

# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES



JOEL MARION, CISSN & TIM SKWIAT, CSN

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SMOOTHIES & MILKSHAKES



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Honest Nutrition for Your Ultimate Body™

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## INTRO

If you have this manual in your hands – or on your desktop – then it's pretty clear that you value eating healthy. You understand that a diet high in protein is a must in order for you to feel your best, and LOOK your best. You understand that you need to take in a certain amount of protein each day in order to achieve and maintain your ultimate body. After all, protein provides the building blocks for lean, sexy calorie-burning lean muscle!

To take a deeper look, a diet higher in protein provides the following benefits:

***Increased Lean Muscle Mass*** – A solid exercise program simply provides the stimulus for the body to burn fat and build muscle; your nutrition and your protein intake provide the building blocks to recover and adapt. With a higher protein intake, you feed and maintain your muscle tissue while dieting, and that means faster metabolism and greater calorie-burning (and fat-burning) even at rest!

***Increased Thermic Effect of Feeding*** – All the foods we eat require energy to be broken down and absorbed in the body, but this “thermic effect” for protein is about twice as high as it is for carbohydrates or fats. A higher protein intake essentially means increased metabolic rate and heightened fat burning when dieting.

***Increased Satiety*** – A diet higher in in protein leads to greater feelings of

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fullness and being satisfied. Who likes to be hungry all the time?

**Increased Glucagon** – Glucagon is a hormone that counteracts the effects of insulin in fat tissue. While insulin can blunt the body’s ability to burn fat and instead tell it to STORE fat, glucagon produces the opposite effect, which means more fat burning. Essentially, glucagon is responsible for decreasing the body’s ability to make and store fat in fat cells and in the liver. This again means more fat burning and less fat storage.

**Improved Fat Loss** – Studies show that simply replacing carbs with protein – without lowering calories – actually increases fat loss and spares lean muscle tissue. That is, if you increase your protein intake while simultaneously decreasing your carb intake, you don’t even have to eat less to burn more fat!

**Reduced Cholesterol** – An increase in protein intake with a simultaneous decrease in carbohydrate intake leads to reductions in LDL (bad) cholesterol and triglycerides and increases in HDL (good) cholesterol. This is a very good sign for cardiovascular health and function.

**Optimized Immune System Function** – Every cell in your body is composed of different types of proteins, including those of the immune system and the antibodies that help make it up. Diets deficient in protein can result in depletion of immune cells, an inability for the body to make antibodies, and other problems related to the immune system. A high protein diet, however, produces the opposite effect!

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Those are just a few of the highlights associated with a higher protein intake. There are other, less measurable benefits of a higher protein intake. For example, most people feel a significant increase in mental clarity, alertness, and energy when consuming a higher protein diet. Essentially, we're talking about more lean muscle mass, less body fat, a faster metabolism, faster recovery from training, and improved overall health, vitality, and performance.

Eating a diet high in protein, however, doesn't mean eating the same boring, bland foods or pinch-your-nose, gritty protein powders over and over. Of course, you've already solved the latter problem by investing your hard-earned money in the great-tasting, ultra-convenient [BioTrust Low Carb Protein](#) supplement. Low Carb is THE premium protein supplement and boasts the following qualities that allow it to set the bar for optimal nutrition:

- It's **100% all-natural**, which means no artificial flavors, colors, sweeteners, or preservatives
- It's **naturally sweetened** with stevia and has no added sugar.
- It's **Certified Growth Hormone-Free**, which means it's sourced from cows that haven't been treated with the potentially dangerous rBGH and rBST.
- At **4 grams of fiber** per serving, it's a great source of a unique fiber blend that actually helps the growth of good bacteria in your gut.
- It's a **true time-released blend** of 4 exotic, high-quality proteins that provide your body sustained nutrition for up to 8 hours.

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- It's processed at **cold-processed at low temperatures** using a natural microfiltration processes (no chemicals, no high heat) that ensures the highest quality and bioavailability.
- It's the first and only protein to utilize the powerful enzyme blend **ProHydrolase**, which ensures that 99% of the protein you ingest gets fed to your hungry muscles. Unfortunately, without this breakthrough new enzyme blend, you're probably lucky to get 50% of the protein you ingest from other protein products – that's a waste of protein and money, and a lot of gas and bloating.

