



# THE CLUB GYM

## RECIPE BOOK

*The Smoothie Edition*



THECLUBGYM.CO.UK

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**RECIPE BOOK**

*The Smoothie Edition*



Welcome to The Club Gym. Nutrition is just as important as your training when it comes to getting results, this is why we have created this recipe book which is exclusive to all of our members.

We hope you enjoy!

**The Club Gym Team**



## DISCLAIMER

*The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.*



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Ginger has MANY health benefits, some including anti-inflammatory properties, blood sugar regulation, and gastrointestinal relief.



SERVES 2 | TOTAL TIME: 3 MINUTES

## INGREDIENTS

3 **kiwi fruits**

2 **bananas**

180 millilitres chilled **milk** (any milk is fine, soy, almond, coconut etc)

190 grams chilled **low fat yoghurt**

4 tablespoons **porridge oats**

1 thumb sized piece of **ginger**, grated

Optional:

1 teaspoon **honey**

(if you like it that bit sweeter)

## INSTRUCTIONS

Skin the kiwis, slice off the top and bottom, stand and then slice off the edges.

Peel the bananas then chop or grate the ginger.

Blitz everything until smooth in a blender

Pour into tall glasses and enjoy!

# KIWI BANANA BREAKFAST SMOOTHIE

297  
CALORIES

11  
PROTEIN

59  
CARBS

3  
FATS

9  
FIBRE

Traditional PB&J recipes are made with grape, jelly (or jam as it's known in the UK). This recipe makes use of the grapes in their fresh form, bringing down the calories.



SERVES 2 | TOTAL TIME: 10 MINUTES

## INGREDIENTS

227 grams chilled plain, **fat free**

**Greek yoghurt**

120 millilitres chilled **unsweetened vanilla almond milk**

2 packets **natural sweetener** (Truvia, stevia, etc.)

25 **green grapes**

60 grams **peanut flour**

4 **ice cubes**

## INSTRUCTIONS

Blitz the Greek yoghurt, milk, sweetener and grapes in a blender until the grape skins are completely mixed in and no bits are visible.

Add the peanut flour and ice and blend again until silky and smooth.

Serve immediately or keep cold in your refrigerator.

# PEANUT BUTTER AND JELLY

260  
CALORIES

29  
PROTEIN

29  
CARBS

4.5  
FATS

5  
FIBRE

Kale used to be called peasant's cabbage.



SERVES 1 | TOTAL TIME: 5 MINUTES

# BLUEBERRY AND KALE

## INGREDIENTS

½ **Banana**  
115 grams chopped **kale**  
50 grams **blueberries** fresh or frozen  
125 grams chilled plain **low fat yoghurt**  
1 scoop **protein powder**  
120 millilitres **cold water** (optional)  
1 tablespoon **flax seed meal**  
½ teaspoon **cinnamon**  
Two handfuls **ice**

## INSTRUCTIONS

Place all the ingredients in a high speed blender

Blend until smooth

Add some of the optional water if you prefer a thinner consistency.

Serve immediately

240  
CALORIES

17  
PROTEIN

38  
CARBS

4  
FATS

7  
FIBRE

Avocado is a fruit. Not as weird sounding now right?



SERVES 1 | TOTAL TIME: 3 MINUTES

# CHOCOLATE AVOCADO

## INGREDIENTS

85 grams cold **avocado flesh**  
2 tablespoons **cocoa powder**  
1 medium **cold banana**  
65 grams chilled plain **Greek yoghurt** or coconut cream  
2 to 4 tablespoons chilled **milk**  
½ teaspoon **vanilla extract**

## INSTRUCTIONS

Blend everything together until smooth and creamy, you can add more milk at this stage if you prefer a thinner consistency.

Serve immediately or keep covered in the refrigerator for up to 24 hours.

Note: Coconut cream (from a tin of chilled coconut milk) or coconut milk yoghurt will produce a thicker smoothie but you could also use coconut milk for a thinner version while still adding coconut flavour.

361  
CALORIES

15  
PROTEIN

33  
CARBS

20  
FATS

2  
FIBRE



This recipe makes use of beets or beetroot. Beetroots and beetroot juice have been associated with numerous health benefits, including improved blood flow, lower blood pressure, and increased exercise performance.

Many of these benefits are due to their high content of inorganic nitrates.



