

**TEAM**  
**LIVE LEAN**



**SMOOTHIES & BEVERAGES**

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# 3 DRINKS TO START YOUR DAY

*(makes 1 serving each)*

## LEMON WATER:

**1/2** Lemon  
**1 cup** Water

## GREENS DRINK:

**1 scoop** [Greens Powder](#)  
**1 cup** Water



## COFFEE:

**1 tsp** Instant Coffee  
**1 cup** Hot Water  
**1 packet** Stevia

## DIRECTIONS:

1. For the lemon water: cut lemon in half, squeeze lemon juice in a cup, add 1 cup of water to your glass. Chug!
2. For the greens drink: In a blender mix the greens powder with the water, blend and enjoy!
3. For the coffee: add hot water to the 1 tsp of coffee in a cup.



# APPLE PIE PWS

*(makes 1 serving)*

## INGREDIENTS:

<b>1 cup</b>	Ice
<b>1</b>	Apple
<b>1 scoop</b>	<a href="#">Whey Protein Powder</a>
	use coupon code: <b>LiveLeanTV25</b>
<b>Dash</b>	Cinnamon
<b>1 cup</b>	Water



**PRO:** 25g **CARB:** 25g **FAT:** 0g **CALS:** 200

## DIRECTIONS:

1. Cut the core out of the apple.
2. Mix everything in a blender on high speed.
3. Pour into a shaker cup to take to the gym.
4. Drink immediately post-workout.



# BANANA GRAPE PWS

*(makes 1 serving)*

## INGREDIENTS:

- 1 cup** Ice
- 1** Ripe Banana (fresh or frozen)
- 2 scoops** [Whey Protein Powder](#)  
use coupon code: **LiveLeanTV25**
- 1 cup** 100% pure grape juice



**PRO:** 40g **CARB:** 63g **FAT:** 1.5g **CALS:** 455

## DIRECTIONS:

1. Mix everything in a blender on high speed.
2. Pour into a shaker cup to take to the gym.
3. Drink immediately post-workout.





# BLUEBERRY HONEY LEMONADE

*(makes 4 servings)*

## INGREDIENTS:

<b>2</b>	Whole Lemons
<b>2 tbsp</b>	Raw Organic Honey
<b>1/2 cup</b>	Frozen Blueberries
<b>1 cup</b>	Ice
<b>1/2 cup</b>	Hot But Not Boiling Water
<b>1 quart</b>	Cool/Cold Water



**PRO:** 0g **CARB:** 11g **FAT:** 0g **CALS:** 45

## DIRECTIONS:

1. Pour the 1/2 cup blueberries into the 1 qt. Pitcher.
2. Dissolve the honey by stirring together with the 1/2 cup warm water.
3. Add the honey water to the mix.
4. Juice the lemons and add to the mix.
5. Add the 1 cup ice.
6. Fill the rest of the pitcher with cool or cold water.
7. Add some lemon slices as a garnish if you wish.



# CHOCOLATE ALMOND PWS

*(makes 1 serving)*

## INGREDIENTS:

- 1 scoop** [Chocolate Whey Protein Powder](#)  
use coupon code: **LiveLeanTV25**
- 1 cup** Water
- 1 cup** Ice
- 1 tbsp** Almond Butter
- 1/4 cup** Dark Chocolate Chips



**PRO: 30g CARB: 39g FAT: 29g CALS: 530**

## DIRECTIONS:

1. Mix everything in a blender and drink after your workout.



# CHOCOLATE BANANA DATE PWS

*(makes 1 serving)*

## INGREDIENTS:

- 1** Ripe Banana
- 1 scoop** [Chocolate Whey Protein Powder](#)  
use coupon code: **LiveLeanTV25**
- 1-2 cup** Water
- 4-5** Ice Cubes
- 2** Dates (Pitted)



