

MADE WITH *Love*

RECIPE GUIDE

TO REALISE YOUR
HAPPIEST & HEALTHIEST SELF



JADE JOSELYN

The Guidelines

WELCOME to your first step (or one-thousandth step) in a new you and a new life! This guide will help motivate and inspire you on your fitness journey.

I believe having both a goal and plan are two of the most important things when trying to achieve results.

Until I had a workout plan, I found that my commitment to the gym was lacking. Once I had my plan and started to work on it, I made that all-important step in life to **INVEST IN MYSELF**.

I believed I could, and for the first time in my life, I DID. Eight bikini competitions, a YouTube Channel, and an Instagram account later, I am now able to share my biggest passion in life with **YOU**.

Also, you'll find that by surrounding yourself with likeminded people, you will be able to fuel your body and your spirit. By giving your body what it needs from the inside, you will be able to perform to the best of your abilities and make changes on the outside. To help you out with this, I've been building a community for all of you on this journey, **#MadeWithJade**

When you decide to take the step and start this plan, I want you to know I will be here for you every step, squat, and selfie along the way. **Share your journey** by using **#MadeWithJade** so I can share and support your progress, and you can give and receive support from others.

**We are on this journey together, and
I can't wait to cheer you on.**

Sincerely,

Jade xx



ALL ABOUT

Nutrition

MACRO TRACKING

LET'S BREAK IT DOWN

GRAMS TO CALORIES

Lets break things down, and
make it simple!

1g of protein = 4 calories

1g of carbohydrate = 4 calories

1g of fat= 9 calories

KEEPING TRACK

So instead of worrying about HOW many calories are in your food we are going to switch our focus and look at WHAT kind of calories we are eating. By understanding the nutrition of our food, it empowers us to make better decisions whilst being able to enjoy the foods we love in moderation. For example, you can track in your favourite chocolate bar to have after dinner, or use this macro counting tool to ensure you are eating enough protein throughout the day to support our training and remain full. Often when we are not seeing results, the

first thing we do is restrict our food intake, which further down the line may lead to over eating/binges and a reduced performance in the gym. Instead, I want you to take control, get inspired and get creative with your cooking.

Whatever the goal is YOU CAN AND WILL GET THERE! Use macro counting as a guide to live more flexible, enjoy food more and to help whether you want to increase your metabolism, lose fat or build muscle.

To make life easier with counting macros, I recommend downloading a macro-counting app such as *MyFitnessPal* or *Lifesum*, where you can enter or scan foods for each meal and the app does all the counting for you. This way, you track your progress over time and make sure you're reaching your daily number whilst working towards that goal.

MACRO TRACKING

HOW TO CALCULATE YOUR MACROS

DOING THE MATH

Before adjusting our calories to be most suited to our goal we need to work out our maintenance calories.

I like to use a simple formula for a rough guide to set our target macros.

HOW TO CALCULATE MAINTENANCE CALORIES

Your body weight in LBS x 14-16 depending on how active you are

(16 being extremely active)

For example: if you are 150lbs and very active: $150\text{lbs} \times 16 = \mathbf{2,400 \text{ calories}}$

HOW TO CALCULATE PROTEIN INTAKE

Bodyweight (in lbs) x 0.75-1.25 depending on how active you are

(1.25 being extremely active)

For example: if you are 150lbs and moderately active: $150\text{lbs} \times 1 = \mathbf{150\text{g of protein}}$

Higher protein is recommended when you are leaner and have more muscle mass. Protein is also important as it not only helps us build muscle but also will help us stay full when in a calorie deficit when dieting.

HOW TO CALCULATE FAT INTAKE

Bodyweight (lbs) x 0.3 - 0.6 depending on your preference to carbs vs fats

Carb lover example: $150\text{lbs} \times .3 = \mathbf{45\text{g of fat}}$

Prefer fatty foods such as eggs avocado etc: $150\text{lbs} \times 0.6 = \mathbf{90\text{g of fat}}$

So if we are 150lbs, and our maintenance calories are 2,400,

we now just do the simple math!

150g of protein = 600 calories

45g of fat = 405 calories

$2,400 - 1,005 = 1,395$ divided by 4 (4 calories per 1g of carbs) = 348.75g of carbs

MACRO TRACKING

WITH A GOAL OF FAT LOSS

SUBTRACTING SAFELY

If our goal is fat loss we would need to subtract macros from our maintenance to be in a "calorie deficit". I would *never* recommend reducing more than 500 calories, as this is considered a very aggressive fat loss approach. Try starting off by reducing 200-300 calories and track your weight loss for a couple of weeks before reducing any further. It's also important to listen to your body when it's telling you it's hungry, or feeling a little more lethargic than normal.



