

Build a smoothie with purpose

Balance flavor, measured ingredients and the role of a smoothie in your day.

01 / Understand the starting point

Decide whether the blend is a snack, part of a meal or convenient training fuel. Choose its size from the whole day rather than from a photograph.

02 / Make the useful distinction

Measure a liquid base, fruit or vegetables and any protein ingredient. Nuts, oats and seed butters add energy and texture; a small change can alter the nutrient profile considerably.

03 / Put it into practice

Blend gradually, check consistency and adjust with measured liquid. Record substitutions. A recipe image is a serving suggestion, not a scale or a guarantee of ingredient amounts.

04 / Review and adapt

Browse High Protein to compare qualifying meals and smoothies together. The collection uses at least 20 g per serving for that filter. No smoothie is required for health or progress.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

Put the guide to work.

A worked example, then your own next step.

A practical example

Compare a fruit-and-yogurt blend with a fruit-and-water blend: similar color can hide different protein and energy values. Use the measured ingredient list and per-serving estimate.

Your decisions

What task or goal do I want to improve?

What is my starting point and what remains uncertain?

Which detail changes my next useful action?

What would make the action easier to repeat?

When will I review it, and what would require earlier help?

Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

Your working record.

Printable worksheet; use the companion CSV for an editable version.

Recipe / purpose	Measured base	Fruit / produce	Protein and extras	Serving / notes

Evidence and original clinical reading

<https://pubmed.ncbi.nlm.nih.gov/28698222/>

This original workbook is free to keep and use. The source provides background reading; examples are practical frameworks to adapt. Individual medical and nutrition needs require suitable professional advice.