



## Favorite Brands I Use

### Protein Powders:

**Powders will vary on SERVING size. These are a few of my fan favorites due to flavor and macronutrients. Look for 15-25 g of protein when choosing and follow serving size on package.**

- ✓ Trader Joes Aria 2 scoops (90 kcal, 5g carb, 3g fiber, 15g protein)
- ✓ Orgain Grass Fed Whey 2 scoops (140 kcal, 12g carb, 3g fiber, 21g protein)
- ✓ Orgain Plant Based 2 scoops (150 kcal, 15g carb, 5g fiber, 21g protein)
- ✓ Gold Standard Whey 1 Scoop – (120kcal, 3g carb, 0g fiber, 24g protein)

### Nut Milk brands:

Any unsweetened cheap nut milk! Nutrition won't change for these.

### Yogurts:

Oikos triple zero Greek yogurt in flavors, plain Greek yogurt of any brand, Fage and Chobani Greek yogurt (5 oz)

**Dairy – free Greek yogurt** – Plain Greek yogurt (almond, cashew or coconut based) – Problem: these won't have protein like the Oikos Triple Zero use with a protein powder always if trying to make a meal replacement / post workout shake!

**See more on my blog ([KristincardilloRd.com/Blog](http://KristincardilloRd.com/Blog)) under "How to build the perfect smoothie"**

## Cacao + Coffee Energizer Shake

**Time: 3 – 5 minutes**

**Use:** Complete breakfast replacement or post workout

### Ingredients:

1. 2 tb Cacao Nibs
2. ¼ cup unsweetened vanilla nut milk
3. 1 over rip banana
4. 2 scoop protein powder (Aria)
5. ¾ cup black iced coffee
6. 1 tb PB 2 powder

### Directions:

Pour nut milk and add cacao nibs. Blend. Add coffee and blend again. Then add rest of the ingredients and blend until smooth.



Kristin Cardillo, RDN



**Nutrition Facts:**

**317 Kcal, 33 carbs, 12 g fiber, 21 g protein**

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## Kristin's Go – To Protein Shake

**Time: 3 – 5 minutes**

**Use:** meal replacer, post workout

**Ingredients:**

1. ¾ Small Banana
2. 1 Tb PB 2 Powder
3. 2 scoops Vanilla Protein Powder (Aria)
4. 1 Tb Ground flaxseed
5. 1 Tb Chia Seeds
6. 1 cup Unsweetened Coconut Milk

**Directions:**

All of these can be mixed together! If using a frozen banana blend the frozen banana into to coconut milk first then add the rest of the ingredients.

**Nutrition Facts:**

**303 Kcal, 29 carbs, 10 g fiber, 20 g protein**

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## High fiber – low Carb Raspberry Mash

**Time: 3 – 5 minutes**

**Use:** antioxidant enhancer, snack

*TRICK → throw these into FREEZER pop molds and enjoy a low-calorie healthy treat at night!*

**Ingredients:**

1. ½ Triple Berry Oikos Greek Yogurt
2. 1 cup Unsweetened Nut Milk
3. ½ cup Raspberries
4. 1 (1/2c) handful of Spinach

**Directions:**

Add nut milk and raspberries and puree first. Then add the spinach & the Greek yogurt. Blend until smooth!



*Kristin Cardillo, RDN*



**Nutrition Facts:**

**132 Kcal, 15 carbs, 6 g fiber, 8 g protein**

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## Pina Colada Mocktails

**Time: 5 minutes**

**Use:** Can be used as a meal replacement for those who are looking to lose weight!

**Ingredients:**

1. 4 ounces (zero calorie) OR Bai Antioxidant Cocofusion Pineapple coconut
2. ½ cup Pineapple Chunks or Tidbits in water (Dole cup or frozen pineapple chunks) (25, 5.5 c, 0f, 0p)
3. 1 tb Coconut Cream
4. 1 Tb Unsweetened Coconut Shreds
5. ½ Oikos Triple Zero Coconut Creme Flavor
6. 2 scoops Vanilla Protein Powder (Aria)

**Directions:**

Blend frozen fruit into coconut water then add all the other ingredients and blend until smooth.

**Nutrition Facts:**

**245 Kcal, 19 carbs, 4.5 g fiber, 14 g protein**

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## Flat Tummy Smoothie

**Time: 3- 5 minutes**

**Use:** when super bloated, as a snack

**Ingredients:**

1. ¾ cup BAI coconut infused water
2. ¼ English cucumber, chopped
3. small bunch flat leaf mint, leaves only, chopped
4. ½ medium lemons, peeled and seeded
5. ½ cup (100 grams) fresh pineapple, frozen
6. 5 drops liquid stevia or 2 packets stevia packs
7. 2 Tb chia seeds

**Directions:**

Blend fruit into the coconut infused water from BAI first then add rest of ingredients!



Kristin Cardillo, RDN



**Nutrition Facts:**

**200 Kcal, 30 carbs, 11 g fiber, 5 g protein** - *For less carbs only use 50g of pineapple!*

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## A Complete Iced Espresso To Go

**Time: 3 minutes**

**Use:** Breakfast

**Ingredients:**

1. 2 ounces (1/4 cup) of Low Fat Half & Half
  2. 1-2 Espresso Shots
  3. 2 Scoop Vanilla or Chocolate (for mocha flavor) Orgain Plant Based 2 scoops
- OPTIONAL: Can use Coffee Oikos Triple Zero or Chocolate Oikos Triple Zero Greek Yogurt instead for a thicker consistency.

**Directions:**

Blend until smooth! Be sure to use iced espresso shots only, BlendJet does not tolerate hot **hot** liquids.

**Nutrition Facts:**

**229 kcal, 17 g carbs, 5g fiber, 23 g protein**

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## Antioxidant & Anti-inflammatory Smoothie

**Time: 3- 5 minutes**

**Use:** Light meal replacement or post workout

**Ingredients:**

1. ¾ cup equal parts Berries (raspberries, blackberries, strawberries)
2. ½ Oikos Vanilla Triple Zero Greek yogurt
3. 1 cup vanilla sweetened nut milk alternative
7. 2 scoop protein powder (Aria)

**Directions:**

Blend frozen fruit in nut milk alternative first then add yogurt and protein powder!

**Nutrition Facts:**

**250 kcal, 28 g carbs, 10g fiber, 24 g protein**

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