



LINDGREN  
functional medicine

# HOW TO BUILD A SMOOTHIE



## FLAVOR COMBOS

- pumpkin + yogurt + dates + cinnamon + ginger + vanilla
- beet + berries + ginger
- spinach + cucumber + apple + avocado + milk
- pineapple + coconut milk
- banana + cinnamon + nut butter + maca powder
- kiwi + mango + zucchini
- carrots + vanilla + dates + cinnamon + nut butter
- blueberries + lemon + honey

*maximize  
nutrients  
with  
veggies*

## 1 VEGETABLES

- beets
- carrots
- pumpkin
- cauliflower
- zucchini
- cucumber
- celery
- sweet potato
- spinach or kale
- greens powder

## 2 FRUIT

- berries
- apple
- pear
- peach
- cherries
- mango
- citrus
- kiwi
- pomegranate
- pineapple
- mango
- banana

## 3 PROTEIN

- protein powder (plant, whey, collagen)
- greek yogurt or kefir

## 4 HEALTHY FAT

- coconut cream or oil
  - avocado
  - full-fat dairy
  - nuts, seeds, or nut butter
- makes it  
creamy*

## 5 SUPERCHARGE

- cinnamon
- ginger
- dates
- honey
- maple syrup
- chia, hemp, or flax seeds
- spirulina or chlorella
- maca powder
- cacao powder

## 6 LIQUID

- milk (dairy or non-dairy)
  - aloe vera juice
  - coconut water
  - kombucha
  - tea
  - water/ice
- fill up as  
needed*