SERVES 1 | TOTAL TIME: 5 MINUTES

# SUPERFOOD SHAKE

## INGREDIENTS

115 grams frozen **cherries**  
240 millilitres chilled **water**  
115 grams chopped **raw beetroot**  
115 grams **frozen strawberries**  
115 grams **frozen blueberries**  
½ **banana**  
1 scoop **chocolate whey protein**  
1 tablespoon **ground flaxseed**

## INSTRUCTIONS

Place all the ingredients into a blender and blitz into a smooth consistency.

Vary the amount of water according to your preferred consistency

Serve immediately.

329  
CALORIES

28  
PROTEIN

52  
CARBS

4  
FATS

11  
FIBRE





The most common mint flavors are peppermint and spearmint, but there are more than 20 types of mints growing around the world.



If you can't find the dark chocolate almond milk add in an extra tsp of cocoa powder.

SERVES 1 | TOTAL TIME: 3 MINUTES

## INGREDIENTS

1 scoop **chocolate protein powder**  
180 millilitres **cold chocolate flavoured almond milk**  
1 tablespoon **walnuts**  
2 tablespoons **unsweetened cocoa powder**  
1 tablespoon **cacao nibs**  
2 **mint leaves**  
4 **ice cubes**  
60 millilitres **water**

## INSTRUCTIONS

Place all the ingredients into your blender.

Blend until all combined and smooth, without any large pieces of walnuts

Adjusting the quantity of water, or ice cubes will alter the consistency to suit your preference.

Serve cold.

# DOUBLE CHOCOLATE MINT SMOOTHIE

292  
CALORIES

25  
PROTEIN

32  
CARBS

12  
FATS

4  
FIBRE

April 23rd is National Cherry Cheesecake Day. You can have this whenever you wish though!



SERVES 1 | TOTAL TIME: 5 MINUTES

## INGREDIENTS

350 millilitres cold **milk**  
2 scoops **chocolate flavoured protein powder**  
450 grams pitted **sweet dark cherries**  
225 grams **raw spinach**  
1 tablespoon **walnuts**  
1 tablespoon **ground flax**  
1 tablespoon **cacao nibs**  
or dark cocoa powder

## INSTRUCTIONS

Wash the spinach and pat dry.

In a high speed blender, place all the ingredients together and blend to a smooth consistency.

Enjoy immediately, topped with extra cacao nibs for a crunchy texture.

# CHERRY CHEESECAKE SMOOTHIE

530  
CALORIES

56  
PROTEIN

47  
CARBS

13  
FATS

9  
FIBRE

Surveys say that women and children favour smooth PB and men like chunky more.



SERVES 1 | TOTAL TIME: 5 MINUTES

# CHOC PB AND BANANA

## INGREDIENTS

200 grams **banana** (previously peeled, sliced and frozen)  
2 tablespoons **salted natural peanut butter**  
1-2 pitted whole **dates**  
1 tablespoon **cacao powder** or unsweetened cocoa powder  
235 to 355 millilitres unsweetened **almond milk**  
½ cup **ice** (optional)

Optional Additions:

1 tablespoon **cacao nibs** for a chocolate chip effect (blend in or use as topping)

1 tablespoon **flax or hemp seeds**

(for added nutrition)

**Dairy-free chocolate sauce** (for drizzling inside glass)

## INSTRUCTIONS

With the exception of the almond milk, add everything together in a blender.

Incorporate the almond milk 100 millilitres at a time, using just enough to allow the ingredients to blend until your desired consistency is reached.

Taste and adjust flavours, more banana and/or dates will yield more sweetness, cacao for a more chocolatey flavour, and peanut butter if you like it a bit more savoury. Optional: Add a handful of ice for extra thickness.

For a more creative look, add the cacao nibs towards the end of preparation for a choc-chip effect and swirl your chilled glass with the chocolate sauce before pouring.

Serve topped with a sprig of fresh mint and some sliced banana

382  
CALORIES

13  
PROTEIN

44  
CARBS

21  
FATS

8  
FIBRE

Carving pumpkins into jack-o'-lanterns is a popular Halloween tradition that originated hundreds of years ago in Ireland



SERVES 1 | TOTAL TIME: 5 MINUTES

# PUMPKIN PIE

## INGREDIENTS

350 millilitres chilled **almond milk**  
115 grams **pumpkin puree**  
1 tablespoon **almond butter**  
1 scoop **vanilla protein powder**  
½ teaspoon **cinnamon powder**  
¼ teaspoon **nutmeg powder**  
¼ teaspoon **ginger powder**

Optional Toppings:

**Pumpkin seeds**

**Hemp seeds**

## INSTRUCTIONS

Combine all the ingredients in a blender, blitz until smooth and there are no visible traces of nut butter.

