

# 20

## CODE RED-APPROVED SIMPLE SMOOTHIE RECIPES

FOR WEIGHT LOSS  
SURGERY SURVIVORS

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# FOR WEIGHT LOSS SURGERY SURVIVORS

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Smoothies and shakes aren't something we spend a lot of time on in the Code Red Lifestyle™, because we want you to eat your calories, not drink them.

We also get that, because you're a weight loss surgery patient, you may **need** to drink some of your calories in order to get enough volume.

To help you do that, we've put together 20 simple, delicious Code Red-approved smoothie recipes.

## CRISTY'S TIP:

If you want to add protein to any of them, check out the protein options at Kaged Muscle here: [www.coderedlifestyle.com/km](http://www.coderedlifestyle.com/km). Use the code, `codered15`, to save 15% on your order. There are both animal-based and plant-based protein options.

If you add any Kaged Muscle protein, leave out the additional stevia or monk fruit, as the protein is already sweetened.

## CRISTY'S TIP:

If you need a thicker smoothie, freeze your unsweetened non-dairy milk of choice (almond, cashew, flax, coconut, macadamia) in an ice cube tray, and add those cubes to your smoothie!

# ALMOND BUTTER & STRAWBERRY SMOOTHIE

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- 12-14 oz unsweetened almond milk
- 1/3 cup frozen strawberries
- 3 Tbsp almond butter
- 2 Tbsp heavy cream (optional)
- Stevia or monk fruit to taste

Blend in blender or single-serve blender cup of choice.

## STRAWBERRY “BANANA” SMOOTHIE

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- 10-12 oz. unsweetened almond or flax milk
- 1/2 avocado, cut into chunks
- 1/3 cup frozen strawberries
- 2 Tbsp heavy cream (optional)
- Stevia or monk fruit to taste

Blend in blender or single-serve blender cup of choice. Avocado has a faint banana flavor when combined in a smoothie, as you’ll see when you make this.

**OPTIONAL:** Cut your avocado into chunks and freeze ahead of time!

# SOLID GOLD SMOOTHIE

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- 8 unsweetened coconut milk ice cubes, slightly thawed
- 1/4 cup unsweetened coconut milk
- 1/2 tsp vanilla
- 1/2 tsp turmeric
- 1/4 tsp cinnamon
- Pinch of ground ginger
- Pinch of salt
- 2 Tbsp heavy cream or coconut cream (optional)
- 1 tsp MCT oil (optional)
- Stevia or monk fruit to taste

Blend in blender or single-serve blender cup of choice.

# DREAMY STRAWBERRY SMOOTHIE

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- 10-12 oz. unsweetened non-dairy milk of choice (almond, cashew, flax, coconut, macadamia)
- 1/2 cup frozen strawberries
- 1/4 tsp vanilla extract
- 3 Tbsp heavy cream (optional)
- Stevia or monk fruit to taste

Blend in blender or single-serve blender cup of choice.

# VELVETY VANILLA SMOOTHIE

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- 4-6 ice cubes made from unsweetened non-dairy milk of choice (almond, cashew, flax, coconut, macadamia)
- 1/2 cup non-dairy milk of choice
- 1/2 tsp vanilla extract
- 2 scoops Kaged Muscle vanilla-flavored protein
- 2 Tbsp heavy cream (optional)

Blend in blender or single-serve blender cup of choice.

## CHOCOLATE & ALMOND BUTTER SMOOTHIE

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- 4-6 ice cubes made from unsweetened non-dairy milk of choice (almond, cashew, flax, coconut, macadamia)
- 1/2 cup non-dairy milk of choice
- 2 Tbsp unsweetened clean cocoa powder
- 2-3 Tbsp almond butter
- 2 Tbsp heavy cream (optional)
- Stevia or monk fruit to taste

Blend in blender or single-serve blender cup of choice.

**OPTIONAL:** Swap out the cocoa powder for Kaged Muscle chocolate-flavored protein. Skip the stevia or monk fruit if you do this.

# DECADENT CHOCOLATE SMOOTHIE

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- 4-6 ice cubes made from unsweetened non-dairy milk of choice (almond, cashew, flax, coconut, macadamia)
- 1/2 cup non-dairy milk of choice
- 2 Tbsp unsweetened clean cocoa powder
- 2 scoops Kaged Muscle chocolate-flavored protein
- 2 Tbsp heavy cream (optional)

Blend in blender or single-serve blender cup of choice.

## BERRIES & CREAM SMOOTHIE

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- 10-12 oz unsweetened coconut milk
- 1/3 cup frozen raspberries
- 1 Tbsp coconut oil or MCT oil
- 2 Tbsp heavy cream (or coconut cream)
- Stevia or monk fruit to taste

Blend in blender or single-serve blender cup of choice.

# STRAWBERRY ZUCCHINI SMOOTHIE

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- 10-12 oz of cold water
- 1/2 cup frozen strawberries
- 1 cup chopped zucchini, frozen or raw
- 3 Tbsp chia seeds
- Stevia or monk fruit to taste

Blend in blender or single-serve blender cup of choice.