Even a great-tasting, nutrient-dense protein supplement like Low Carb – which provides great nutritional horsepower on its own – can use some variety and some different dance partners from time to time.

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## ENTER THE SMOOTHIE

Healthy eating may not get any easier than a delicious and nutritious smoothie. A good, homemade smoothie is packed with protein, good fats, fresh fruits and vegetables, and serves as an outstanding meal replacement without all the hassle of cooking. Smoothies provide some great advantages:

**Variety.** Your options are literally endless with awesome ingredients. Say goodbye to monotony and having to drink your protein shake mixed with milk or water like it's your job. You no longer have to drink the same exact protein shake every day. This manual is packed with 50 delicious recipes to get you started.

**Nutrient Density.** A good smoothie recipe not only packs a huge punch of high-quality protein, it also contains whole foods like fresh or frozen fruits and veggies, dairy products (milk, yogurt, cottage cheese), and good fats (coconut oil, flaxseed oil, fish oil, nuts, seeds), which make a smoothie a real feeding opportunity that adds antioxidants, vitamins, minerals, and healthy fats.

**Meal Replacement.** It's not always easy to find a high-quality meal that features the types of ingredients listed above. With busy schedules and commitments, there's also not always time to prepare a complete meal each and every feeding of the day. These recipes are made with real foods, not just a supplement, so that you can drink your next meal when you need it.

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Unfortunately, there are quite a few “fast-food” smoothie shops out there that tout the benefits of smoothies, but theirs are generally void of the nutritional benefits that could and should be packed into a smoothie. Most are full of sugars, lack good fats, pack little to no protein punch, and don’t have nearly as many fresh (or frozen) fruits and veggies that a smoothie could and should. In addition, many of those smoothies have an enormous amount of calories!

The purpose of this smoothie recipe book is to provide you with a foundation of great recipes that you can use immediately. We’ve got you started with 50 delicious recipes. These recipes can be used for a simple, on-the-go breakfast, a post-workout recovery shake, or as a meal replacement or snack. As a matter of fact, we’ve designated three specific categories for our smoothie recipes so you can make sure that you optimize the timing of your next meal replacement.

### **Breakfast and Post-Workout Smoothies**

These delicious and nutritious smoothies are higher in carbohydrate content – ranging from about 40 grams to 80 grams per serving – which lend themselves perfectly to those two times of the day when your body needs them most and is best able to handle them.

### **Almost Anytime Smoothies**

These awesome recipes are much more moderate in their carbohydrate content – containing only about 30 grams of carbohydrate and under 20 grams of sugar per serving – which make them perfect for meal

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replacements any time during the day except before bed. Your body's tolerance and ability to handle carbohydrates (and sugar) is diminished as the day transpires, when there's a greater chance that carbohydrates will be stored as fat. The exception to this generalization is if you work out late in the evening, which will enhance your body's ability to handle and process those carbohydrates. You'll need some carbs for optimal recovery then.

### Anytime Smoothies

Anytime Smoothies are perfect for, well, any time. They are low in carbohydrates (less than 20 grams) and sugar (less than 10 grams), and the majority of these recipes contain ample healthy fats. While these are suitable for any time during the day, we do recommend one of the higher carbohydrate options after exercise to help facilitate recovery and support your lean muscle mass.

You can use these recipes exactly as they are, and we wouldn't expect any complaints. These categories, however, are not mutually exclusive. You may want to add something to an Anytime Smoothie that increases its carbohydrate content and makes it more suitable for breakfast. That's great! As a matter of fact, we encourage you to create some of your own unique flavors using a variety of different protein flavors, fruits, veggies, and healthy fats. We've even laid out an explanation of how we've built our recipes and a guide to building your own smoothie!