Serve in long tumblers

For extra crunch, sprinkle with hemp seeds and/or pumpkin seeds.

390  
CALORIES

24  
PROTEIN

31  
CARBS

17  
FATS

5  
FIBRE



One lime can provide 32 percent of your required daily vitamin C

SERVES 1 | TOTAL TIME: 5 MINUTES

# KEY LIME PROTEIN SHAKE

## INGREDIENTS

115 grams **fat free cottage cheese**  
1 Scoop **vanilla protein powder**  
1 tablespoon **lime juice**  
5 to 10 **ice cubes**  
350 millilitres cold **water**  
2 to 4 packs **Stevia** (or ¼ -1 teaspoon sweetener of choice)  
2 or 3 drops **green food colouring**,  
or a handful of spinach to make it green.

Optional:

1 tablespoon **sugar free vanilla instant pudding mix**  
½ teaspoon **xanthan gum**  
1 **digestive biscuit** crushed into crumbs

## INSTRUCTIONS

Add everything into a blender and whizz up until rich and creamy,

Add the water and ice cubes gradually, until you reach your desired consistency, the addition of the pudding mix and/or gum will also yield a thicker, creamier end result.

Top with sprinkles of the crushed biscuit and enjoy!

180  
CALORIES

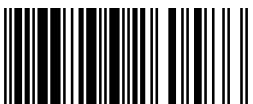
36  
PROTEIN

7  
CARBS

1  
FATS

1  
FIBRE

Oreos are the world's best selling cookie.



SERVES 2 | TOTAL TIME: 5 MINUTES

# SKINNY OREO SHAKE

## INGREDIENTS

250 grams **fat free cottage cheese**

230 millilitres **skimmed milk**

3 **Oreo cookies**

1 teaspoon **Truvia or Stevia**

1 teaspoon **vanilla extract**

## INSTRUCTIONS

Blend the cottage cheese until smooth (you may want to add a splash of milk to assist the blending)

Add the rest of the ingredients to the blender and blitz, adding more milk if you like it a bit thinner and bear in mind that it will thicken slightly when chilled

Chill for around one hour before consuming.

204  
CALORIES

26  
PROTEIN

22  
CARBS

5  
FATS

0  
FIBRE





In France, French toast is called “pain perdu,” meaning “lost bread.”



Although not a staple in many supermarkets, sugar free syrups are readily available online.

SERVES 1 | TOTAL TIME: 3 MINUTES

# FRENCH TOAST

## INGREDIENTS

115 grams **fat free cottage cheese**  
1 scoop **vanilla protein powder**  
1 teaspoon **maple extract** (or 2 tablespoons sugar free maple syrup)  
½ teaspoon **cinnamon**  
Pinch **nutmeg** or pumpkin pie spice  
3 to 5 **Stevia** packets or sweetener of choice  
240 millilitres cold **water**  
Handful **ice Cubes**  
½ teaspoon **Xanthan gum** (optional)  
½ teaspoon **butter** (optional)

## INSTRUCTIONS

Add half the water and ice into your blender.

Add the remaining ingredients and blitz to form a smooth, rich consistency. Continue to add water if you desire a slightly thinner texture or ice for a thicker result. Adding the optional butter or Xanthan gum will also add further depth and thickness.

This is great topped with a couple of spoonful's of fat reduced or dairy free whipped cream, and a pinch of cinnamon.

180  
CALORIES

36  
PROTEIN

7  
CARBS

1  
FATS

1  
FIBRE



SERVES 1 | TOTAL TIME: 5 MINUTES

## INGREDIENTS

175 grams fresh **pomegranate** seeds

1 **banana**

100 grams **frozen strawberries**

or other berry

120 millilitres cold **coconut milk**

Handful **ice**

Toppings:

**Pomegranate seeds**

**Chia seeds**

**Coconut flakes**

**Cocoa nibs**

## INSTRUCTIONS

Put all ingredients into a blender and blend thoroughly.