CALORIE REDUCTION

When reducing our calories I would recommend reducing the calories from our carbohydrate intake vs our protein & fats. If our goal was from 2400 calories to 2000 our macros would look like this:

150g protein

45g fat

248.75g carbohydrate

OR if you preferred a higher fat diet for the exact same calories our macros could look like this:

150g protein

70g fat

192.5 carbohydrate

I recommend purchasing a digital food scale to weigh your food for the most accurate macro nutrient calculations for cooking with whole food ingredients rather than scanning a package.

Macro tracking or "IIFYM" is a great tool to use, but it's important that we don't stress about being perfect every single day. Even if you are over or under by 5-10g you will still see results!

MACRO TRACKING

SIMPLIFYING THE TRACKING PROCESS

If tracking isn't for you DO NOT WORRY! We can still make amazing changes both mentally and physically, without counting macros. I do, however, encourage **understanding the basic principals** detailed in the last page in order to help with dietary choices over time.

I love using this approach to eating so I can still enjoy my favourite (not so healthy) foods from time to time, but it's important to not abuse this method, and still fill your diet with nutrient-rich food choices such as fruits, vegetables, high quality protein, healthy fats and carbohydrates. A great way to think about this is an 80 / 20 ratio of healthy food to indulging!

Try to meet your macro target by consuming 80% of your calories from **whole** foods and 20% from **soul** foods.



SUPPLEMENTS

PT. 1: ENHANCING PERFORMANCE

WHY?

Supplements are not necessary, but they can help supplement your diet in areas that you might need improving. Sports supplements can also greatly improve your performance in both the gym and during recovery which is why I personally take them!

I take daily:

Glutamine

Daily Multi Vitamin

Daily Greens

Omega 3

PROBIOTICS

Probiotics are the friendly bacterias that can be found in the gut. You can take a probiotic supplement or eat probiotic rich foods such as yogurt, kefir, sauerkraut, tempeh and kimchi. An unbalanced gut can lead to bigger problems such as bloating, eczema, acne and even more serious diseases.

A healthy gut = a happy life, so it's important to not neglect our body of nutrients and eat a varied diet full of colour and micronutrients.

Always consult with your doctor if you have any concerns or questions regarding gut health!

PROTEIN POWDER

A perfect on the go meal, or post-workout drink to help aid recovery. Protein powder can also be added to our breakfast shakes, snack pot yogurts, or even your bowl of oats to help create more of a well-balanced meal. Whey protein is readily absorbed and used by our bodies, and will help with growth and recovery after we train. Protein powder helps support lean mass gains, is easily absorbed, rich in leucine and BCAA'S, which are essential for building muscle as well as it being a handy go-to low-calorie protein source.

SUPPLEMENTS

PT. 2: ALL ABOUT AMINO ACIDS

EAAS

Essential Amino Acids contain the entire range of amino acids your body demands when it needs to build new muscle tissue. Our body can not make EAAs, therefore, we must get them from food. However, we can often miss out on the critical EAA rich foods if we do not diversify our diet.

EAAs help stimulate protein synthesis, as well as supporting energy production and cellular repair!

BCAAS

Think of **Branch Chain Amino Acids** as the building blocks of protein! Out of the nine EAAs, three are the BCAAs: leucine, isoleucine and valine. BCAAs help support muscle growth as well as helping out post workout to reduce DOMS (Delayed Onset Muscle Soreness). You can buy powdered BCAAs, which is a great way to increase

your daily water intake, but BCAAs can also be found in food too!

BCAA RICH FOOD

100g Beef	6.8g
100g Chicken Breast	5.8g
1 Scoop Whey Protein	5.5g
1 Scoop Soy Protein	5.5g
100g Salmon	4.9g
100g Turkey Breast	4.6g
2 Eggs	3.2g
235ml 1% Milk	2.2g
140g Greek Yogurt	2g

Don't forget

Visit the recipe section for loads of recipes and ideas for balanced, healthy meals packed full of EAAs and nutrients!

SUPPLEMENTS

PT. 3: WORKOUT BOOSTERS

PRE WORKOUT

When considering a pre workout supplement, it's important to think about your goals, and the type of exercise you are going to do. Pre workout powders contain different ingredients and amounts of each ingredient, so if you are looking for a quick energy burst before the gym, do your research and find the one that suits you best.

Don't fancy a pre workout powder but still need a pick-me-up? Caffeine, AKA the thing that makes us buzz from coffee, can help increase alertness and help you feel less tired on those days you feel like skipping the gym! I recommend drinking in moderation and not to become reliant on it. (I would drink no more than 200mg a day.)

CREATINE

Creatine is one of my most recommended supplements for muscle building and performance in the gym, as creatine helps increase strength and power. Creatine plays an important part of energy production in our bodies. If our cells have more energy when we exercise, we will perform better, and as a result over time we make more progress. If building muscle is your goal, I would suggest you consider investing in a creatine supplement. However, creatine can be found in pre workout supplement powders so *do not exceed the daily dose!*



HEALTHY GROCERY LIST

STOCK YOUR FRIDGE!