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## SMOOTHIE FOUNDATIONS AND A “DO-IT-YOURSELF” GUIDE

Remember, the concept of the smoothie is to provide great versatility in your efforts to eat healthy. It's also to provide a meal with great nutrient density. Simply put, nutrient density refers to the amount of nutrition (i.e., protein, antioxidants, healthy fats, fiber, vitamins, minerals, etc.) that a food provides relative to its calories. Fruits and vegetables are high nutrient density foods because they contain significant amounts of fiber, antioxidants, vitamins, minerals, etc. Fatty fish like wild salmon is extremely nutrient dense because it provides both healthy fats (omega 3s) and protein. BioTrust's Low Carb Protein is about as nutrient dense as you can get, with 24 grams of hormone-free, time-released protein, 4 grams of fiber and 32% of your daily calcium needs per serving (not to mention only 1 gram of sugar with NO sugar or artificial flavors, sweeteners, colors, or preservatives added).

That being said, here are the steps to building a great smoothie and for you to start configuring your own twists and recipes:

**Blender.** It's really the only tool you'll need in this process, but it's an important one. There are simple, portable blenders like the Magic Bullet, and there are high-dollar commercial blenders like the VitaMix. You don't need to drop \$500 on a blender (you can find plenty of good ones for

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\$100 or less), but a good, reliable blender is an important part of a healthy kitchen and necessary for the smoothie connoisseur!

**Protein.** An outstanding smoothie starts with protein. [BioTrust Low Carb](#) is the optimal choice to meet step number one. As discussed above, it is unmatched in its quality and nutritional profile. Good luck finding another protein supplement – or real food protein choice – that matches its high nutrient density and low calorie density.

**Liquid.** You have many choices here, which you can match up with your calorie and protein needs and to also address any specific allergy issues you may have. Water, almond milk (unsweetened), coconut milk (unsweetened), coffee, and green tea are several options. Water is your lowest calorie option; milk provides an extra boost of protein. Coconut milk offers a non-dairy option that's high in lauric acid (anti-viral and anti-microbial properties) and medium-chain fatty acids (used as energy instead of being stored as fat). Almond milk offers a lower calorie non-dairy option and boasts fiber, vitamin E, and calcium amongst its nutritional profile. When adding liquid, less liquid will make a thicker shake, while more liquid will lead to a thinner shake. We start with 1 cup (8 ounces) of liquid in each of our recipes.

**Protein Boost.** Cottage cheese (low fat or nonfat), Greek yogurt (nonfat), and plain yogurt (nonfat) are a few options of real foods that you can add to your smoothie to boost the protein content. These foods not only lead to a creamier smoothie, they will also increase the calcium content. In our recipes, we add a half-cup of these boosters.

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**Fruits.** This one is self-explanatory. We've included a variety of fruits in the recipes we've provided so you can see how your favorite fruit can be implemented. In many of the recipes, we include the frozen version in the ingredients list. However, feel free to include fresh fruits, or experiment with both fresh and frozen. For example, frozen bananas lend a very unique consistency.

**Veggies.** You'd be surprised how well veggies mix up into a smoothie. Pumpkin is an awesome addition that is low in calories and packed with fiber, vitamins (A, C and E), and antioxidants (zeaxanthin), and is rich in B vitamins and minerals (copper, calcium, potassium, and phosphorus). Spinach is another superfood that adds a ton of nutrient density (loaded with vitamins, minerals, and fiber) and virtually no calories. Avocados provide an awesome consistency and yield fiber and heart-healthy monounsaturated fats. You can even add a serving of your favorite greens/ superfood supplement to your smoothie.

**Healthy Fats.** From oils to nuts to seeds, we've given examples of recipes with coconut oil, ground flaxseed meal, natural peanut butters, almonds, pecans, walnuts, and cashews. These are just a few of the endless options. You can include any number of healthy fats like olive oil, fish oil, pumpkin seeds, chia seeds, hemp seeds, and any nut or nut butters.

**Spices and Sweeteners.** Cinnamon, known as a diabetic's "best friend," packs a ton of nutritive properties, as do many spices that are readily available. If you're feeling a little edgy and want a spicy kick, you may add some cayenne pepper – its active component, capsaicin, has been shown

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to have both weight-loss and pain-relieving properties. Turmeric and ginger are two other spices that boast anti-inflammatory properties. You may have some favorites that pair uniquely with some other ingredients. In many of our recipes, we use stevia, an all-natural sweetener, to satisfy the sweet tooth. We also use honey in some of the recipes, especially those that should be used post-workout or at breakfast.