Adjust to your preferred thickness, adding ice to make it thicker or more milk if you prefer it thinner

Top with chia seeds, pomegranate seeds, coconut flakes and cocoa nibs.

# POMEGRANATE SMOOTHIE BOWL

198  
CALORIES

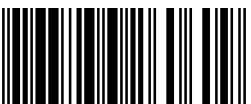
3  
PROTEIN

40  
CARBS

4  
FATS

8  
FIBRE

In most Peanut butter recipes using peanut butter powder as an alternative can bring down the calories without the taste.



SERVES 1 | TOTAL TIME: 5 MINUTES

## INGREDIENTS

170 millilitres chilled **non dairy milk**

(soy, almond, etc)

1 to 1½ large, very ripe peeled and sliced **frozen banana**

1 scoop plant-based

**chocolate protein powder**

2 tablespoons **peanut flour** or peanut butter

8 **ice cubes**

Optional toppings:

**Shredded coconut, sliced banana, blueberries, granola, cereal, peanut butter**

## INSTRUCTIONS

Put all ingredients except the ice into your blender in the order listed.

Start with about 100 millilitres of the milk, blend and add more liquid as needed.

Scrape the sides of the blender clean add a little more liquid (if required) and blend again.

At this stage add the ice and blend further, then gradually add additional liquid, only if needed!

Transfer blended mixture to a large bowl and add all of your favourite toppings.

Enjoy!

# CHOC PEANUT BUTTER SMOOTHIE BOWL

238  
CALORIES

27  
PROTEIN

27  
CARBS

3  
FATS

4  
FIBRE

You will have leftover cashew cream sauce but, unless you have a miniscule food processor, it's hard to make a smaller batch.



SERVES 2 | TOTAL TIME: 20 MINUTES

# AVOCADO SMOOTHIE BOWL

## INGREDIENTS

50 grams mashed **avocado**  
65 grams **low fat vanilla greek yoghurt**  
180 millilitres **unsweetened vanilla almond milk**  
2 tablespoons **vanilla Protein powder**  
½ small **banana** frozen and roughly chopped  
30 grams **kale**  
**Coconut flakes** for garnish  
**Pomegranate seeds** for garnish  
Pinch of **salt**

For the cashew cream:

½ cup **cashews** plus additional for garnish  
6 tablespoons **light coconut milk**

## INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6 and then line a small baking sheet with parchment or greaseproof paper.

Spread the cashews on the baking sheet and toast in the oven until golden brown, between 5-10 minutes will do. Set them aside to cool.

Once cooled, place them in a bowl and cover them with water. Cover the bowl with kitchen wrap and refrigerate for 8 hours.

After the 8 hours, drain off the water and add the nuts to a blender. Add the coconut milk and a pinch of salt and blend until a smooth, creamy sauce has formed.

In a separate blender, add the remaining ingredients (except the garnish) and blend until smooth. The end mixture should be pretty thick and creamy.

Divide the mixture between two bowls and swirl in 2 tablespoons of the cashew cream.

Garnish with the additional cashews, coconut flakes and pomegranate seeds.

357  
CALORIES

15  
PROTEIN

23  
CARBS

25  
FATS

4  
FIBRE

Carrots contain more sugar than any other vegetable besides the sugar beet. Hence why often used in desserts.



You can use cinnamon interchangeably with nutmeg in both sweet and savory recipes. It has a similar flavor profile, but it's a bit more pungent so mix and match how you favour the taste.



SERVES 3 | TOTAL TIME: 10 MINUTES

## INGREDIENTS

2 medium **carrots**, peeled  
1 frozen **banana**  
2-3 **dates**  
1 inch piece **ginger**  
40 grams **rolled oats**  
1 scoop **vanilla protein**  
1 teaspoon **cinnamon**  
¼ teaspoon **nutmeg**  
Seeds from 3 **cardamom pods**  
240 to 360 millilitres **almond milk**

## INSTRUCTIONS

Combine all the ingredients in a high-speed blender adding the milk gradually until a smooth mixture has formed that is to your preferred consistency.

Distribute evenly between bowls, and serve immediately

# CARROT CAKE SMOOTHIE BOWL

191  
CALORIES

10  
PROTEIN

29.9  
CARBS

4.9  
FATS

3  
FIBRE

44



One large handful (1/2 a cup) of juicy blueberries contains just 44 calories but has 2 grams of dietary fibre and 10% of your daily recommended vitamin C content.



