

FOODIE

FARMACIST

**RAINBOW
CHALLENGE
SMOOTHIE
RECIPE PACK**



Dr Lara Zakaria

PharmD CNS IFMCP | @FoodiePharmacist

CITRUS ELDERBERRY



1 serving



5 minutes



INGREDIENTS

- Juice of ½ a lemon
- ½ cup frozen strawberries
- 1 handful of spinach
- ½-1 cup coconut milk
- 1 serving (1 TBSP) of elderberry syrup (try making your own but if you prefer you can buy pre-made like Sambucol)
- 1 serving protein powder
- A few ice cubes

PREPARATION

1. Add all ingredients to a high speed blender.
2. Blend to desired consistency.





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THE TROPICAL



1 serving



5 minutes



INGREDIENTS

- ½ cup frozen pineapple
- 1 cup coconut water
- 1 TBSP ground flax
- 1/2 tsp ground ginger (or thumb sized peeled fresh)
- 1/4 tsp ground turmeric
- Pinch of black pepper
- 1 handful of spinach
- A few ice cubes

PREPARATION

1. Add all ingredients to a high speed blender.
2. Blend to desired consistency.



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GREEN MACHINE



1 serving



5 minutes



INGREDIENTS

- Juice of ½ a lemon
- 1 handful of parsley
- 1 handful of spinach
- 1/2 - 1 frozen banana
- 1/2 avocado
- 1 serving of protein powder
- 1 cup water or unsweetened nut milk
- A few ice cubes

PREPARATION

1. Add all ingredients to a high speed blender.
2. Blend to desired consistency.





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BLUEBERRY BLISS



1 serving



5 minutes



INGREDIENTS

- 1/2 cup frozen (wild) blueberries
- 1 TBSP almond butter
- 3 TBSPs hemp seeds
- 1 serving of protein powder
- 1 handful of spinach
- 1/4 avocado
- 1 cup water or nut milk
- A few ice cubes

PREPARATION

1. Add all ingredients to a high speed blender.
2. Blend to desired consistency.





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PEANUT BUTTER POWER



1 serving



5 minutes



INGREDIENTS

- 1/2 cup frozen cauliflower
- 1/2 - 1 frozen banana
- 1 TBSP peanut butter
- 1 serving of protein powder
- 1 handful of spinach
- 1 tsp of cinnamon
- 1 cup water or nut milk
- A few ice cubes

PREPARATION

1. Add all ingredients to a high speed blender.
2. Blend to desired consistency.





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THE KITCHEN SINK



1 serving



5 minutes



INGREDIENTS

- 1/2 cup frozen cauliflower
- 1/2 cup frozen berries
- 1 small roasted beet
- 1 serving of protein powder
- 1 handful of spinach or kale
- 1 TBSP chia seeds
- 1/2 tsp cinnamon
- A few ice cubes
- 1 cup water or nut milk
- Optional Adaptogen add ins:
 - Maca
 - Ashwagandha
 - Chaga
 - Cordyceps

PREPARATION

1. Add all ingredients to a high speed blender.
2. Blend to desired consistency.

