

#	Name	Type	Ingredient 1	Ingredient 2	Ingredient 3	Ingredient 4	Ingredient 5	Protein Powder	Liquid
1	Coffee	Morning	1 Cup Coffee					Chocolate	Almond milk
2	Coco Vanilla	Morning	1 TSP Vanilla Extract	1 Carob Chips				Chocolate	Almond milk
3	Hazelnut	Morning	3 OZ Hazlenuts					Chocolate	Almond milk
4	Almond Explosion	Morning	2 OZ Almonds	1 TSP almond extract				Chocolate	Almond milk
5	Mint Flavored	Morning	10 leaves of fresh mint					Chocolate	Almond milk
6	Strawberry	Morning	Juiced strawberries (to remove seeds)	Strawberry Jello				Chocolate	Almond milk
7	Orange	Morning	1 TSP Orange extract	3 oz OJ				Chocolate	Almond milk
8	Raspberry	Morning	10 Raspberries					Chocolate	Almond milk
9	Blueberry	Morning	20 Blueberries					Chocolate	Almond milk
10	Jazzy	Morning	1 tsp cinnamon	1/2 tsp grated nutmeg				Chocolate	Almond milk
11	Mixed Berries	Morning	5 Strawberries	10 Blueberries				Chocolate	Almond milk
12	Pina Colata	Morning	2 ounces coconut	3 ounces pine apples	2 TBSP Coconut Oil	4 ounces coconut		Chocolate	Almond milk
13	PBJ	Morning	2 TBSP Peanut Butter	3 TBSP Strawberry				Chocolate	Almond milk
14	Pumpkin	Morning	.5 cup of canned pumpking	2 TSP Pumkin Spice				Chocolate	Almond milk
15	Banana Foster	Post workout	1 Banana	1 tsp cinnamon	1/2 tsp grated nutmeg	1 tsp rum extract		Chocolate	Almond milk
16	Maple Schnaps	Desert	1 TBSP Maple Syrup	1 Ounce Butterscotch Snappes				Chocolate	Almond milk

17	Power Chai (Blendtec or Vitamix only)	Post workout	Chai leaves	3 Cardamon pods	Black Pepper	3 Cloves	1 tsp Agave Syrup	Chocolate	Almond milk
18	Peanut Butter Cheesecake	Post workout	Ricotta	Yogurt	Peanut Butter	Almond Milk		Chocolate	Almond milk
19	Banana Bread in a blender	Post workout	banana	3 TBSP Oats	1.5 ounces of pecans	1 tsp of cinnamon			Almond milk
20	Frozen Banana	Post workout	Frozen banana	1/2 handful of parsley				Vanilla Protein	Almond milk
21	Sweet and Sour	Post workout	1/4 Mango	3 OZ Orange Juice	1 cup of spinach	1/2 Ounce Lemon Juice		Vanilla Protein	Almond milk
22	Sweet and Sour 2	Post workout	10 frozen cherries	1/2 ounce lime juice				Vanilla Protein	Almond milk
23	Protein Stuffer	Post workout	1/4 cup ricotta	1/2 greek yogurt	1/2 block tofu	Add almond by viscosity		Cookies and Cream	Almond milk
24	Kiwi & Apple	Post workout	Kiwis	Apple	Cup of Spinach			Peanut Butter	Almond milk
25	Banana mint kale medley	Post workout	frozen banana	9 kale leaves	10 leaves of mint			Cookies and Cream	Almond milk
26	Mint Jelly	Post workout	Set green jello	10 Mint leaves				Cookies and Cream	Almond milk
27	Power Shake	Anyime	Maca	Flax meal	Ormus Greens	Spinach	Greek	Vanilla Protein	Almond milk
28	Raspberry Cheesecake	Post workout	1 Cup Raspberries	2 TBSP Cream cheese					Almond milk
29	Mixed Protein	Anyime	10 soybeans	1 tsp maca					Almond milk
30	Hawaiin Vacation	Post workout	1 cup strawberries	1 cup raspberries	1 cup orange juice	Handful tapioca balls		Vanilla Protein	Coconut Water
31	Macha Muscle	Morning	1 TBSP Macha	1 cup spinach	Ormus Greens			Cookies and Cream	Almond milk
32	Antioxidant express	Morning	20 Blueberries	1 tsp of chia	1 tsp carobs	1 tsp maca powder		Cookies and Cream	Flax Milk

Sand Steel Smoothies  
109 S Alfred St. Alexandria VA

Origin Nutrition  
571-257-7007

By Paul Roberts  
getfit@sandandsteelfitness.com

33	Sweet Potatoe Pie	Post workout	1 Can of sweet potato	pinch salt	1 tsp pumpking spice	Cookies and Cream	Almond milk
34	Avocado Potency	Post workout	banana	1/4 pineapple	1 tsp of cocoa powder	1/2 avocado	Vanilla Protein Almond milk