



# *Thyroid Supporting Smoothies*



Welcome to  
**THE YOGINI  
CIRCLE!**

I am a huge fan of smoothies. It is a great way to pack a lot of whole foods into one quick go to meal.

I actually have a Smoothie for breakfast most weekdays and I find it extremely easy way to get a lot of nutrition without a lot of work.

Not only are smoothies packed with antioxidants, phytochemical, and vitamins, they also substitute as a way to "manage" your food cravings by providing your body with something sweet.

Studies have also shown that juicing or blending fruits results in higher antioxidant and phenolic compound levels compared to whole fruits themselves.

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*The recipes here contain the perfect blend of protein, carbs & fat to feed your cells and balance your hormones.*

*It also contains the perfect blend of powerful micronutrients to healthy adrenals.*



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# HOW TO OPTIMIZE YOUR SMOOTHIES?

What are your goals? Are you using it as a snack or as a meal replacement? Are you avoiding sugars?

If using it as a meal make sure you have the 3 Macronutrients on it: Fat, Carbs and Protein).

The recipes here are all good to be used as a meal replacement.

If you want to feel more "full" add more fats. I recommend no more than 1 tablespoon of healthy fat. But ok to add fats like avocado in addition to "oil" fats.



## **Basic Template:**

**1. Proteins:** I am a big fan of collagen peptides as a "protein powder", I also use Hemp Hearts as toppings a lot.

**2. Fruit and Sugar:** although super healthy, fruits do have sugar, so do not overload your smoothies with fruits. If you are concerned with weight and insulin then stick to "berries" which have lower sugar content.

**3. Fat Content:** You do not need much but I always add some fat especially if you will use it as a meal replacement. Nuts or nut butters always taste great! I always add avocados for consistency.

**4. Liquid Base:** Your base can be water, juice (watch for sugar content), coconut water, coconut milk. The quantity will depend whether you want it more liquid or to eat with a spoon. My go to's are full fat coconut milk or almond milk since they do not have much sugars.

**5. Nutrition content:** Since you are blending you might as well get your veggies requirements all in at once! They can be frozen or fresh. I usually use frozen riced cauliflower, frozen or fresh spinach, kales. Fresh zucchinis, squashes, cucumbers. As well as herbs like cilantro & Parsley.

# ADDITIONAL INGREDIENTS

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## FLAX SEEDS

Up to 1 tablespoon of ground flax (I buy whole and grind it myself). Flax is great to add as a healthy source of fats and is especially good for women in menopause.

## CHIA SEEDS

Up to 1 tablespoon of chia seeds. Chia seeds tend to expand and thicken up liquids so just realize that chia seeds may alter the consistency of your smoothie.

## NUT BUTTERS

Nut butters add a very rich flavor and make your smoothies more creamy. They are also a healthy source of fats. Just be cautious when adding nut butters because they have a lot of calories from fat, even though they are "healthy" fats.

## TURMERIC

Turmeric is great to add (you may want to also crack some fresh pepper in with it to help with absorption (5)) especially after a workout. It helps cool down inflammation and may also help with Hashimoto's. Just add around a tablespoon to your smoothie

## CINNAMON

Cinnamon adds great flavor and can also help slow the absorption of sugar and the rise of insulin

## HERBS

mint, cilantro, fennel, basil



## PREBIOTICS/PROBIOTICS

You can also easily add probiotics and prebiotics to your smoothies. You can do this by un-encapsulating your probiotics or by pouring in the contents of the powder directly into your smoothie. The taste will be masked and you will still receive the benefits of the probiotic. Prebiotics can also be added but they may increase the thickness of your smoothie.

**BAOBA** exceptional super fruit from Africa. Great source of potassium. Helps with hydration and energy.

## ASTRAGALUS

super herb that boost immune system. I add them to all my smoothies. 1 to 2 tsp.

## MACA

adaptogenic root



## A NOTE ON EQUIPMENT

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HAVING A GOOD BLENDER WILL MAKE SMOOTHIE MAKING MUCH EASIER.

I RECOMMEND GETTING A VITAMIX

IT IS DEFINETELY WORTH THE INVESTMENT.