PRO: 25g CARB: 40g FAT: 0g CALS: 110

## DIRECTIONS:

1. Mix everything in a blender and drink after your workout.





# CHOCOLATE CHERRY PWS

*(makes 1 serving)*

## INGREDIENTS:

- 1 cup** Almond Milk Or Water
- 1 scoop** [Chocolate Whey Protein Powder](#)  
use coupon code: **LiveLeanTV25**
- 1 cup** Frozen Cherries
- 1 cup** Ice



PRO: 25g CARB: 40g FAT: 0g CALS: 110

## DIRECTIONS:

1. Mix everything in a blender, add water if needed and drink after your workout.



# GREEN PIÑA COLADA PWS

*(makes 1 serving)*

## INGREDIENTS:

- 1 scoop**     [Whey Protein Powder](#)  
use coupon code: **LiveLeanTV25**
- Handful**    Big handful of Power Greens
- ½ cup**        Unsweetened Almond Milk
- ½ cup**        Coconut Water
- 1 tbsp**        Liquid Fish Oil
- 1 cup**         Frozen Pineapple Chunks
- Unsweetened Coconut Flakes



**PRO:** 25g **CARB:** 68g **FAT:** 0g **CALS:** 240

## DIRECTIONS:

1. Start with the Almond Milk & Coconut Water (½ cup of each, or you can choose a full cup of one or the other).
2. Add the rest of the ingredients except for the coconut flakes.
3. Blend together on high speed.
4. Pour into a glass or shaker cup and top with the coconut flakes.
5. Enjoy the delicious gainz!



# GREEN PWS

*(makes 1 serving)*

## INGREDIENTS:

- 1 scoop**     [Whey Protein Powder](#)  
use coupon code: **LiveLeanTV25**
- 2 stalks**     Celery
- 1/2**             Zucchini
- Handful**     Spinach
- 1**                Banana
- Water** (Amount Depending On Thickness  
You Like)



**PRO:** 20g   **CARB:** 68g   **FAT:** 0g   **CALS:** 352

## DIRECTIONS:

1. Throw all ingredients into your blender, adjust water amount depending on the thickness you want, add as many veggies as you can fit in your blender! Enjoy!



# HEALTHY WEIGHT GAINER

(makes 1 serving)

## INGREDIENTS:

<b>½ cup</b>	Full Fat Coconut Milk
<b>1 scoop</b>	<a href="#">Whey Protein Powder</a> use coupon code: <b>LiveLeanTV25</b>
<b>1 tbsp</b>	Almond Butter
<b>1 tbsp</b>	Chia Seeds
<b>1 tbsp</b>	Honey
<b>1 cup</b>	Frozen Pineapple
<b>½</b>	Banana
<b>3</b>	Small Dates
<b>2</b>	Ice Cubes



**PRO:** 32g **CARB:** 72g **FAT:** 50g **CALS:** 864

## DIRECTIONS:

1. Add in all the ingredients to a blender and blend.
2. If it's too thick, simply add a little more water (start with ¼cup).
3. Pour into a glass or shaker cup and enjoy!
4. Enjoy the delicious gainz!





# HONEY OAT PWS

*(makes 1 serving)*

## INGREDIENTS:

<b>1 cup</b>	Ice
<b>1/4 cup</b>	Oats
<b>1 tbsp</b>	Pure Raw Honey
<b>1 scoop</b>	<a href="#">Whey Protein Powder</a>
	use coupon code: <b>LiveLeanTV25</b>
<b>1 cup</b>	Water



**PRO: 33g CARB: 20g FAT: 0g CALS: 237**

## DIRECTIONS:

1. Put some water into the blender first.
2. Add the oats, the honey and the ice.
3. Add the whey protein.
4. Blend everything together and see if you need more water, enjoy!