LEAN PROTEIN

Chicken Breast
Turkey Breast
Lean Ground Beef & Turkey
Lean Turkey Bacon
Lean Steak
White Fish
Tuna In Water
Egg Whites
Pork Tenderloin
Protein Powders
Casein
0% Greek Yogurt
Cottage Cheese

VEGAN PROTEIN

Tofu
Chickpeas & Lentils
Tempeh
Seitan
Soya meat alternatives
Soya yogurt
Plant Based protein powder
(e.g hemp, rice, pea etc)

HEALTHY HIGH-FAT PROTEIN

Salmon
Mackerel
Whole Eggs
Steak
Turkey / Chicken Thigh
5% Fat Greek Yogurt
Sausages
Pork / Bacon

GRAINS

Oats
Pasta
Whole wheat wraps
Brown & white rice
Buckwheat
Cream of rice
Quinoa
Spelt

VEGETABLES

*Higher Carbohydrate options

Sweet potato*
Potato*
Plantains*
Parsnips*
Squash*
Beets*
Tomato*
Carrots*
Onion*
Pumpkin*
Eggplant / Aubergine*
Peppers*
Red Cabbage*
Greens
Spouts
Green beans
Asparagus
Okra
Celery
Cauliflower
Broccoli
Lettuce
Bok Choy
Zucchini

FRUIT

*Lower Carbohydrate options

Raspberries*
Strawberries*
Blackberries*
Watermelon*
Papaya*
Plum*
Peach*
Apple
Blueberries
Pear
Kiwi
Passionfruit
Persimmon
Mango
Grapes
Banana
Fig

CONTINUED



HEALTHY GROCERY LIST

STOCK YOUR FRIDGE!

SALTY & SAVOURY SNACKS

Popcorn
Hummus
Baked Tortilla Chips / Pop chips
Salsa
Nuts
Seeds
Beef / Turkey Jerky
Pickles
Dried veggie crisps
Kale chips
Veggie sticks
Boiled egg
Baked mini frittatas
Rice cakes
Olives
Sweet Snacks
Nut Butter
Dates
Dried fruit
Bowl of Berries
Dark chocolate
Protein Balls
Greek yogurt
Protein Bar
Flavoured rice cakes

OILS / FATS

Olive Oil
Walnut oil
Hemp seed oil
Avocado oil
Flax seed oil
Coconut oil
Grass fed butter
Avocado
Chia seeds

Cheese
Dark Chocolate
Olives
Tahini
Sunbutter

CONDIMENTS & DRESSINGS

Apple cider Vinegar
Balsamic Vinegar
Lemon juice
Lime juice
Rice vinegar
Mustard
Salsa
Sriachia
Hot sauce
Tomato ketchup
(low sugar option)
Low Sodium soy sauce
Tamari (gf option)
Maple Syrup
Honey



FINALLY...THE *Recipes*



GLUTEN FREE



DAIRY FREE



VEGAN



PALEO

BREAKFAST

LUNCH & DINNER

SMOOTHIES

Breakfast

GRANOLA

GRANOLA & YOGURT PARFAIT

BANANA OATMEAL PROTEIN PANCAKES

PALEO PROTEIN PANCAKES

BAKED EGGS

BAKED EGGS IN PORTOBELLO MUSHROOMS



GLUTEN FREE



DAIRY FREE



VEGAN



PALEO

GRANOLA

prep time: 30 mins

5 servings

INGREDIENTS

300g whole rolled oats
80g maple syrup or honey
50g-100g flaked almonds
1tsp vanilla extract
50g desiccated coconut or coconut flakes
1tbs coconut oil
Pinch of sea salt or pink Himalayan salt
Optional additions
Mixed seeds (sunflower & pumpkin)
Dried berries
Stevia
Chopped Dates
Cinnamon
Flax seed
Nuts



DIRECTIONS

1. Preheat oven to 150C
2. Mix the wet ingredients in a large bowl. Add in all the remaining ingredients and mix well.
3. Tip the granola onto a baking sheet and spread evenly. Toss occasionally and bake until golden colour.
4. Serve with cold milk or sprinkle on top of yogurt. The granola can be stored in an airtight container.

Wow

Granola is always a good idea, and there are so many amazing recipe combinations to create!

#hottip

GRANOLA & YOGURT PARFAIT

prep time: 5 mins

1 serving

The perfect sweet breakfast for when you are short on time.
Why not put it in a jar or lunch box and take it on the go?!



INGREDIENTS

Granola from granola recipe

High protein greek yogurt or dairy free yogurt of choice

Fresh fruit such as berries

OPTIONAL

1 teaspoon chia seeds

1 teaspoon flax seeds

Greens Powder

Vanilla extract

Ice

DIRECTIONS

Layer ingredients in a jar, and you're
good to go!



