

# INSTITUTE OF PHYSIQUE MANAGEMENT

London

Optimal Physiques for High-Performance Lifestyles

## Recipe for Power Smoothie

(All ingredients uncooked, and organic wherever possible)

Makes enough for 2 large servings.

Blend in a powerful blender:

- 1 knob of ginger, about the size of the top of your thumb
- 1 stick of celery
- 1 medium carrot
- 1 whole raw beetroot
- 1 – 2 cups chopped fresh greens\*
- ½ cup fresh or frozen berries, or an apple or a banana
- 2 scoops whey protein powder
- 1 ½ cups chilled water
- 1 cup ice cubes

You could also add:

- 1 teaspoon apple cider vinegar
- 1 tablespoon pre-soaked linseeds
- 1 tablespoon Aloe Vera juice
- 1 teaspoon Glutamine powder
- 2 teaspoons Creatine
- 1 teaspoon Chlorella or “Greens” powder

(\*You can, and should, substitute a variety of fresh greens from the following list in order to maintain and broader nutritional profile:

Broccoli, cabbage, cauliflower, red cabbage, Sprouted beans, Spinach, Collard Greens, Turnip Greens, Kale, Swiss Chard, Bok Choy, Brussels Sprouts, etc).