# LEAN AND GREEN PWS

*(makes 1 serving)*

## INGREDIENTS:

<b>1 ½ cup</b>	Water
<b>1 handful</b>	Spinach
<b>1 serving</b>	<a href="#">Athletic Greens</a>
<b>2 scoops</b>	<a href="#">Rootz Paleo Protein</a>
	use coupon code: <b>LiveLeanTV</b>
<b>3 g</b>	<a href="#">Leucine</a>
<b>5 g</b>	<a href="#">Creatine Monohydrate</a>
<b>1 serving</b>	Stevia Optional
<b>3</b>	Cube Ice



**PRO:** 34g **CARB:** 15g **FAT:** 4g **CALS:** 232

## DIRECTIONS:

1. Add everything into a blend and blend for for 10-15 seconds. Drink!



# METABOLISM BOOSTING CHILLED GREEN TEA

*(makes 1 serving)*

## INGREDIENTS:

<b>1 liter</b>	Water
<b>4+</b>	Green tea bags (or 1 teabag per cup of water)



## DIRECTIONS:

1. Boil water in a tea pot.
2. In a large jar, add 1 liter (or more) of boiling water.
3. For every 250ml of water, add one green tea bag.
4. Mix with a spoon.
5. Allow tea to cool down before putting in the fridge.
6. Once tea is at room temperature (approx 1 hour), put in fridge to chill.
7. Drink chilled green tea throughout the day.



# PEANUT BUTTER AND JELLY MUSCLE BUILDING PWS

*(makes 1 serving)*

## INGREDIENTS:

<b>3</b>	Ice Cubes
<b>1 scoop</b>	<a href="#">Whey Protein Powder</a> use coupon code: <b>LiveLeanTV25</b>
<b>1 tbsp</b>	Plain Greek Yogurt
<b>1 cup</b>	Frozen Berries
<b>2/3 cup</b>	Grape Juice
<b>2/3 cup</b>	Almond Milk Unsweetened
<b>1 tbsp</b>	Peanut Butter



**PRO:** 37g **CARB:** 59g **FAT:** 16g **CALS:** 528

## DIRECTIONS:

1. Blend it up and you are good to go.



# PEANUT BUTTER AND JELLY MUSCLE BUILDING PWS (DAIRY FREE)

*(makes 1 serving)*

## INGREDIENTS:

<b>1 serving</b>	<a href="#">Protein Powder</a> use coupon code: <b>LiveLeanTV</b>
<b>½ cup</b>	Egg Whites
<b>1 cup</b>	Grape Juice
<b>1 tbsp</b>	Peanut Butter
<b>½ cup</b>	Frozen Raspberries
<b>3 large</b>	Frozen Strawberries



**PRO:** 43g **CARB:** 58g **FAT:** 9g **CALS:** 490

## DIRECTIONS:

1. Blend it up and you are good to go.



# PEPPERMINT HOT CHOCOLATE

*(makes 1 serving)*

## INGREDIENTS:

<b>1/2 cup</b>	Coconut Milk
<b>1/2 cup</b>	Hot Boiling Water
<b>1/8 tsp</b>	Peppermint Extract
<b>2 tbsp</b>	Cocoa Powder
<b>1 packet</b>	Stevia



**PRO:** 0.5g **CARB:** 15g **FAT:** 1g **CALS:** 90

## DIRECTIONS:

1. Mix everything in a blender and drink.





# POST CHEAT MEAL GREEN SMOOTHIE

*(makes 1 serving)*

## INGREDIENTS:

<b>1 cup</b>	Unsweetened Almond Milk
<b>1 1/2 handful</b>	Greens
<b>1/2 cup</b>	Frozen Pineapple
<b>1/2</b>	Avocado
<b>5 g</b>	Liquid Fish Oil
<b>3</b>	Celery Sticks
<b>1/2 scoop</b>	<a href="#">Whey Protein Powder</a>

use coupon code: **LiveLeanTV25**



**PRO: 20g CARB: 15g FAT: 14g CALS: 266**

## DIRECTIONS:

1. Throw all ingredients into your blender.
2. Blend on high until smooth and creamy.
3. Pour into a glass and enjoy



# PRE WORKOUT MEAL FOR MUSCLE GAIN

*(makes 1 serving)*

## INGREDIENTS:

<b>1/2 cup</b>	Rolled Oats
<b>1 cup</b>	Water
<b>1/2 cup</b>	Cottage Cheese
<b>2 servings</b>	<a href="#">Whey Protein Powder</a>
	use coupon code: <b>LiveLeanTV25</b>
<b>1/2 cup</b>	Pasteurized Egg Whites
<b>5 g</b>	<a href="#">Glutamine</a>
<b>1/2 tsp</b>	Cinnamon
<b>1 packet</b>	Stevia