BANANA OATMEAL PROTEIN PANCAKES

prep time: 30 mins

5 servings

INGREDIENTS

1 medium ripe banana

2 eggs or vegan egg replacer

40g oats

15g protein powder of choice

Pinch of salt

Dash of almond milk if needed

OPTIONAL

Dash of cinnamon

1/4 teaspoon vanilla extract

TOPPING SUGGESTIONS

Honey or maple syrup

Nut butter

Berries

Greek Yogurt

Dark chocolate Chips



DIRECTIONS

1. Mash banana in a bowl with a fork
2. Add the eggs and mix until combined
3. Put the Oats in blender and blend until fine
4. Add the blended oats and cinnamon to the banana mix and stir well.
5. Heat a pan and grease using low calorie spray or coconut oil.
6. Pour mixture into the skillet, cook on one side until bubbles appear and then flip to cook on the other side until golden.
7. Repeat with remainder of batter



PALEO PROTEIN PANCAKES

prep time: 45 mins

1 serving

INGREDIENTS

1 ripe banana

2 eggs

15g coconut flour

15g protein powder

1/4 tsp baking powder

Dash of cinnamon (optional)

1/4 tsp vanilla extract (optional)

Pinch of salt

Dash of almond milk if needed

TOPPING SUGGESTIONS

Coconut flakes

Almond butter

Chopped nuts

Fruit



DIRECTIONS

1. Blend together until smooth
2. Set aside for 5 minutes to thicken up
3. Heat pan and grease with low calorie spray or coconut oil
4. Pour batter into the pan and cook until bubbles appear and then flip to cook on the other side until golden.
5. Repeat with remainder of batter



BAKED EGGS IN PORTOBELLO MUSHROOMS

prep time: 20 mins

1 serving

DIRECTIONS

A delicious low carb savoury breakfast option that will keep you full and feeling good!

1. Preheat oven to 220°C
2. Place Mushrooms on baking sheet spray with oil and bake until slightly tender.
3. Whilst mushrooms are baking wilt spinach in a pan or steam in the microwave.
4. Remove the mushrooms from the oven and drain any liquids. Line each mushroom base with the spinach, then crack 1 egg on top.
5. Season with salt & pepper.
6. Bake until the white is set but the yolk still appears runny.

Option to serve on its own or with a side of avocado for some additional healthy fats.



INGREDIENTS

Olive oil/ low cal oil spray

Large portobello mushrooms

Eggs (1 per mushroom)

Spinach

Salt & pepper

Cheese (optional)





BAKED EGGS

prep time: 30 mins

1 serving



INGREDIENTS

Chopped tomato

Eggs

150g green beans

200g potato or sweet potato

1/2 tea spoon minced garlic

Salt & Pepper

Sprinkle of Paprika



DID YOU KNOW...

More than half of the protein in an egg is found in the egg whites

Wow!

A hearty breakfast that can be eaten anytime of the day.

1. Cook green beans in a saucepan of boiling water until slightly tender. Drain and refresh under cold water.
2. Cube potato into small chunks and in a hot pan cook with low calorie spray under tender and browned. Stir in green beans, garlic, salt, pepper and chopped tomato
3. Crack eggs into the pan on top of the vegetables (space evenly). Cover pan and cook over a medium heat until the egg whites are set and the yolks are still runny.
4. Sprinkle with paprika and serve.

Lunch & Dinner

GREEK GRILLED CHICKEN & SALAD

PERFECTLY BAKED SALMON & SWEET POTATO

GRILLED PEACH & CHICKEN SALAD WITH HONEY MUSTARD DRESSING

CHICKEN, BROCCOLI AND WILD RICE SKILLET

PALEO MEATBALLS

HEALTHY CHICKEN FAJITAS

LEMON & HERB WHITE FISH



GLUTEN FREE



DAIRY FREE



VEGAN



PALEO

GREEK GRILLED CHICKEN & SALAD

prep time: 30-120 mins

1 serving

INGREDIENTS

Chicken Breast

Salad Leaves

Tomato

Cucumber

Red Onion

Mixed Peppers

Olive Oil (Optional)

Feta (Optional)

Balsamic vinegar (Optional)

MARINADE

1/2 tsp Rosemary

1/4 tsp Thyme

1 tsp Minced Garlic

1/2 tsp Oregano

1/4 tea spoon Cayenne

1 Lemon Juiced

1/2 table spoon Olive Oil

1 table spoon Wine Vinegar

Generous pinch Salt & Pepper



DIRECTIONS

1. Combine the marinade ingredients in a bowl.
2. In a baking dish or large zip bag place chicken breasts and pour marinade on top. Allow to marinade for 10 minutes to 2 hours.
3. Slice peppers for grilling
4. Place chicken breasts and peppers on preheated grill until cooked (you can bake chicken if preferred)
5. Whilst the chicken is cooking, chop the cucumber, tomato and onion to make the salad. Add to salad leaves and toss. Olive oil, balsamic vinegar and feta are all optional for a dressing but use juice of lemon if preferred.