## BRIGHT & LIGHT GREEN SMOOTHIE

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- 10-12 oz cold water
- 1/2 cup ice
- 1 cup sliced cucumber
- 1 cup baby spinach
- 1 Tbsp lemon juice
- 2 Tbsp ground flax seed meal
- Stevia or monk fruit to taste

Blend in blender or single-serve blender cup of choice.

# PUMPKIN PECAN PIE SMOOTHIE

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- 1 cup unsweetened non-dairy milk of choice (almond, cashew, flax, coconut, macadamia)
- 2-4 ice cubes made from unsweetened non-dairy milk of choice
- 1/3 canned pumpkin
- 1/4 cup pecans
- 1/2 tsp pumpkin pie spice
- 3 Tbsp heavy cream (or coconut cream)
- Stevia or monk fruit to taste

Blend in blender or single-serve blender cup of choice.

# COCONUT DREAM SMOOTHIE

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- 10-12 oz unsweetened coconut milk
- 2-4 ice cubes made from unsweetened coconut milk
- 1/4 cup coconut cream
- 1/4 shredded coconut
- 1/2 tsp vanilla extract
- Stevia or monk fruit to taste

Blend in blender or single-serve blender cup of choice.

# CREAMY EGGNOG SMOOTHIE

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- 1/2 cup heavy cream
- 1 cup unsweetened almond milk
- 1/2 cup ice (can use cubes made from frozen almond milk)
- 1 scoop Kaged Muscle vanilla protein
- 1/2 tsp vanilla extract
- 1/4 tsp nutmeg
- 1/4 tsp cinnamon
- Stevia or monk fruit to taste

Blend in blender or single-serve blender cup of choice.

# BLACKBERRY CHEESECAKE SMOOTHIE

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- 1/2 cup blackberries, frozen
- 2 oz full-fat cream cheese, softened
- 1/4 tsp vanilla extract
- 1/2 cup coconut milk
- Pinch of salt
- 1 tsp MCT oil (optional)
- Stevia or monk fruit to taste

Blend in blender or single-serve blender cup of choice.

# KEY LIME PIE SMOOTHIE

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- 1 cup water
- 1/2 unsweetened almond milk
- 1/4 cup cashews (unsalted)
- 1 cup baby spinach
- 2 Tbsp shredded coconut
- 2 Tbsp lime juice
- 2 Tbsp heavy cream (optional)
- Stevia or monk fruit to taste

Blend in blender or single-serve blender cup of choice.

# LUSCIOUS LEMON CUSTARD SMOOTHIE

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- 1 cup unsweetened flax or coconut milk
- 2-4 ice cubes made from unsweetened flax or coconut milk
- 1/4 cup unsweetened full-fat Greek yogurt
- 3 Tbsp heavy cream
- 1 Tbsp lemon juice
- 1/2 tsp vanilla extract
- Stevia or monk fruit to taste

Blend in blender or single-serve blender cup of choice.

# CAFE MOCHA SMOOTHIE

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- 1 cup cold coffee
- 1/4 cup unsweetened almond milk
- 2-4 unsweetened almond milk ice cubes
- 2-3 Tbsp unsweetened quality cocoa powder
- 3 Tbsp heavy cream (or coconut cream)
- Stevia or monk fruit to taste

Blend in blender or single-serve blender cup of choice.

# CHOCOLATE MINT SMOOTHIE

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- 10-12 oz unsweetened non-dairy milk of choice (almond, cashew, flax, coconut, macadamia)
- 2-4 ice cubes made from unsweetened non-dairy milk of choice
- 2-3 Tbsp unsweetened clean cocoa powder
- 1/4 tsp peppermint extract OR 3-4 mint leaves
- 2 Tbsp chia seeds
- 3 Tbsp heavy cream (or coconut cream)
- Stevia or monk fruit to taste

Blend in blender or single-serve blender cup of choice.

**OPTIONAL:** Swap out cocoa powder for Kaged Muscle chocolate protein. Do not add stevia or monk fruit if you use Kaged Muscle, because it's already sweetened.

# CINNAMON ALMOND SMOOTHIE

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- 1 cup of cold coffee
- 4 coconut milk ice cubes
- 1/4 cup unsweetened coconut milk
- 2 Tbsp almond butter
- 1 Tbsp flax meal
- 1/2 tsp cinnamon
- Pinch of salt
- 1 tsp MCT oil (optional)
- 2 Tbsp heavy cream (optional)
- Stevia or monk fruit to taste

Blend in blender or single-serve blender cup of choice.

# CHOCOLATE MACADAMIA SMOOTHIE

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- 12 oz. unsweetened macadamia nut milk
- 2-4 macadamia nut milk ice cubes
- 1/4 cup macadamia nuts (or 2 Tbsp macadamia nut butter)
- 2-3 Tbsp quality unsweetened cocoa powder
- 2 Tbsp hemp hearts (or seeds)
- 2 Tbsp unsweetened high-quality cocoa powder
- Stevia or monk fruit to taste

Blend in blender or single-serve blender cup of choice.

**OPTIONAL:** Swap out cocoa powder for Kaged Muscle chocolate protein. Don't add stevia or monk fruit if you make this swap.