

Daily Smoothies

36 Delicious Recipes

For Energy, Weight Loss & Glowing Health

A Daily Smoothies Publication

What's Inside

12 Green Smoothies

Detox, energy & immune support

12 Protein Smoothies

Build muscle, stay full longer

12 Weight Loss Smoothies

Burn fat while tasting amazing

Pro Tips

Secrets for perfect smoothies every time

Green Smoothies

Detox • Energy • Immune Support

RECIPE 01

Tropical Green Smoothie

ENERGY BOOST

Ingredients

- ✓ 2 cups fresh spinach
- ✓ 1 cup pineapple chunks
- ✓ 1 ripe banana
- ✓ 1 cup coconut water

Instructions

Blend all ingredients until smooth and creamy. Add more coconut water if needed for desired consistency. Serve immediately.

180 **4g** **5min**

CALORIES PROTEIN PREP TIME

Green Goddess Detox

DETOX & CLEANSE

Ingredients

- ✓ 1 cup kale, stems removed
- ✓ 1/2 cucumber
- ✓ 1 green apple
- ✓ 1/2 lemon, juiced
- ✓ 1-inch fresh ginger
- ✓ 1 cup water

Instructions

Blend kale and water first until smooth. Add remaining ingredients and blend until creamy. Strain if desired for smoother texture.

120 **3g** **5min**

CALORIES PROTEIN PREP TIME

RECIPE 03

Minty Fresh Morning

FRESH BREATH & FOCUS

Ingredients

- ✓ 2 cups romaine lettuce
- ✓ 1/2 cup fresh mint leaves
- ✓ 1 pear
- ✓ 1/2 lime, juiced
- ✓ 1 cup coconut water

Instructions

Blend lettuce and mint with coconut water first. Add pear and lime juice, blend until smooth. Perfect morning refresher!

140 2g 5min

CALORIES PROTEIN PREP TIME

RECIPE 04

Avocado Dream

CREAMY & SATISFYING

Ingredients

- ✓ 1 cup spinach
- ✓ 1/2 ripe avocado
- ✓ 1 banana
- ✓ 1 cup almond milk
- ✓ 1 tablespoon honey

Instructions

Blend all ingredients until silky smooth. The avocado makes this incredibly creamy and filling. Perfect for breakfast!

320 **5g** **5min**

CALORIES PROTEIN PREP TIME

Protein Smoothies

Build Muscle • Stay Full • Power Up

RECIPE 13

Berry Protein Power

POST-WORKOUT

Ingredients

- ✓ 1 cup mixed berries
- ✓ 1 scoop vanilla protein powder
- ✓ 1/2 cup Greek yogurt
- ✓ 1 cup almond milk
- ✓ 1 tablespoon chia seeds

Instructions

Blend all ingredients until creamy. Let sit 5 minutes for chia seeds to thicken.
Perfect post-workout recovery!

280 25g 5min

CALORIES PROTEIN PREP TIME

RECIPE 14

Peanut Butter Banana

MUSCLE BUILDER

Ingredients

- ✓ 2 ripe bananas
- ✓ 2 tablespoons peanut butter
- ✓ 1 scoop chocolate protein powder
- ✓ 1 cup milk of choice
- ✓ Ice cubes

Instructions

Blend bananas, peanut butter, and protein powder with milk until smooth. Add ice and blend again. Tastes like a milkshake!

450 28g 5min

CALORIES PROTEIN PREP TIME

Weight Loss Smoothies

Burn Fat • Boost Metabolism • Feel Amazing

RECIPE 25

Citrus Fat Burner

METABOLISM BOOST

Ingredients

- ✓ 1 grapefruit, peeled
- ✓ 1 orange, peeled
- ✓ 1/2 lemon, juiced
- ✓ 1 cup kale
- ✓ 1/2 teaspoon cayenne pepper
- ✓ 1 cup water

Instructions

Blend all ingredients until smooth. The cayenne gives your metabolism a kick! Drink first thing in the morning.

110 3g 5min

CALORIES PROTEIN PREP TIME

Apple Cinnamon Slimmer

BLOOD SUGAR BALANCE

Ingredients

- ✓ 2 green apples
- ✓ 1 cup spinach
- ✓ 1/2 teaspoon cinnamon
- ✓ 1 tablespoon flax seeds
- ✓ 1 cup water

Instructions

Blend all ingredients until smooth. Cinnamon helps regulate blood sugar and cravings. Perfect afternoon snack!

160 3g 5min

CALORIES PROTEIN PREP TIME

Pro Tips for Perfect Smoothies

- **Freeze your bananas** — Makes every smoothie creamier without watering it down with ice
- **Add greens first** — Blending spinach with liquid first ensures no leafy chunks
- **The 60-second rule** — Drink your smoothie within 60 seconds of blending for maximum nutrients
- **Prep ahead** — Freeze smoothie packs (pre-portioned ingredients) for grab-and-blend convenience
- **Layer properly** — Liquids first, then soft fruits, then greens, then frozen items on top
- **Don't overblend** — 30-60 seconds is usually enough; overblending can oxidize nutrients

Ready to Take Your Smoothies to the Next Level?

Discover the 7 secret booster ingredients that 10X your results in the Ultimate Smoothie Booster Guide.

[Get the Booster Guide - \\$7](#)

© 2026 Daily Smoothies | A Mikey Markets Brand
hello@dailysmoothies.click