Enjoy hot or cold so this is a great option for an on-the-go lunch box meal!



PERFECTLY BAKED SALMON & SWEET POTATO

prep time: 45 mins

1 serving



INGREDIENTS

1 salmon Fillet
(more if meal prepping)

200g Sweet Potato

Mangetout peas

Salt & Pepper

Cumin

Lemon Juice

1/4 tea spoon garlic
powder

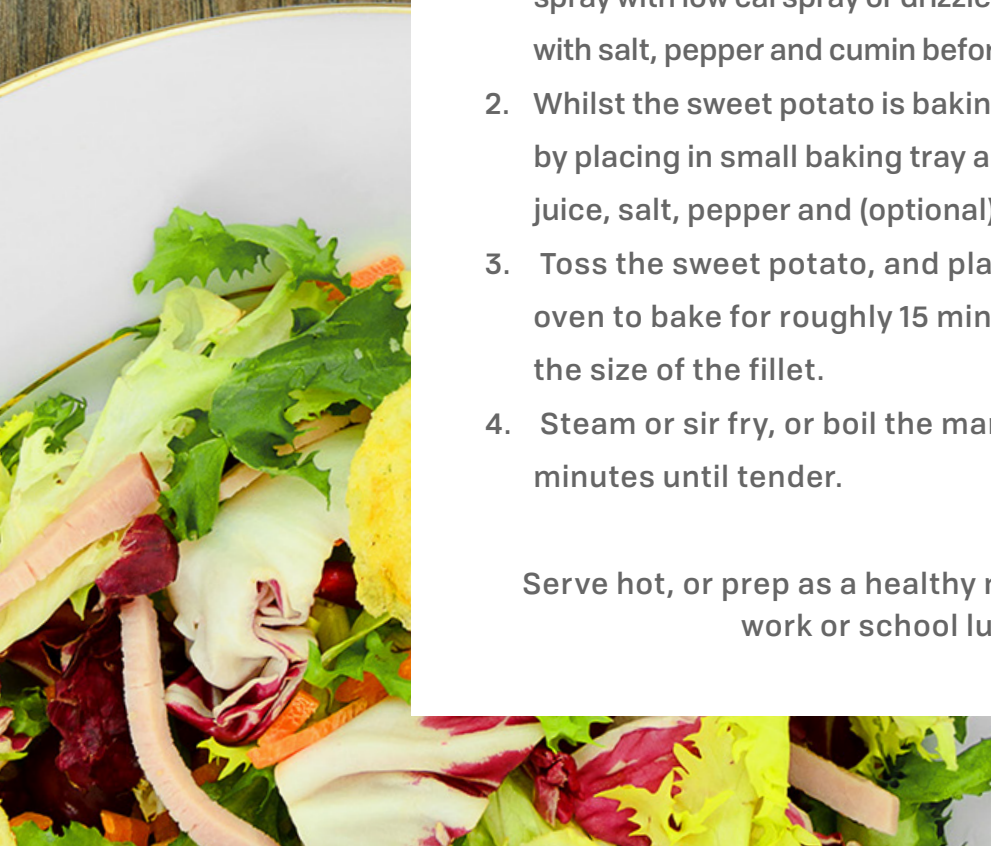
Chilli flakes (optional)

DIRECTIONS

Preheat the oven to 220C

1. Arrange the diced or sliced sweet potatoes on a pan and spray with low cal spray or drizzle with olive oil and top with salt, pepper and cumin before tossing to combine.
2. Whilst the sweet potato is baking, prepare the salmon by placing in small baking tray and season with lemon juice, salt, pepper and (optional) chilli flakes.
3. Toss the sweet potato, and place the salmon in the oven to bake for roughly 15 minutes depending on the size of the fillet.
4. Steam or sir fry, or boil the mangetout peas for 5-10 minutes until tender.

Serve hot, or prep as a healthy meal for tomorrow's work or school lunch.



GRILLED PEACH & CHICKEN SALAD WITH HONEY MUSTARD DRESSING

prep time: 45-120 mins 1 serving

DIRECTIONS

1. Combine all of the dressing ingredients in a bowl and whisk. Place chicken breast in baking dish and pour 1/3 of the marinade in with the chicken and leave for at least 15 minutes - 2 hours.
2. If opting for additional bacon cook with your preferred method.
3. Heat grill pan to medium high heat and place the peaches cut side down. Grill until marks appear and peaches are warmed. Remove from heat and let cool.
4. Grill and cook chicken over medium heat (usually 20 minutes)
5. Prepare the salad with lettuce, sliced chicken, peaches, pecans and optional bacon & feta.

Serve with drizzle of dressing and some cracked black pepper

Alternatively, serve the chicken on a bed of grilled mixed peppers and have the salad on the side.