**Ice.** Personal preference is key here. We use 5 ice cubes in the majority of our recipes. Anything less than 5 ice cubes will lead to a thinner smoothie, whereas more than 5 (up to 10) will create a thicker, more pudding-like smoothie.



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## BREAKFAST AND POST-WORKOUT SMOOTHIES

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Breakfast and Post-Workout Smoothies



## APPLE CINNAMON SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 unsweetened vanilla almond milk
- 1 Granny Smith apple (cored, sliced)
- 1/2 frozen banana
- 1 tsp cinnamon
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 343**
- Fat (g): 6
- Carbohydrates (g): 51
- Fiber (g): 12
- Sugar (g): 27
- Protein (g): 26

**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is perfect for breakfast or post-exercise because of its higher carbohydrate content.

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Breakfast and Post-Workout Smoothies



## APRICOT VANILLA SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened vanilla almond milk
- ½ cup fat-free yogurt
- 10 dried apricot halves
- 1 tbsp honey
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 360**
- Fat (g): 6
- Carbohydrates (g): 46
- Fiber (g): 6
- Sugar (g): 28
- Protein (g): 32

**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is perfect for breakfast or post-exercise because of its higher carbohydrate content.

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Breakfast and Post-Workout Smoothies



## BANANA BREAD SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened vanilla almond milk
- 1 frozen banana
- ½ cup (dry measure) rolled oats
- 1 tsp cinnamon
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 451**
- Fat (g): 9
- Carbohydrates (g): 66
- Fiber (g): 13
- Sugar (g): 15
- Protein (g): 31

**NOTES:** Cook oats (with water) and cool. Put all ingredients in a blender and enjoy! This smoothie is perfect for breakfast or post-exercise because of its higher carbohydrate content.

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## BANANA NUTELLA SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened almond milk
- ½ cup fat-free yogurt
- 1 tbsp Nutella
- 1 frozen banana
- ½ tsp pure vanilla extract
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 532**
- Fat (g): 13
- Carbohydrates (g): 67
- Fiber (g): 9
- Sugar (g): 45
- Protein (g): 42

**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is perfect for breakfast or post-exercise because of its higher carbohydrate content.

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## BANANA SPLIT SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened vanilla almond milk
- 1 frozen banana
- ½ cup frozen pineapple chunks
- 5 frozen strawberries
- 1 tsp pure cocoa powder
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 422**
- Fat (g): 6
- Carbohydrates (g): 70
- Fiber (g): 11
- Sugar (g): 44
- Protein (g): 27

**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is perfect for breakfast or post-exercise because of its higher carbohydrate content.

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Breakfast and Post-Workout Smoothies



## BLUE BOMBER SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- ½ cup fat-free plain yogurt
- 1 cup water
- 2 cups frozen blueberries
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 377**
- Fat (g): 4
- Carbohydrates (g): 55
- Fiber (g): 12
- Sugar (g): 37
- Protein (g): 32

**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is perfect for breakfast or post-exercise because of its higher carbohydrate content.

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Breakfast and Post-Workout Smoothies



## BLUEBERRY BLISS SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened almond milk
- 1 cup frozen blueberries
- 1/2 frozen banana
- 2 tbsp flaxseed meal
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 382**
- Fat (g): 11
- Carbohydrates (g): 46
- Fiber (g): 15
- Sugar (g): 21
- Protein (g): 29

**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is perfect for breakfast or post-exercise because of its higher carbohydrate content.

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Breakfast and Post-Workout Smoothies



## CARROT CAKE PROTEIN SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened vanilla almond milk
- 1 frozen banana
- ½ cup baby carrots
- 2 tbsp flaxseed meal
- ½ tsp vanilla extract
- ½ tsp each of cinnamon and nutmeg
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 411**
- Fat (g): 11
- Carbohydrates (g): 53
- Fiber (g): 17
- Sugar (g): 21
- Protein (g): 30

**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is perfect for breakfast or post-exercise because of its higher carbohydrate content.

