



# K-KITCHEN

MONTHLY RECIPES + NUTRITION COACHING

## Ingredients

- **LIQUID:** Water, Milk (almond, coconut, soy, cow), Juice (100%), Green tea
- **FRUIT/VEGETABLE:** Kale, Carrots, Cucumbers, Celery, Spinach, Lettuce, Apple, Avocado, Berries, Bananas, Mango, Pineapple, Frozen Fruit
- **PROTEIN** (Juice Plus Complete, Vega, brown rice, soy, whey, pea, etc), Yogurt, Keifer, Nut butters or nuts, Oatmeal

### Green Monster

1-2C water or green tea  
 2 stalks celery  
 Juice of 1 lemon  
 2 handfuls kale or spinach  
 1/2C frozen pineapple  
 2 dates  
 1 scoop van protein

### Pumpkin Spice

1-2C milk  
 1/2C frozen pumpkin  
 1/2 frozen banana  
 1/2t cinnamon  
 1/4t nutmeg  
 2 handfuls spinach  
 1-2 scoops van protein

### Mocha Java

1-2C milk  
 1 frozen banana  
 2 handfuls spinach  
 1t instant coffee  
 1 scoop choc protein

### Peaches N Cream

1-2C milk  
 1C frozen peaches  
 1/4t almond extract  
 1/4t lemon extract  
 1 scoop van protein

### Mint Chocolate

1-2C milk  
 1 frozen banana  
 2 handfuls spinach  
 1/4t mint extract  
 1 scoop van protein

### Berry

1-2C milk  
 1C frozen berries  
 2 handfuls spinach  
 1-2 scoops van protein

# 10 Protein Shakes

## Preparation

1. Put liquid in blender. Add a handful of frozen fruit, and handful of 1-3 vegetables. Blend until smooth (spinach can be added with very little change).
2. If you like it cold, add a few ice cubes along with the protein at the end.
3. Experiment as you like...it's hard to go wrong. The goal is to gain nutrition while enjoying your breakfast or lunch.
4. This list is NOT exhaustive, so use this as a template and experiment as much as you want.

## Recipes:

### Tropical

1-2 C milk  
 1/2 C frozen mango  
 1/2 frozen banana  
 2 handfuls spinach or kale  
 1 scoop van protein

### Reeses

1-2C milk  
 1 frozen banana  
 2 handfuls spinach  
 2T nut butter  
 1 scoop choc protein

### Pina Colada

1C orange juice  
 1C coconut milk  
 1C frozen pineapple  
 2 handfuls spinach  
 1t rum extract  
 1 scoop van protein

### ChocoStrawberry

1-2C almond milk  
 ½ frozen banana  
 1/2C strawberries  
 2 handfuls spinach  
 1 scoop choc protein