INGREDIENTS

chicken

green lettuce leaves

2 peaches

pecans

feta cheese (optional)

bacon (optional)

VINAIGRETTE / MARINADE

1tbs olive oil

1 tablespoons dijon mustard

2 tablespoons balsamic vinegar

2 tablespoons raw honey

juice of 1 lemon

salt & pepper





CHICKEN, BROCCOLI & WILD RICE SKILLET

prep time: 45 mins

1 serving



INGREDIENTS

long grain wild rice

salt & pepper

onion

broccoli florets

diced chicken breast

sliced or whole almonds

italian seasonings

low sodium chicken stock

DIRECTIONS

1. Add uncooked rice and stock to a sauce pan and bring to a boil. Reduce heat to medium- low, cover and simmer until stock is completely absorbed.
2. Season the chicken and add to a large hot skillet with the diced onion. Saute until the chicken is no longer pink and then add the garlic and broccoli. Cook for a further 10 more minutes, stirring often until the broccoli is nice and tender.
3. In a separate skillet or on a baking tray toast the almonds until a light golden brown. Add the cooked wild rice to the chicken skillet and stir until combined.

Garnish with toasted almonds and enjoy!



PALEO MEATBALLS

prep time: 20 mins

1 serving



DIRECTIONS

Preheat the oven to 200°C

1. Combine the beaten egg, tomato paste, grated onion, garlic, parsley, oregano, salt, pepper and almond flour in a bowl.
2. Mix well and then add in the meat.
3. Scoop the mixture onto a baking sheet into balls and spray with low-cal cooking spray or olive oil.
4. Bake until brown and firm to touch.

Serve with tomato sauce and garnish with fresh basil.

INGREDIENTS

1 beaten egg
2 TBS tomato paste
grated onion
3 tsp minced garlic
parsley (fresh is best)
1 tsp oregano
25g almond flour
ground turkey
tomato sauce
fresh basil



HEALTHY CHICKEN FAJITAS

prep time: 30-120 mins

1 serving

INGREDIENTS

mini chicken breast fillets or
sliced chicken breast

red pepper

yellow or orange pepper

1 white onion

iceberg lettuce or white rice

salt

1 tsp ground cumin

1 tsp garlic powder

.5-1tsp chilli powder

.5-1 tsp paprika

juice of 1 lime

juice of 1 lemon

OPTIONAL

mashed avocado

pico de gallo

cilantro

low carb tortilla

1/2 tablespoon olive oil

1 tablespoon wine vinegar

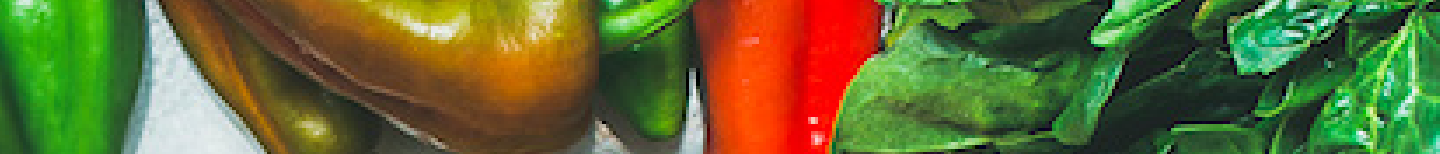
Generous pinch Salt & Pepper



DIRECTIONS

1. Combine the marinade ingredients in a bowl.
2. In a baking dish or large zip bag place chicken breasts and pour marinade on top. Allow to marinate for 10 minutes to 2 hours.
3. Slice peppers for grilling
4. Place chicken breasts and peppers on preheated grill until cooked (you can bake chicken if preferred)
5. Whilst the chicken is cooking, chop the cucumber, tomato and onion to make the salad. Add to salad leaves and toss. Olive oil, balsamic vinegar and feta are all optional for a dressing but use juice of lemon if preferred.

Enjoy hot or cold so this is a great option for an on-the-go lunch box meal!



LEMON & HERB WHITE FISH

prep time: 30 mins 1 serving

DIRECTIONS

1. Preheat oven 200°C.
 2. In a frying pan fry the crushed garlic in a drizzle of olive oil until it starts to brown. Add parsley and lemon before removing from the heat. Season the fish fillet with salt and pepper before drizzling over the seasoning.
 3. Wrap in tinfoil package and bake for roughly 15 minutes depending on the size of the fillets or until fish is no longer transparent and starting to flake.
- Serve with fresh vegetables, rice or a salad.