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Breakfast and Post-Workout Smoothies



## CHOCOLATE CHERRY SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened chocolate almond milk
- 1/2 cup fat-free yogurt
- 1 cup frozen cherries
- 1 tbsp honey
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 419**
- Fat (g): 7
- Carbohydrates (g): 61
- Fiber (g): 8
- Sugar (g): 47
- Protein (g): 34

**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is perfect for breakfast or post-exercise because of its higher carbohydrate content.

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Breakfast and Post-Workout Smoothies



## CREAMY PEACH SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- ½ cup fat-free plain yogurt
- 1 cup water
- 1 peach (pitted and sliced)
- 2 tbsp honey
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 405**
- Fat (g): 3
- Carbohydrates (g): 67
- Fiber (g): 6
- Sugar (g): 57
- Protein (g): 33

**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is perfect for breakfast or post-exercise because of its higher carbohydrate content.

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Breakfast and Post-Workout Smoothies



## HONEY RASPBERRY SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- ½ cup fat-free plain yogurt
- 1 cup water
- 1 cup frozen raspberries
- 1 frozen banana
- 1 tbsp honey
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 451**
- Fat (g): 3
- Carbohydrates (g): 76
- Fiber (g): 15
- Sugar (g): 48
- Protein (g): 34

**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is perfect for breakfast or post-exercise because of its higher carbohydrate content.

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Breakfast and Post-Workout Smoothies



## MIXED BERRY SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened almond milk
- ½ cup fat-free yogurt
- ½ cup frozen strawberries
- ½ cup frozen blueberries
- ½ cup frozen raspberries
- 1 tbsp honey
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 420**
- Fat (g): 7
- Carbohydrates (g): 60
- Fiber (g): 13
- Sugar (g): 40
- Protein (g): 33

**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is perfect for breakfast or post-exercise because of its higher carbohydrate content.

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Breakfast and Post-Workout Smoothies



## OATS AND HONEY SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened vanilla almond milk
- ½ cup (dry measure) rolled oats
- 1 tbsp honey
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 404**
- Fat (g): 9
- Carbohydrates (g): 54
- Fiber (g): 9
- Sugar (g): 18
- Protein (g): 30

**NOTES:** Cook oats (with water) and cool. Put all ingredients in a blender and enjoy! This smoothie is perfect for breakfast or post-exercise because of its higher carbohydrate content.

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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES

Breakfast and Post-Workout Smoothies



## PIÑA COLADA SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened vanilla almond milk
- 1/2 cup frozen pineapple chunks
- 3 tbsp unsweetened shredded coconut
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 395**
- Fat (g): 16
- Carbohydrates (g): 41
- Fiber (g): 8
- Sugar (g): 28
- Protein (g): 26

**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is perfect for breakfast or post-exercise because of its higher carbohydrate content.

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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES

Breakfast and Post-Workout Smoothies



## STRAWBERRY BANANA SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened vanilla almond milk
- 1 frozen banana
- 1 cup frozen strawberries
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 347**
- Fat (g): 6
- Carbohydrates (g): 51
- Fiber (g): 11
- Sugar (g): 22
- Protein (g): 27

**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is perfect for breakfast or post-exercise because of its higher carbohydrate content.

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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES

Breakfast and Post-Workout Smoothies



## T'S SPECIAL SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened vanilla almond milk
- ½ cup fat-free plain yogurt
- 1 frozen banana
- ½ cup blueberries
- 1 tbsp honey roasted peanut butter (freshly ground)
- ½ tsp cinnamon
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 498**
- Fat (g): 14
- Carbohydrates (g): 62
- Fiber (g): 12
- Sugar (g): 35
- Protein (g): 37

**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is perfect for breakfast or post-exercise because of its higher carbohydrate content.