SERVES 2 | TOTAL TIME: 10 MINUTES

## INGREDIENTS

2 frozen **bananas**, chopped  
2 regular **bananas**, sliced  
125 millilitres chilled **almond milk**  
4 pitted **Medjool** dates  
155 grams **frozen blueberries**  
40 grams **rolled oats**  
1 tablespoon **chia seeds**

Toppings:

Sliced **banana**, shredded **coconut**, **fresh strawberries**, chopped **raw and unsalted almonds** and more **rolled oats**.

## INSTRUCTIONS

Place all the ingredients in a blender and blend until smooth and at a consistency to your liking

Garnish with your choice of topping(s)

# BLUEBERRY SMOOTHIE BOWL

556  
CALORIES

8  
PROTEIN

102  
CARBS

18  
FATS

15  
FIBRE



Cherries were part of a Roman soldiers rations. The pits were therefore proliferated across their empire. Wild cherry trees often indicatethe whereabouts of old Roman roads.



SERVES 1 | TOTAL TIME: 10 MINUTES

## INGREDIENTS

340 grams **frozen cherries**, pitted

1 **banana**

120 millilitres chilled **coconut water**

Optional Toppings:

**Whole cherries**

**Coconut flakes**

**Sliced almonds**

**Raw cacao nibs**

## INSTRUCTIONS

Blitz the cherries, banana and coconut water in your blender, until smooth and no large pieces of cherry are visible

Pour the smoothie mixture into a bowl and top with your choice of the optional toppings

# DARK CHERRY SMOOTHIE BOWL

258  
CALORIES

4  
PROTEIN

64  
CARBS

1  
FATS

8  
FIBRE



Apples are high in polyphenols, which function as antioxidants. This is one of the reasons they “an apple a day keeps the doctor away”.

SERVES 1 | TOTAL TIME: 5 MINUTES

## INGREDIENTS

1 small **frozen banana**  
125 grams **fat free vanilla Greek yoghurt**  
250 grams **unsweetened apple sauce**  
25 grams **rolled oats**  
1 teaspoon **cinnamon**  
1 teaspoon **vanilla extract**  
120 millilitres chilled **unsweetened almond milk**

Optional:

Handful of **fresh spinach** or **kale**

## INSTRUCTIONS

Break up the banana and place in a blender with the rest of the ingredients (including the kale or spinach if desired).

Blend until smooth and serve ice cold.

# APPLE PIE SMOOTHIE BOWL

354  
CALORIES

15  
PROTEIN

61  
CARBS

3  
FATS

8  
FIBRE

More fresh mangoes are eaten around the world every day than any other fruit.



If you're not a huge fan of mango, you can easily switch in pineapple as a substitute.

SERVES 2 | TOTAL TIME: 5 MINUTES

# TROPICAL SMOOTHIE BOWL

## INGREDIENTS

1 **banana**, previously sliced and frozen  
200 grams **frozen mango chunks**  
200 grams **frozen pineapple chunks**  
240 millilitres chilled **almond milk**

## INSTRUCTIONS

In blender, pulse the banana, mango and pineapple with the almond milk to a smooth, but thick consistency.

Add the milk gradually stopping to stir and scrape the sides clean.

If the smoothie is too thick you can add more liquid if needed.

Pour into 2 bowls and if desired, garnish with slices of banana and small chunks of mango.

180  
CALORIES

3  
PROTEIN

43  
CARBS

2  
FATS

5  
FIBRE



Chia seeds are one of the world's best sources of several important nutrients, calorie for calorie.

SERVES 1 | TOTAL TIME: 5 MINUTES

# CHERRY CHIA SMOOTHIE

## INGREDIENTS

225 grams **frozen pitted cherries**  
240 millilitres chilled **unsweetened almond milk**  
225 grams plain **low fat Greek yoghurt**  
¼ **medium ripe avocado**  
2 tablespoons **chia seeds**  
¼ teaspoon **vanilla extract**

## INSTRUCTIONS

Whiz all the ingredients in a blender to form a loose purée.

Serve immediately, or keep cold in your refrigerator until ready to serve.

Serve chilled and top with chopped cherries and chia seeds.

