MORE THAN 65 RECIPES TO BOOST YOUR WORKOUTS & RECOVERY

SPORT SMOOTHIES

Fern Green
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Boulder, Colorado
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Whether you compete in sports such as cycling, running, swimming, or working out at the gym, it all requires energy. The foods that you eat on a daily basis are your body’s primary source of energy, so getting the right balance of nutrients is essential to fueling your exercise.

The foods you eat must fuel both your body and mind, keeping your muscles energized and your brain focused and alert. This means digesting quality, healthy calories to achieve an optimal mix of macronutrients—carbohydrates, fats, and protein. However, finding the time to prepare and eat healthily can be difficult. The smoothies in this book take into account all of an athlete’s needs, including pre- and post-workout, muscle-building and carb-loading, serving up the essential ingredients at the right time to complement your workout and fuel your body.

Smoothies provide a fast and efficient way to boost your daily intake of healthy calories and give your brain and body the fuel needed for optimal performance. Pre-workout and carb-loading smoothies supply your body with essential hydration and the quality calories required to fuel the body for exercise or a big event without overloading the stomach. Post-workout, recovery, and muscle-building smoothies work to top off glycogen stores after every effort, whether in day-to-day training or following a particularly intense effort. With more than 65 no-fuss recipes to choose from, Sport Smoothies will fuel your workouts, promote muscle repair, and aid recovery, giving you an easy and delicious alternative to the bulky meals that so often lead to discomfort.
PAPAYA PINE

Serves: 1  |  Preparation: 5 minutes

YOU NEED

1 cup pineapple juice • 1 banana, peeled and chopped
½ cup papaya, peeled, seeded, and chopped
½ mango, peeled and chopped • 1 tablespoon dried coconut flakes
Pineapple is high in vitamin C, which is vital for the immune system.

D Aids digestion  V Vitamin boosting  M Mineral enriching

Place all the ingredients in a blender and blend until smooth.
YOU NEED

1 cup almond milk • ¾ cup blueberries • ¼ cup blackberries (fresh or frozen)
1 raw organic egg • ½ small avocado, pitted and peeled
1 tablespoon flaxseed oil • ¼ teaspoon pure vanilla extract
Blueberries are packed with antioxidants called anthocyanins, which may help keep your memory sharp as you age.

- Protein boosting  
- Skin enhancing  
- Bone strengthening

Place all the ingredients in a blender and blend until smooth.
GREEN UP

Serves: 1 | Preparation: 5 minutes

YOU NEED

1 cup cantaloupe, cut into chunks • 5 mint leaves
2 handfuls of baby spinach • ½ cucumber, cut into chunks
¼ cup fresh apple juice • 2 tablespoons plain yogurt
Cantaloupe is a great source of potassium and B vitamins.

Place all the ingredients in a blender with 1 cup water and blend until smooth.
The author has researched each plant and superfood used in this book but is not responsible for any adverse effects any of the plants may have on an individual. One plant may be good for one person but have a negative effect on another. All the plants are consumed entirely at your own risk. Never use anything as an alternative to seeking professional medical advice and always consume in moderation. Nutrient analysis is based on USDA standard reference values or individual manufacturer’s data.
DELICIOUS, ENERGY-BOOSTING SMOOTHIES TO FUEL YOUR WORKOUTS & HELP YOU ACHIEVE YOUR BEST

• More than 65 recipes to get you the calories, nutrients, and hydration you need at the right time

• Easy instruction and clear photos for quick prep

• A no-fuss solution to fit more fruits and vegetables into your daily diet

• Fresh ingredients that deliver optimal health and taste great

• A smart mix of carbs, protein, and fat so you can work out harder and recover faster