

## Protein-Packed Berry Smoothie: 3 Ways

Here's a **high-protein, high-fiber, low-carb smoothie** done **three ways**—vegan, vegetarian, and carnivore. Each version has **30g of protein, no gluten, no grains**, and is **simple & easy to prepare!**

### Base for All:

- ◆ ½ cup frozen strawberries
  - ◆ ½ cup frozen blueberries
  - ◆ 2 tbsp chia seeds or flax seeds or hemp seeds (fiber & healthy fats)
  - ◆ ½ cup unsweetened almond or coconut milk (adjust for desired consistency)
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### 1 Vegan Protein Smoothie

#### Protein Source: Fermented Vegan Protein Powder & Hemp Seeds

- ◆ 1 scoop fermented vegan protein powder
- ◆ 2 tbsp hemp seeds (extra protein & omega-3s)
- ◆ ½ frozen zucchini or ¼ avocado (adds creaminess & fiber)

#### 👉 Instructions:

1. Blend all ingredients until smooth.
2. Adjust liquid as needed.
3. Enjoy a creamy, protein-packed, plant-based smoothie!

✅ 30g protein | High fiber | Low carb

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### 2 Vegetarian Protein Smoothie

#### Protein Source: Greek Yogurt & Whey Protein Powder

- ◆ 1 scoop whey protein powder
- ◆ ½ cup full-fat Greek yogurt
- ◆ 1 tbsp flax seeds (fiber & omega-3s)

### 👉 Instructions:

1. Blend all ingredients until smooth.
2. Adjust liquid as needed.
3. Enjoy a thick, high-protein, gut-friendly smoothie!

✅ **30g protein | High fiber | Low carb**

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### ③ Carnivore Protein Smoothie

#### Protein Source: Collagen Peptides & Whole Milk

- ◆ **1 scoop collagen peptides or whey protein powder**
- ◆ **½ cup whole milk or raw dairy** (extra protein & healthy fats)
- ◆ **1 tbsp egg yolk powder** (adds richness & nutrients)
- ◆ **2 tbsp chia seeds** (fiber and omega-3s)

### 👉 Instructions:

1. Blend all ingredients until smooth.
2. Adjust liquid as needed.
3. Enjoy a nutrient-dense, carnivore-friendly smoothie!

✅ **30g protein | High fiber | Low carb**

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### 🔥 Why This Works?

- ✓ **High-Protein:** 30g in every smoothie
- ✓ **High-Fiber:** Chia, flax, hemp, and berries (low sugar fruit & fiber)
- ✓ **Low-Carb:** No added sugars or grains
- ✓ **Easy & Delicious:** Ready in under **5 minutes**

🥤 **Pro Tip:** Customize your mix based on taste and texture!

- 🌿 **Hemp seeds** – 14g protein, 6g fiber (mild & nutty)
- 🌱 **Chia seeds** – 6g protein, 16g fiber (gel-like when soaked)
- 🌾 **Flax seeds** – 6g protein, 10g fiber (earthy & slightly crunchy)

Try different combos to find what you love!