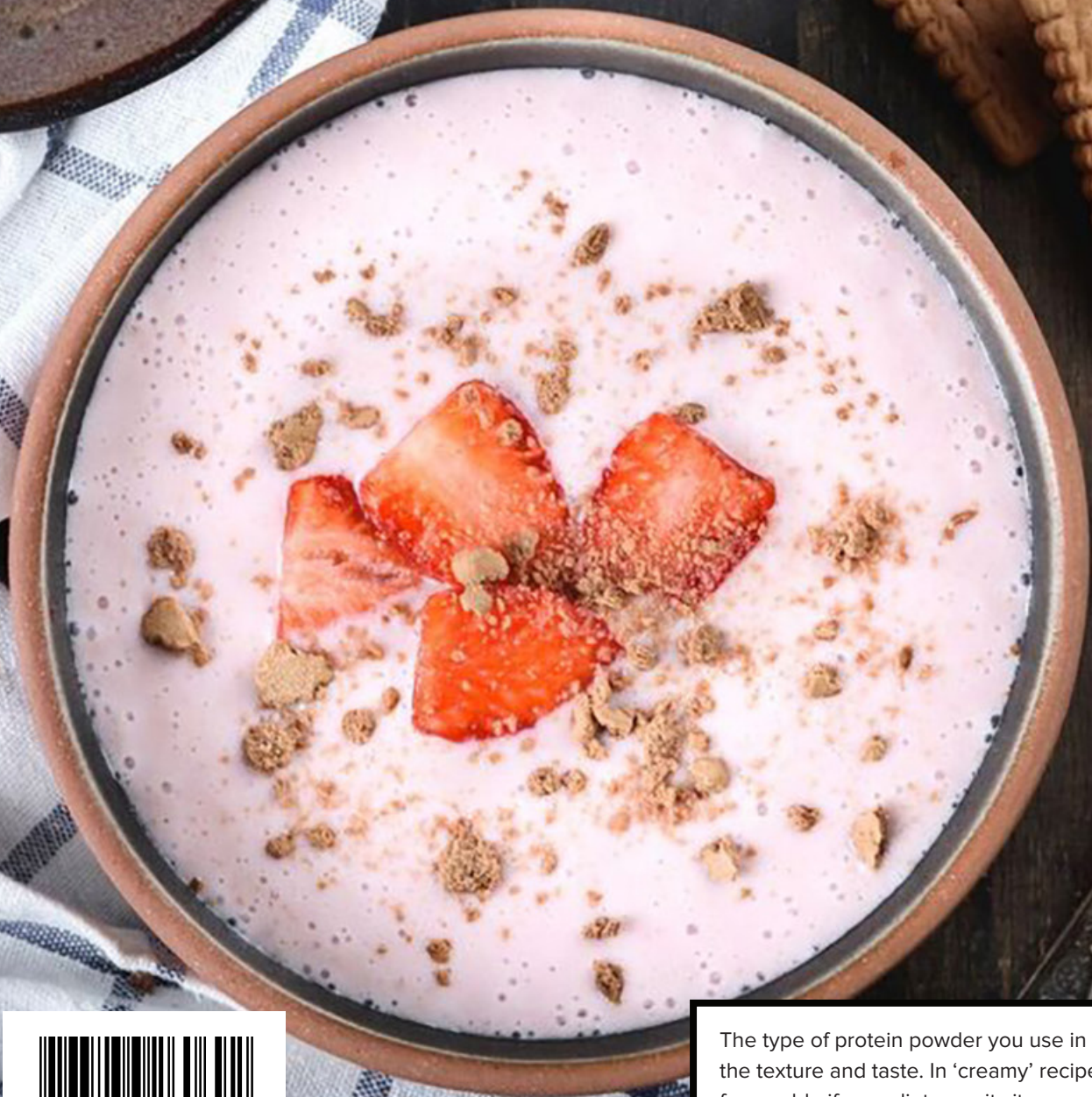
396  
CALORIES

20  
PROTEIN

42  
CARBS

20  
FATS

16  
FIBRE



The type of protein powder you use in recipes will change the texture and taste. In 'creamy' recipes whey is always favourable if your diet permits it.

