

# THE ULTIMATE MEAL REPLACEMENT SMOOTHIE CHECKLIST

## BLEND IT UP—DRINK TO YOUR HEALTH

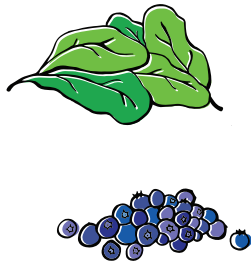
### RAMP UP THE PROTEIN



**TIP: Protein provides staying power and keeps you full longer.**  
**Great sources of protein include:**

- Cottage cheese
- Kefir
- Milk
- Nut butters
- Nuts
- Protein powder
- Quinoa
- Soy milk
- Spirulina
- Tofu
- Yogurt

### FILL UP ON FIBER



**Tip: Fiber helps keep you satisfied until your next meal or snack, preventing you from overeating or grazing. Add high fiber ingredients like:**

- Wild Blueberries
- Nuts & Nut butters
- Dark Leafy Greens:
  - Arugula
  - Kale
  - Spinach
  - Swiss Chard
- Oats
- White beans
- Vegetables:
  - Beets
  - Carrot
  - Pumpkin
  - Sweet potato
- Coconut
- Seeds:
  - Chia
  - Flax
  - Hemp
  - Pumpkin
  - Sunflower

### ADD A HEALTHY FAT



**Tip: Moderate consumption of healthy fats helps us absorb fat-soluble vitamins (A, D, E and K), boosts energy levels, supports satiety and assists in weight loss.**  
**These healthy fats will do the trick:**

- Avocado
- Coconut
- Flaxseed
- Hemp Oil
- Nuts
- Nut Butter
- Seeds:
  - Chia
  - Hemp
  - Pumpkin
  - Sunflower