can add in Vanilla Whey Isolate if you need extra protein.

Mix in a blender and enjoy!

Pina Colada

1 Cup of Ice
1 Cup of Coconut Milk
1 Scoop of Vanilla Whey Isolate
1 Cup of Fresh or Frozen Pineapple (Fresh has better flavor)
½ Cup of Coconut flakes – unsweetened.

Mix in a blender and enjoy!

Berry Berry Green Smoothie

1 Cup of Ice
1 Cup of Water
1 Scoop of Vanilla Whey Isolate
1 Cup of Frozen Mixed Berries
1 Handful of Spinach

Mix in a Blender and enjoy!

Raspberry Mocha

1-Cup of Ice

1-Cup of Water

1 $\frac{3}{4}$ - Scoop Chocolate Whey Isolate

$\frac{1}{4}$ - Cup Frozen Raspberries

$\frac{1}{2}$ Packet of Starbucks Via Instant Coffee (or any type of instant coffee) (or to make this special- brew Raspberry flavored coffee and let it cool)

Mix in a blender and enjoy!

Coconut Delight

1 scoop of chocolate Chocolate Whey Isolate

2 tablespoons of coconut milk

6 oz. vanilla Greek yogurt

Blend, and top with shredded coconut flakes.

Chocolate Cherry Bars

1 cup of almonds

$\frac{3}{4}$ of a cup of dried, unsweetened cherries

Juice of $\frac{1}{2}$ an orange

$\frac{1}{3}$ c of Chocolate Whey Isolate

$\frac{1}{4}$ cup of coconut flakes (unsweetened)

Tablespoon of orange zest (you can omit the orange zest if you'd like- it makes it quite orangey)

Whisk the ingredients around in the food processor till processed, and all the pieces are uniformly small. Line a bread pan in waxed paper, and press the "batter" in. Once you get the shape, remove from the pan, slice into bars, and ENJOY!!

This recipe makes approximately 8 bars.

Protein Popsicles

1 handful (approximately ½ cup) fresh or frozen cherries (or whatever berry or fruit you happen to have on hand)

1 6oz. container of Greek Yogurt (your flavor of choice)

1 scoop of Vanilla Whey Isolate

1 handful of chopped peaches (approximately 1/2 cup)

Reserve a few chunks of the fruit on the side

Blend the yogurt, Prograde Protein Powder, and rest of the fruit till smooth.

Next, drop the reserved fruit into whatever popsicle containers you have (I used the plastic kind you buy at the grocery store for \$1)

Pour the yogurt mixture in over the fruit, and freeze until solid.