SERVES 1 | TOTAL TIME: 10 MINUTES

## INGREDIENTS

300 grams **whole frozen strawberries**  
115 grams **frozen sliced banana**  
30 grams **vanilla protein powder**  
85 grams **fat free Greek yoghurt**  
240 millilitres chilled **unsweetened almond milk**

Optional topping:  
Crushed **digestive biscuits**

## INSTRUCTIONS

Blend all ingredients in a high-speed blender blend until smooth.  
Add more, or reduce the amount of almond milk depending on preference.  
Serve in a tall glass, topped with the crumbled biscuit if desired.

# STRAWBERRY CHEESECAKE PROTEIN SMOOTHIE

206  
CALORIES

19  
PROTEIN

28  
CARBS

2  
FATS

5  
FIBRE



A slightly less chocolatey take on our earlier choc mint recipe. This one packs some extra nutrients in there with a big hit of spinach.

SERVES 1 | TOTAL TIME: 5 MINUTES

## INGREDIENTS

250 millilitres **cold almond or coconut milk**  
1 tablespoon **cacao powder**  
1 tablespoon **cacao nibs**  
(for a crunchy texture)  
2 drops of **food grade peppermint oil**  
1 large handful of **spinach**  
1 scoop of **vanilla protein powder**  
1-2 **pitted dates**  
1 large handful of **ice**

## INSTRUCTIONS

Thoroughly wash the spinach and pat dry.

Combine all the ingredients in your blender and blend for 45 – 60 seconds or until smooth.

Reducing or increasing the amount of ice used will yield a thinner or thicker consistency.

Serve ice cold

# MINT CHOCOLATE PROTEIN SHAKE

310  
CALORIES

14  
PROTEIN

32  
CARBS

15  
FATS

12  
FIBRE



At one time it was estimated that the Chocolate Orange was found in a tenth of British Christmas stockings. DO NOT put the smoothie in a stocking.



SERVES 1 | TOTAL TIME: 10 MINUTES

## INGREDIENTS

1 frozen **banana**  
1 large handful of **ice**  
1 scoop of **chocolate vegan protein powder**  
2 tablespoons **cacao powder**  
½ an **orange**, zested  
**Milk** of choice to blend, if needed

Optional toppings:

1 tablespoon **almond butter**  
1 tablespoon **granola**  
1 **orange**, peeled and diced  
1 piece of **orange chocolate**, chopped

## INSTRUCTIONS

Blend all the ingredients in a blender until silky and thick.

If the consistency isn't to your liking, you can let it down by adding a splash or two of your favourite milk.

Scoop the smoothie into a bowl, adorn with a combination of the suggested toppings and enjoy!

# CHOCOLATE ORANGE SMOOTHIE BOWL

431  
CALORIES

33  
PROTEIN

50  
CARBS

12  
FATS

5  
FIBRE



On for the coffee lovers. If you remove the toppings from this you'll bring the dish down to 230 calories.

SERVES 1 | TOTAL TIME: 10 MINUTES

# CHOCOLATE ESPRESSO SMOOTHIE BOWL

## INGREDIENTS

240 millilitres chilled unsweetened

**almond milk**

1 **Medjool date** pitted

115 grams **baby spinach**

1 scoop **chocolate protein powder**

1 tablespoon **unsweetened cocoa powder**

1 teaspoon **espresso powder** or

instant coffee

Handful of **ice**

Toppings:

1 tablespoon **chocolate chips** or cacao nibs

2 tablespoons chopped **walnuts**

½ medium **banana** sliced

2 tablespoons **pomegranate** seeds

## INSTRUCTIONS

Wash the spinach and pat dry

Blend all smoothie ingredients together, gradually adding the almond milk and ice to achieve your preferred consistency

Pour into a bowl, top with any combination of the suggested toppings and enjoy cold!

391  
CALORIES

29  
PROTEIN

46  
CARBS

12  
FATS

9  
FIBRE



Nut and seed butters are almost interchangeable calorie wise. Give this a go with peanut butter, cashew butter or any of the seed variants.

SERVES 1 | TOTAL TIME: 15 MINUTES

# ALMOND BUTTER BERRY BOWL

## INGREDIENTS

200 grams **frozen strawberries**  
25 grams **fresh blueberries**  
30 grams **fresh raspberries**  
60 millilitres chilled **unsweetened almond milk**  
125 grams fat free, plain **Greek yoghurt**  
1 tablespoon **almond butter**  
½ scoop **vanilla protein powder**

Toppings:

1 teaspoon **pecan pieces**  
1 teaspoon **honey**  
2 teaspoons **granola**

## INSTRUCTIONS

Place the milk, yoghurt, strawberries, protein powder and almond butter into a blender.