## FUN TOPPINGS

I find that if I "eat" my smoothie in a bowl with topping I feel more sated than if i just drink it.

Here are some toppings I use to make it yummy, festive and pretty!

**CACAU NIBS**

they add a decadent chocolate taste to it.

**COCONUT FLAKES**

**HEMP HEARTS**

**SHAVED NUTS**

**DICED FRUITS**





## **SPICED ALMOND COCONUT SMOOTHIE**

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- 1 frozen banana
- 8 ounces of coconut water
- 1/4 cup of almonds or almond butter
- 2 Medjool dates
- 1 teaspoon of turmeric powder
- 1/2 teaspoon of cinnamon powder
- 1/2 teaspoon of ginger powder
- 1/2 teaspoon of vanilla extract
- A pinch of nutmeg
- Vital Protein Collagen Peptides

## **AÇAÍ SMOOTHIE**

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- 1 pack Sambazon Unsweetened Acai
- 1/2 cup frozen organic blueberries
- 1/2 cup organic cilantro
- 1/2 cup frozen kale or frozen spinach
- 1 cup coconut milk (or almond milk)
- 1-2 scoops collagen peptides
- 1 tbs Brain Octane Oil
- 1 tsp ground flax seeds
- 1/2 avocado
- Add Hemp Hearts and coconut flakes as toppings

## **GREEN ANTI INFLAMMATORY SMOOTHIE**

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- 1 cup frozen organic Kale
- 1 cup frozen organic spinach
- 1 small banana (frozen or fresh)
- 1 cup coconut water
- 1 scoop Vanilla Collagen Peptides
- 1 teaspoon of turmeric
- For a even less sugar version swap the banana for 1/2 avocado
- Add Hemp Hearts and/or coconut flakes as toppings

## **CHOCOLATE CHERRY SMOOTHIE**

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- 1 cup water or almond milk
- 2 large handfuls of fresh spinach
- 1 frozen banana
- 1 cup frozen sweet cherries (pitted)
- 1/4 ripe avocado
- 1/2 teaspoon vanilla extract
- 1 heaping tablespoon raw cacao powder
- vital Protein Collagen Peptides

optional: 1 Tablespoon Maca Powder

## **GREEN SMOOTHIE**

- 1/3 cup coconut milk
- 1/4 cup macadamia nut milk
- 1/2 banana
- 1/3 cup frozen kale (or spinach)
- 1/4 avocado-
- 3 TBS hemp seeds
- 1 TBS cacao powder
- 1 TBS almond butter (or peanut butter)
- 2 scoops of collagen peptides

Optional nutrient boost: 1-2 pastured egg yolks

## **RASPBERRIES CHOCOLATE SMOOTHIE**

- 1/2 cup frozen raspberries
- 1/3 can coconut milk
- 1/2 cup nut milk (I use macadamia)
- 1 TBS almond butter (or peanut or cashew butter)
- 1 TBS chia seed (soaked in 3 TBS water for 5 min)
- 1 TBS flax seed meal
- 2 tsp cacao powder
- 2 scoops collagen peptides



## BLUEBERRY CHIA MACADAMIA

- 1/3 can of coconut milk
- 1/3 cup of macadamia nut milk
- 1/3 cup of raw macadamia nuts
- 1/3 cup of frozen blueberries
- 2 scoops of Vital Proteins collagen peptides
- 1 TBS of chia seed (soaked in 3 TBS of water for at least 5 min prior to adding)

OPTIONAL - blend with mint leaves

## BLUEBERRY COCONUT SMOOTHIE

- ½ Cup Light Coconut Milk
- ½ Cup Coconut Water
- ½ Ripe Banana
- ½ Cup Wild Blueberries (frozen or fresh)
- 2-3 Tbsp Vital Protein Collagen Peptides
- 8-10 Spinach Leaves (frozen or fresh)
- Sea Salt (a pinch)
- Sprinkle of Nutmeg
- ½ -1 Tsp Camu Camu Powder
- 1 tbsp Maca Powder

OPTIONAL: 1 tsp astragalus

**Isabelas Fortes**  
@the\_yogini  
[www.theyogini.co](http://www.theyogini.co)

SECRET INGREDIENT

LOVE