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# 53 *Fat Burning*

## SMOOTHIES & MILKSHAKES

Breakfast and Post-Workout Smoothies



## TROPICAL SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened coconut milk
- ½ cup honeydew melon
- ½ frozen banana
- ½ cup mango
- 3 tbsp unsweetened shredded coconut
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 438**
- Fat (g): 18
- Carbohydrates (g): 49
- Fiber (g): 10
- Sugar (g): 29
- Protein (g): 28



**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is perfect for breakfast or post-exercise because of its higher carbohydrate content.

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# 53 Fat Burning

SMOOTHIES & MILKSHAKES



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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES



## Almost Anytime Smoothies

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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES



Almost Anytime Smoothies

## BANANA COCONUT SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened coconut milk
- 3 tbsp unsweetened shredded coconut
- 1/2 frozen banana
- 1 tsp coconut extract
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 353**
- Fat (g): 17
- Carbohydrates (g): 26
- Fiber (g): 8
- Sugar (g): 9
- Protein (g): 27

**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is a great meal replacement to use at any time of day, except before bed.

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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES



Almost Anytime Smoothies

## BERRIES AND CREAM SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened almond milk
- ½ cup low-fat cottage cheese
- ½ cup frozen strawberries
- ½ cup frozen blueberries
- 2 tbsp flaxseed meal
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 337**
- Fat (g): 7
- Carbohydrates (g): 29
- Fiber (g): 9
- Sugar (g): 14
- Protein (g): 40

**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is a great meal replacement to use at any time of day, except before bed.

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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES



Almost Anytime Smoothies

## CHOCOLATE COVERED STRAWBERRY SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Chocolate](#)
- 1 cup unsweetened chocolate almond milk
- 1 cup frozen strawberries
- 2 tbsp flaxseed meal
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 302**
- Fat (g): 11
- Carbohydrates (g): 28
- Fiber (g): 12
- Sugar (g): 8
- Protein (g): 29

**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is a great meal replacement to use at any time of day, except before bed.

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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES



Almost Anytime Smoothies

## CHOCOLATE LOVER'S SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Chocolate](#)
- 1 cup unsweetened chocolate almond milk
- 1 tbsp pure cocoa powder
- 1 tbsp natural peanut butter
- ½ frozen banana
- ½ tbsp extra virgin coconut oil
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 414**
- Fat (g): 22
- Carbohydrates (g): 30
- Fiber (g): 10
- Sugar (g): 10
- Protein (g): 31



**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is a great meal replacement to use at any time of day, except before bed.

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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES



Almost Anytime Smoothies

## CHOCOLATE ORANGE SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Chocolate](#)
- 1 cup unsweetened chocolate almond milk
- 1/2 cup low-fat cottage cheese
- 1 orange (peeled and all skin removed)
- 2 tbsp flaxseed meal
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 393**
- Fat (g): 12
- Carbohydrates (g): 32
- Fiber (g): 12
- Sugar (g): 16
- Protein (g): 43



**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is a great meal replacement to use at any time of day, except before bed.

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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES



Almost Anytime Smoothies

## CINNAMON ROLL SUPREME SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened vanilla almond milk
- 1 tsp cinnamon
- ½ tsp vanilla extract
- 1 tsp Butter Buds or butter extract
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 206**
- Fat (g): 6
- Carbohydrates (g): 14
- Fiber (g): 5
- Sugar (g): 14
- Protein (g): 25



**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is a great meal replacement to use at any time of day, except before bed.

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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES



Almost Anytime Smoothies

## GREEN SUPERFOOD SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup water
- 1 cup kale leaves (ribs and stems removed)
- 1/2 frozen banana
- 3 tbsp unsweetened coconut flakes
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 336**
- Fat (g): 13
- Carbohydrates (g): 32
- Fiber (g): 9
- Sugar (g): 9
- Protein (g): 28



**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is a great meal replacement to use at any time of day, except before bed.

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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES



Almost Anytime Smoothies

## GREEN TEA PROTEIN SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened vanilla almond milk
- 1 frozen banana
- 1 tsp matcha green tea powder
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 298**
- Fat (g): 6
- Carbohydrates (g): 37
- Fiber (g): 8
- Sugar (g): 15
- Protein (g): 27



**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is a great meal replacement to use at any time of day, except before bed.