**PRO: 71g CARB: 37g FAT: 7g CALS: 495**

## DIRECTIONS:

1. First step is to cook the oats in pot on the stove. Just follow the package directions for time and the amount of water to use.
2. While the oats are cooking, it's time to make the protein shake by blending the following ingredients in a blender for 10-20 seconds: water, cottage cheese, egg whites (another source of protein), 1 scoop of protein powder, and glutamine.
3. Once the oats are cooked and ready to go, add it to a bowl, and top with a dash of cinnamon, the other serving of protein powder, and stir it up.



# PROTEIN SHAKE FOR MUSCLE GAIN

*(makes 1 serving)*

## INGREDIENTS:

<b>1 scoop</b>	<a href="#">Whey Protein Powder</a> use coupon code: <b>LiveLeanTV25</b>
<b>5 g</b>	<a href="#">Glutamine</a>
<b>5 g</b>	<a href="#">BCAAs</a>
<b>5 g</b>	<a href="#">Creatine</a>
<b>65 g</b>	<a href="#">Dextrose</a>
<b>1 cup</b>	Water



**PRO:** 40g **CARB:** 65g **FAT:** 1g **CALS:** 429

## DIRECTIONS:

1. Add all dry powders to a shaker cup then store in your locker until after your workout.
2. Once your workout is finished, add water to your shaker cup, shake, then consume immediately.



# SALAD IN A GLASS

*(makes 1 serving)*

## INGREDIENTS:

<b>1</b>	Tomato
<b>1 handful</b>	Greens
<b>1/2</b>	Avocado
<b>1 tsp</b>	Hot Sauce
	Ice Cubes



**PRO:** 15g **CARB:** 15g **FAT:** 4g **CALS:** 190

## DIRECTIONS:

1. Mix everything in a blender and drink.



# THE LIVE LEAN GREEN SMOOTHIE

*(makes 1 serving)*

## INGREDIENTS:

<b>1 cup</b>	Unsweetened Almond Milk
<b>2 cups</b>	Fresh Spinach
<b>1/2</b>	Lime
<b>1/2</b>	Avocado
<b>1</b>	Frozen Banana



PRO: 3g CARB: 38g FAT: 13g CALS: 281

## DIRECTIONS:

1. Mix everything in a blender and drink.





# THICK & DELICIOUS CHIA PWS

*(makes 1 serving)*

## INGREDIENTS:

- 1** Banana
- 1/4 cup** Coconut Milk
- 1/2 cup** Coconut Water
- 2 tbsp** Soaked Chia Seeds
- 1** Orange (Juice)
- 1** Orange (Zest)
- 1** Date
- 1 tsp** Almond Butter
- 1 scoop** [Whey Protein Powder](#)  
use coupon code: **LiveLeanTV25**
- 2** Ice Cubes



**PRO:** 30g **CARB:** 60g **FAT:** 17g **CALS:** 511

## DIRECTIONS:

1. Add 2 tbsp of seeds in 1/2 cup of water and stir. Store on your counter for 10 mins. After 10 mins, stir again, and let sit for another 10 mins.
2. Add all the ingredients to the blender.
3. Blend
4. Serve with an orange slice and enjoy.



# THIN MINT PWS

*(makes 1 serving)*

## INGREDIENTS:

- 1 scoop** [Whey Protein Powder](#)  
use coupon code: **LiveLeanTV25**
- 1 cup** Almond Milk (Unsweet Vanilla)
- 1 cup** Ice
- 2-5 drops** Peppermint Extract



PRO: 26g CARB: 1g FAT: 2.5g CALS: 130

## DIRECTIONS:

1. Start with the 1 cup almond milk.
2. Add the whey, ice, and peppermint extract.
3. Blend together on high speed.
4. Pour into a glass or shaker cup.
5. Enjoy the delicious gainz!