INGREDIENTS

cod fillets

crushed garlic

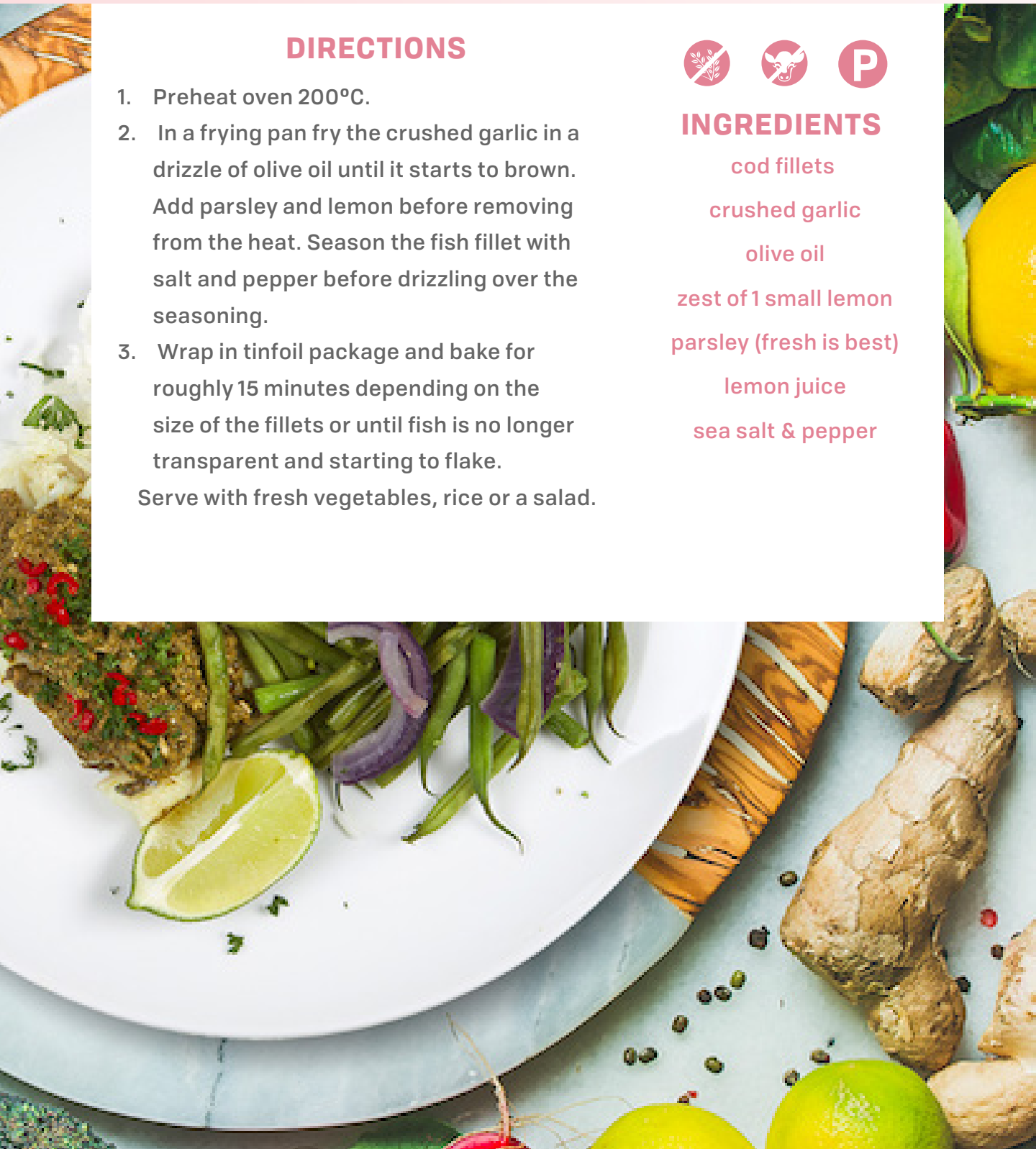
olive oil

zest of 1 small lemon

parsley (fresh is best)

lemon juice

sea salt & pepper



Smoothies

ALMOND ANTIOXIDANT GREEN SMOOTHIE

STRAWBERRY & CHERRY PROTEIN SMOOTHIE

TROPICAL PROTEIN SMOOTHIE



GLUTEN FREE



DAIRY FREE



VEGAN



PALEO



ALMOND ANTIOXIDANT GREEN SMOOTHIE

prep time: 5 mins

1 serving

INGREDIENTS

- 1 tablespoon (roughly 15g)
creamy almond butter
- 2 handfuls of fresh spinach
- 1/2 frozen banana
- 50g frozen pineapple

OPTIONAL

- 1 teaspoon chia seeds
- 1 tea spoon flax seeds
- Greens Powder
- Vanilla extract
- Ice



Combine all the ingredients in a blender
and blend on a high speed until smooth.

Enjoy immediately!





STRAWBERRY & CHERRY PROTEIN SMOOTHIE

prep time: 5 mins

1 serving



An antioxidant-boosting smoothie that is perfect pre or post workout due to the high protein content. Also a great breakfast option when you are short on time but want to stay satisfied for longer.

INGREDIENTS

Handful of fresh or frozen strawberries

40g Frozen Cherries

40g Frozen Banana

1 scoop of protein powder
(recommend vanilla, banana, strawberry
or unflavoured protein)

Milk of Choice (recommend low cal
option such as almond or cashew milk)

Ice

Combine all the ingredients into blender
and blend on a high speed until smooth

Enjoy Immediately!

