

# TIPS FOR MEAL PREPPING SMOOTHIES

## WHAT TO FREEZE

Understand that you cannot freeze cucumber, citrus, lettuce, celery etc you can freeze most other fruits and vegetables.

## KNOW THE PERFECT COMBINATION

smoothies should taste good. Therefore, find the correct combinations to make the perfect smoothie for your palate.

## ADD LIQUIDS

Once you are ready to make the smoothie, make sure to add liquids such as milk, almond milk, coconut water or water to get the correct smoothie consistency



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## ADD EXTRA PROTEINS OR FIBRE

you can add chia seeds, flax seeds, almonds , or any other seeds or nuts to enhance the nutrition.

## ADDED PROTEIN

Add greek yoghurt, peanut butter almond butter or oats.

## ADD SWEETNESS

please refrain from adding white sugar, instead add raw honey or maple syrup but that too in moderation as they contain natural sugars