# VODKA COCKTAIL WITH BRAD

*(makes 1 serving)*

## INGREDIENTS:

- 1 oz** Grey Goose Vodka
- 1** Lemon Wedge
- 5** Ice Cubes
- Water



PRO: 0g CARB: 0g FAT: 0g CALS: 65

## DIRECTIONS:

1. Mix everything in a rocks glass and drink!



# WHEY PROTEIN GREEN SMOOTHIE

(makes 1 serving)

## INGREDIENTS:

<b>1 cup</b>	Almond Milk
<b>1 tsp</b>	Ground Flax Seeds
<b>1</b>	Frozen Banana
<b>2 handfuls</b>	Spinach
<b>1 tbsp</b>	Almond Butter
<b>1 scoop</b>	<a href="#">Vanilla Whey Protein Isolate Powder</a>
	<u>use discount code: <b>LiveLeanTV25</b></u>



**PRO:** 36g **CARB:** 36g **FAT:** 12g **CALS:** 396

## DIRECTIONS:

1. Add the following ingredients to a blender: 1 cup of almond milk, 1 scoop of vanilla whey protein isolate powder, 1 tablespoon of ground flaxseed, 1 frozen banana, 2 handfuls of spinach or your favorite greens, and 1 tablespoon of almond butter.
2. Blend that bad boy up. Then pour yourself a glass of healthy gainz.





# CINNAMON BUN PROTEIN SHAKE

*(makes 1 serving)*

## INGREDIENTS:

<b>1 cup</b>	Almond Milk (unsweetened)
<b>1/4 tsp</b>	Vanilla Extract
<b>1/4 tsp</b>	Cinnamon
<b>1/4 tsp</b>	Nutmeg
<b>1 handful</b>	Ice
<b>1 scoop</b>	<a href="#">Vanilla Whey Protein Isolate Powder</a>

use discount code: **LiveLeanTV25**



**PRO: 28g CARB: 4g FAT: 3g CALS: 155**

## DIRECTIONS:

1. Add 1 cup of almond milk to a blender.
2. Add 1/4 tsp of vanilla extract, 1/4 tsp of cinnamon, 1/4 tsp of nutmeg, vanilla protein powder, and a handful of ice cubes to the blender.
3. Blend for 10-20 seconds or smooth.





# ALMOND BUTTER CUP PROTEIN SHAKE

*(makes 1 serving)*

## INGREDIENTS:

<b>1 cup</b>	Unsweetened Almond Milk
<b>2 scoops</b>	<a href="#">Rootz Paleo Protein Powder</a> use coupon code: <b>LiveLeanTV</b>
<b>2 tbsp</b>	Almond Butter
<b>1 tbsp</b>	Cocoa Powder
<b>1 dash</b>	Stevia
<b>3</b>	Ice Cubes



**PRO:** 40g **CARB:** 21g **FAT:** 25g **CALS:** 469

## DIRECTIONS:

1. Add the almond milk to blender.
2. Add protein powder, almond butter, cacao powder, stevia, and 3 ice cubes.
3. Blend until smooth.



# BANANA & STRAWBERRY PRE WORKOUT SHAKE

*(makes 1 serving)*

## INGREDIENTS:

<b>1 cup</b>	Almond Milk (unsweetened)
<b>2 scoops</b>	<a href="#">Banana Chocolate Nut Protein</a> use coupon code: <b>LiveLeanTV</b>
<b>1/2 cup</b>	Frozen Strawberries
<b>1 tbsp</b>	Coconut Oil
<b>3</b>	Ice Cubes



**PRO:** 30g **CARB:** 19g **FAT:** 21g **CALS:** 385

## DIRECTIONS:

1. Add everything to a blender and blend.