

A person wearing a grey and black athletic top and black leggings is walking on a paved path. They are holding a smartphone in their right hand and a green smoothie cup with a green straw in their left hand. The background is slightly blurred, showing a brick wall and a metal railing.

HOW TO MAKE  
THE BEST

*Pre- and Post-  
Workout Smoothies*

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## How to Make the Best

# Pre- and Post- Workout Smoothies

Looking to fuel your fitness routine? Smoothies make an ideal pre-/post- workout snack because they're portable, easily customizable and can boost energy and build muscle without making you feel overly full.

### A FEW HELPFUL TIPS

- Don't overdo it. You want to fuel your body but not pack on excess calories that prevent you from achieving your goals. Keep your smoothie to a healthy snack-size serving (unless you're making it a meal). Pro tip: Start sipping on your protein-packed smoothie before you hit the gym and finish the other half when you're done.
- Keep it light and simple. You want to add components that are easy to digest.
- Drink your smoothie 45-90 minutes before starting your workout. This gives your body time to digest the food, but not so much time that you've used up all those helpful calories. Experiment to see what time frame works best for your body.
- Finish your smoothie within 30 to 60 minutes after you finish your sweat sesh. Snacking on your smoothie immediately after your workout helps repair muscles and ensure they grow stronger.
- Include a mix of complex carbs and healthy protein. Whether enjoying your smoothie before or after your workout, go for one that combines complex carbs and healthy proteins. The carbs break down gradually so your energy levels stay consistent and the protein helps your muscles restore and repair after a good workout, especially weight training.

# A FEW OPTIONS THAT WILL KEEP YOUR BODY AND TASTE BUDS HUMMING

Some smoothie-friendly complex carbs:

- Raw oats
- Fruit
- Veggies
- Cooked quinoa
- Steamed sweet potato
- Cooked chickpeas

Nix the protein powder and go for the real deal. Some easily digestible proteins you can add are:

- Greek yogurt
- Cottage cheese
- Tofu
- Almond milk
- Almonds or almond butter

Wanna take it one step further? After an intense workout, your body is filled with lactic acid. Try incorporating anti-inflammatory spices into your smoothie, such as cinnamon or turmeric.

## THE WINNING WORKOUT SMOOTHIE RATIO

This simple ratio will create an excellent workout drink any time of the day:

- 2 cups greens
- 1 cup fruit
- 1-2 tablespoons of a healthy protein such as Greek yogurt, tofu or almonds
- 1-2 tablespoons of oats, flax meal or chia seeds
- Liquid of choice (pure coconut water or unsweetened soy, almond or cow's milk are great options)

Everyone's body is different and will have specific needs depending on the intensity of their workout and their goals. To customize your carb and protein needs, check with a registered dietician.



# Our Go-to Workout Smoothie

## THE PERFECT POWER PUNCH SMOOTHIE

We love to start sipping on this protein-packed smoothie before we hit the gym. With complex carbs and protein-packed ingredients like almond milk, flax, chia seeds, banana and greens, it meets all the criteria for a winning workout smoothie.

*Recipe yields 1 large smoothie or 2 smaller smoothies.*

- 2 cups baby spinach
- 2/3 cup frozen blueberries
- 3/4 small frozen banana
- 1/4 cup plain Greek yogurt (can substitute with non-dairy yogurt or tofu)
- 1 cup unsweetened almond milk
- 1 tablespoon chia seeds
- 3/4 teaspoon flax meal

In a high-powered blender, combine ingredients; blend until smooth. Serve immediately. If it's just a snack, freeze or share the other half!

**Pro tip:** Freeze banana pieces, fruit and spinach ahead of time and then prepackage everything for the week.