TROPICAL PROTEIN SMOOTHIE

prep time: 5 mins

1 serving



A tropical powerhouse smoothie that will satisfy any sweet tooth and also help to build your muscles.

INGREDIENTS

Handful of fresh or frozen strawberries

40g Frozen Cherries

40g Frozen Banana

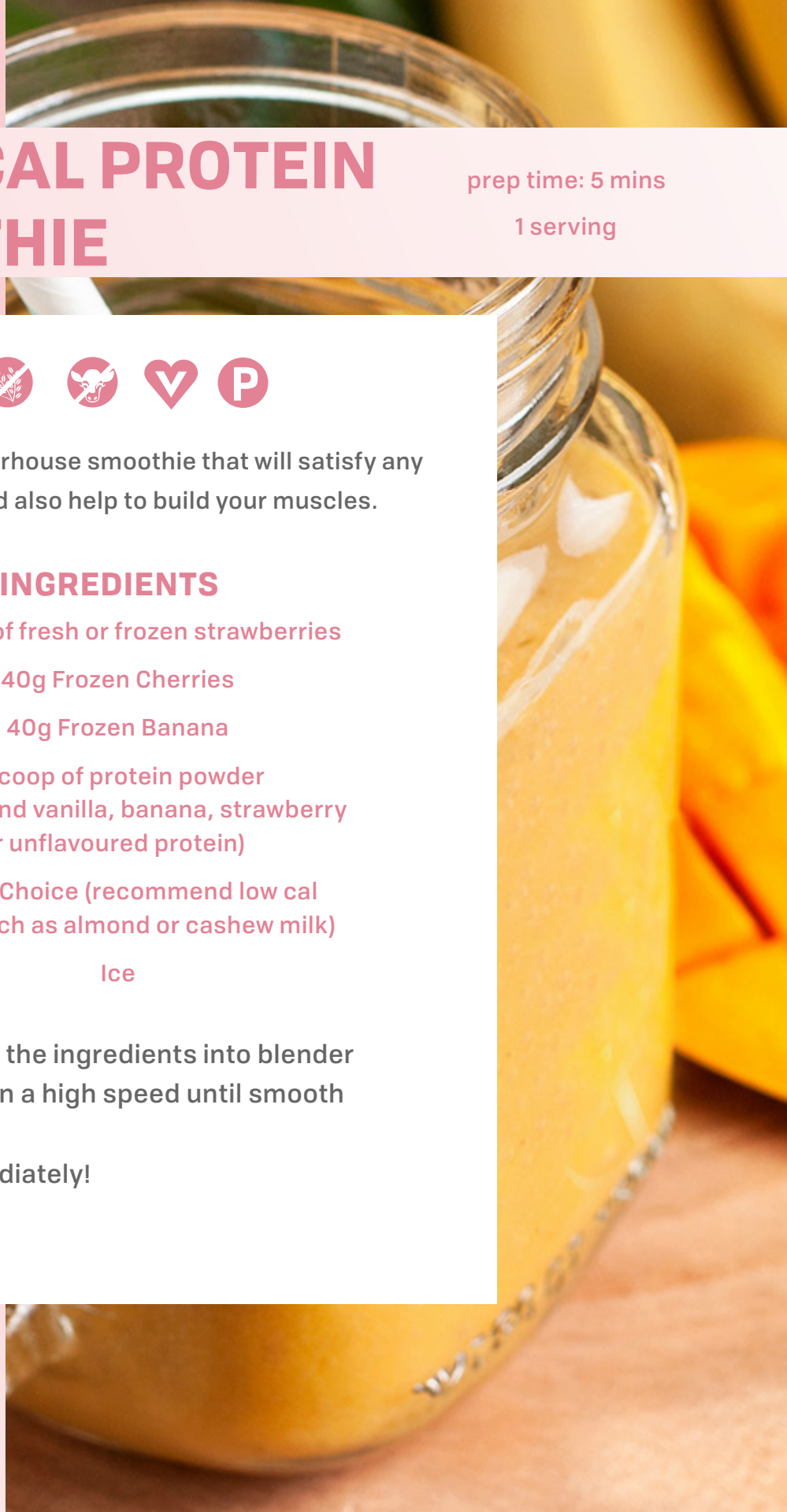
1 scoop of protein powder
(recommend vanilla, banana, strawberry
or unflavoured protein)

Milk of Choice (recommend low cal
option such as almond or cashew milk)

Ice

Combine all the ingredients into blender
and blend on a high speed until smooth

Enjoy Immediately!



Thank You!

THANK YOU so much for your effort and I wish you all the best on your journey! I sincerely hope you've enjoyed this guide.

Please be sure to follow me on all my social media, including Instagram, YouTube, and Twitter, so we can stay in touch and keep each other motivated! [@jadejoselyn](#)

Love you all!

[#MadeWithJade](#)



Jade ^{xx}