



GET FIT IN 30

10 Super Tasty Breakfast Smoothies

GET FIT IN 30



Thank you for downloading my 10 super tasty breakfast smoothies!

These are just a few of the recipes I share with my clients on my over 40's online coaching programme.

I also post a load more over on my community Get Fit in 30 Facebook group. Simply search: Get fit in 30 Hub on Facebook and request to join and I will add you, or drop me a message to learn more about my online coaching.

I hope you enjoy the recipes!

Gillian @ Get Fit in 30



Why We Love Smoothies...

QUICK BREAKFAST ALTERNATIVE

Perfect for those who are not a breakfast person.

TIME EFFECTIVE

For those always in a rush!

HEALTHY

Great way to get more fruits, vegetables, antioxidants, vitamins, and healthy fats into your diet.



WHAT YOU NEED...

- 160g Strawberries
- 1 small Banana, sliced
- 100ml Orange juice, chilled

THEN...

- Blitz the Strawberries in a blender with the Banana and Orange juice until smooth.
- Then pour the smoothie into your favourite glass.



Simple Strawberry Smoothie

WHAT YOU NEED...

- 160g Strawberries
- 160g Baby spinach
- 1 Small Avocado halved and the flesh scooped out
- 150ml Bio yogurt
- 2 Small Oranges - juiced
- ½ tsp finely grated Zest

THEN...

- Put all the ingredients in a blender and blitz until completely smooth.
 - If it's a little thick, add a drop of chilled water then blitz again.
- Pour into glasses and drink straight away.



Tasty Green Goodness

WHAT YOU NEED...

- 100ml Full-fat milk
- 2 tbsp Natural yogurts
- 1 Bananas
- 150g Frozen fruits
- 50g Blueberries
- 1 tbsp Chia seeds
- ½ tsp Cinnamon
- 1 tbsp Goji berries
- 1 tsp Mixed seeds
- 1 tsp Honey

THEN...

- Put the ingredients in a blender and blitz until smooth.
- Then pour the smoothie into your favourite glass.



Breakfast Shake Saviour

WHAT YOU NEED...

- 500ml Carrot juice, chilled
- 200g Pineapple (fresh or canned)
- 2 Bananas
- Small piece Ginger
- 20g Cashew Nuts
- 1 Lime Juiced

THEN...

- Put the ingredients in a blender and blitz until smooth.
- Then pour the smoothie into your favourite glass.



The WakeUp Smoothie

WHAT YOU NEED...

- 500ml Unsweetened almond milk
- 2 tbsp Almond butter
- 6 Prunes
- 1 tsp Cinnamon
- 1 Small ripe Banana

THEN...

- Put the ingredients in a blender and blitz until smooth.
- Then pour the smoothie into your favourite glass.



Banana Smoothie

WHAT YOU NEED...

- 2 Handfuls Kale
- ½ Avocado
- ½ Lime, juice
- Large handful frozen Pineapple chunks
- Small piece ginger
- 1 tbsp Cashew nuts
- 1 Banana

THEN...

- Put the ingredients in a blender and blitz until smooth.
- Then pour the smoothie into your favourite glass.



Green Kale Smoothie

WHAT YOU NEED...

- 100ml Cherry juice
- 200ml Soya milk
- 1 Cherry soya yoghurt
- 3 tbs Firm silken Tofu
- 75g Frozen Cherry
- 2 tbs Porridge oats

THEN...

- Put the ingredients in a blender and blitz until smooth.
- Then pour the smoothie into your favourite glass.



The Vegan Smoothie

WHAT YOU NEED...

- 200ml Cranberry juice
- 175g Frozen Raspberry
- 100ml Milk
- 200ml Natural Yoghurt
- 1 tbsp Caster sugar

THEN...

- Put the ingredients in a blender and blitz until smooth.
- Then pour the smoothie into your favourite glass.



Very Berry smoothie

WHAT YOU NEED...

- 3 Passion fruits
- 1 Banana
- 1 Small Mango
- 300ml Orange juice
- Ice cubes

THEN...

- Put the ingredients in a blender and blitz until smooth.
- Then pour the smoothie into your favourite glass.



Tropical Breakfast Smoothie

WHAT YOU NEED...

- Handful of mixed frozen forest fruit
- 1 Banana
- Low-fat forest fruit yogurt

THEN...

- Put the ingredients in a blender and blitz until smooth.
- Then pour the smoothie into your favourite glass.



Banana & Forest Fruit Smoothie

I hope you enjoy my smoothies!



Before you go, let me tell you a little more about what you get on my 12 Week Over 40's Programme:

FITNESS: A progressive 12 week exercise programme via the Get Fit in 30 My PT Hub app. The programme targets key areas such as abs & core, arms, legs & bums. You'll get loads of support from me throughout the 12 Weeks.

NUTRITION: I will take you through the basics of nutrition, macro nutrients, micronutrients and portion control. I will assign you a personalised guide for daily calorie intake to help you get the **RESULTS** you want. No more yo-yo diets, confusion, no more "syms" and no more restrictive fads. I also include monthly recipe packs filled with quick and easy recipes to keep you motivated and stop you getting bored with the same old meals.

ACCOUNTABILITY: You will get weekly check-ins with me and I'm available 7 days a week to help answer any questions you have. Team mates to help guide, support and motivate you through the journey via the Private Facebook Group. Everything is more enjoyable when you have others around you.

Sound like your type of thing?
Then simply drop me a message
Gillian @ Get Fit in 30