Blend until the contents are fully combined.

Add the smoothie to a bowl and top with the fresh fruit, granola and pecans.

Finally, drizzle over the honey and enjoy!

410  
CALORIES

29  
PROTEIN

34  
CARBS

17  
FATS

6  
FIBRE







Feel free to switch out the spinach with some swiss chard, celery, kale or even lettuce.

SERVES 1 | TOTAL TIME: 5 MINUTES

## INGREDIENTS

6 **egg whites**  
1 tablespoon **peanut butter**  
1 **whole apple**  
1 tablespoon **ripe avocado**  
450 grams **baby spinach**  
2 handfuls **ice**

## INSTRUCTIONS

Peel core and roughly chop the apple.

Add the chopped apple, egg whites, peanut butter, avocado and spinach together in a blender and blend until well combined.

Add the ice a little at a time, while continuing to blend until you achieve the desired consistency.

Serve cold.

# APPLE AND SPINACH SMOOTHIE

339  
CALORIES

36  
PROTEIN

17  
CARBS

15  
FATS

2  
FIBRE



Acai has been recognised as one of the world's highest ORAC (Oxygen Radical Absorption Capacity) foods. ORAC is a measurement of how well antioxidants can neutralise free radicals. The higher the value, the better the body utilises it to fight free radicals. Acai has more than double the antioxidants of blueberries and nearly ten times that of grapes.



SERVES 1 | TOTAL TIME: 5 MINUTES

## INGREDIENTS

100 gram packet **unsweetened açai**  
1 large **banana**  
120 millilitres cold **coconut water**  
2 tablespoons **chia seeds**, divided in two  
1 tablespoon **agave syrup**, plus additional for serving  
25 grams **dried mulberries**  
50 grams **blackberries**  
¼ **apple**, thinly sliced

## INSTRUCTIONS

Blend the açai, banana, coconut water, and 1 tablespoon each of chia seeds and agave until smooth.

Once blended pour the mixture into a bowl and top generously with the mulberries, blackberries, sliced apple, remaining chia seeds, and finally a drizzle of agave.

# COCONUT ACAI SMOOTHIE BOWL

424  
CALORIES

9  
PROTEIN

67  
CARBS

12  
FATS

13  
FIBRE



Berries are packed with the good stuff. Berries in all of its fresh varieties are also calorie matched so chop and change your combinations of berries. Also keep frozen berries in your freezer as a staple.



SERVES 1 | TOTAL TIME: 5 MINUTES

## INGREDIENTS

150 grams frozen **mixed berries** (such as strawberries, raspberries, and blueberries)  
60 millilitres **pomegranate juice**  
65 grams plain **yoghurt**, plus additional for drizzling  
50 grams **blueberries**  
½ **peach**, sliced  
2 tablespoons **dried mulberries**  
2 tablespoons **pumpkin seeds**

## INSTRUCTIONS

In your blender, blitz the frozen berries, pomegranate juice, and the yoghurt together until smooth and no visible pieces of the berries remain.

Transfer to a bowl and serve topped with the blueberries, peach, mulberries, pumpkin seeds, and a drizzle of extra yoghurt.

# MIXED BERRY SMOOTHIE BOWL

443  
CALORIES

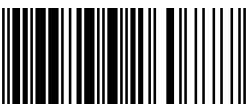
15  
PROTEIN

48  
CARBS

22  
FATS

7  
FIBRE

Kiwi fruit is also known as the Chinese gooseberry.



SERVES 1 | TOTAL TIME: 5 MINUTES

# KIWI BREAKFAST BOWL

## INGREDIENTS

1 **frozen banana**

1 or 2 **kiwis**, peeled

2 handfuls of **spinach**

240 millilitres cold **coconut water**

Toppings:

Chopped **kiwi**

**Goji** berries

**Coconut flakes**

## INSTRUCTIONS

Wash the spinach then pour half the coconut water into blender. Add the banana, one of the kiwis and the spinach.

Blend until smooth, adding more coconut water if required.

Top with chopped kiwi, coconut flakes, goji berries, and enjoy ice cold!

234  
CALORIES

10  
PROTEIN

46  
CARBS

2  
FATS

6  
FIBRE



*The Smoothie Edition*

**THE CLUB GYM**  
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