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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES



Almost Anytime Smoothies

## PEANUT BUTTERSCOTCH SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened vanilla almond milk
- 1/2 cup fat-free plain yogurt
- 1 tbsp natural peanut butter
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 353**
- Fat (g): 14
- Carbohydrates (g): 23
- Fiber (g): 6
- Sugar (g): 12
- Protein (g): 36

**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is a great meal replacement to use at any time of day, except before bed.

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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES



Almost Anytime Smoothies

## PEANUT BUTTER AND BANANA DELIGHT SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened almond milk
- ½ cup low-fat cottage cheese
- ½ frozen banana
- 1 heaping tbsp peanut butter
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 465**
- Fat (g): 19
- Carbohydrates (g): 32
- Fiber (g): 8
- Sugar (g): 13
- Protein (g): 45



**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is a great meal replacement to use at any time of day, except before bed.

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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES



Almost Anytime Smoothies

## PEANUT BUTTER CUP SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Chocolate](#)
- 1 cup unsweetened chocolate almond milk
- 1/2 frozen banana
- 2 tbsp natural peanut butter
- 1 tbsp pure cocoa powder
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 443**
- Fat (g): 23
- Carbohydrates (g): 33
- Fiber (g): 11
- Sugar (g): 11
- Protein (g): 34

**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is a great meal replacement to use at any time of day, except before bed.

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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES



Almost Anytime Smoothies

## POPEYE'S SUPER SPINACH SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened almond milk
- 3 cups spinach
- ½ frozen banana
- 1 tbsp natural peanut butter
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 357**
- Fat (g): 14
- Carbohydrates (g): 30
- Fiber (g): 10
- Sugar (g): 10
- Protein (g): 32

**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is a great meal replacement to use at any time of day, except before bed.

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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES



Almost Anytime Smoothies

## STRAWBERRY CHEESECAKE SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened vanilla almond milk
- ½ cup nonfat Greek yogurt
- 1 cup frozen strawberries
- ½ tsp cinnamon
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 311**
- Fat (g): 6
- Carbohydrates (g): 29
- Fiber (g): 9
- Sugar (g): 12
- Protein (g): 38

**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is a great meal replacement to use at any time of day, except before bed.

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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES



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## STRAWBERRY SHORTCAKE SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened vanilla almond milk
- 10 frozen strawberries
- ½ tsp almond extract
- stevia (to taste)
- • 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 227**
- Fat (g): 6
- Carbohydrates (g): 20
- Fiber (g): 6
- Sugar (g): 6
- Protein (g): 25

**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is a great meal replacement to use at any time of day, except before bed.

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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES



Almost Anytime Smoothies

## VEGGIE LOVER'S SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened almond milk
- 1/2 cup nonfat Greek yogurt
- 1 cup spinach
- 1 tomato (small)
- 1/4 cup each: baby carrots, onion, avocado, cucumber
- 1/2 tbsp coconut oil
- 1/2 oz cashews
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 514**
- Fat (g): 25
- Carbohydrates (g): 34
- Fiber (g): 11
- Sugar (g): 13
- Protein (g): 42

**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is a great meal replacement to use at any time of day, except before bed.

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## Anytime Smoothies

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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES

Almost Anytime Smoothies



## CAFÉ MOCHA SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Chocolate](#)
- 1 cup cold water
- 1 tbsp instant coffee
- 2 tbsp flaxseed meal
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 217**
- Fat (g): 8
- Carbohydrates (g): 13
- Fiber (g): 8
- Sugar (g): 1
- Protein (g): 27



**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is a great meal replacement to use at any time of day.

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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES

Almost Anytime Smoothies



## CAKE BATTER SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened vanilla almond milk
- 1/2 cup low-fat cottage cheese
- 1/2 tsp pure vanilla extract
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 271**
- Fat (g): 7
- Carbohydrates (g): 13
- Fiber (g): 5
- Sugar (g): 4
- Protein (g): 39

**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is a great meal replacement to use at any time of day.

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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES

Almost Anytime Smoothies



## CHOCOLATE COCONUT SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Chocolate](#)
- 1 cup unsweetened chocolate almond milk
- 1 tbsp natural almond butter
- 3 tbsp unsweetened shredded coconut
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 391**
- Fat (g): 26
- Carbohydrates (g): 17
- Fiber (g): 8
- Sugar (g): 2
- Protein (g): 28



**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is a great meal replacement to use at any time of day.

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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES

Almost Anytime Smoothies



## CHOCOLATE-COVERED ALMOND JOY SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Chocolate](#)
- 1 cup unsweetened coconut milk
- 1 tbsp shredded coconut
- ½ oz almonds
- ½ tsp almond extract
- 1 tbsp pure cocoa powder
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 329**
- Fat (g): 19
- Carbohydrates (g): 16
- Fiber (g): 8
- Sugar (g): 2
- Protein (g): 29



**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is a great meal replacement to use at any time of day.

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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES

Almost Anytime Smoothies



## CHOCOLATE TURTLE SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Chocolate](#)
- 1 cup unsweetened chocolate almond milk
- 1/3 cup egg whites (pasteurized)
- 2 tbsp flaxseed meal
- 1 tbsp almond butter (or 1/4 cup chopped pecans)
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 390**
- Fat (g): 21
- Carbohydrates (g): 18
- Fiber (g): 10
- Sugar (g): 2
- Protein (g): 39



**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is a great meal replacement to use at any time of day.

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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES

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## CHOCO-MINT SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Chocolate](#)
- 1 cup unsweetened chocolate almond milk
- 1 tsp pure cocoa powder
- 2 tsp mint extract
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 194**
- Fat (g): 7
- Carbohydrates (g): 11
- Fiber (g): 6
- Sugar (g): 1
- Protein (g): 25



**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is a great meal replacement to use at any time of day.

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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES



Almost Anytime Smoothies

## COCONUT PROTEIN SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened almond milk
- 1 tbsp extra virgin coconut oil
- ½ frozen banana
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 373**
- Fat (g): 20
- Carbohydrates (g): 23
- Fiber (g): 7
- Sugar (g): 8
- Protein (g): 26



**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is a great meal replacement to use at any time of day.

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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES

Almost Anytime Smoothies



## CREAMY VANILLA MINT SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened vanilla almond milk
- 3 tbsp heavy whipping cream
- 3-6 drops mint extract
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 345**
- Fat (g): 22
- Carbohydrates (g): 11
- Fiber (g): 5
- Sugar (g): 1
- Protein (g): 26



**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is a great meal replacement to use at any time of day.

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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES

Almost Anytime Smoothies



## CUP O' JOE SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup brewed coffee
- 1 cup unsweetened chocolate almond milk
- 1/2 frozen banana
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 245**
- Fat (g): 6
- Carbohydrates (g): 23
- Fiber (g): 7
- Sugar (g): 8
- Protein (g): 26



**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is a great meal replacement to use at any time of day.

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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES

Almost Anytime Smoothies



## LEPRECHAUN SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened almond milk
- 1/2 cup low-fat cottage cheese
- 1/2 tsp mint extract
- 3 drops green food coloring
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 271**
- Fat (g): 7
- Carbohydrates (g): 13
- Fiber (g): 5
- Sugar (g): 4
- Protein (g): 39



**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is a great meal replacement to use at any time of day.

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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES

Almost Anytime Smoothies



## MOCHACCINO SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Chocolate](#)
- 1 cup brewed coffee
- 1/2 cup unsweetened chocolate almond milk
- 1 tbsp pure cocoa powder
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 184**
- Fat (g): 6
- Carbohydrates (g): 12
- Fiber (g): 6
- Sugar (g): 1
- Protein (g): 26

**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is a great meal replacement to use at any time of day.

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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES

Almost Anytime Smoothies



## NUTS & FLAX SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened almond milk
- ½ cup low-fat cottage cheese
- 2 tbsp flaxseed meal
- ½ oz walnuts
- ½ oz almonds
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 507**
- Fat (g): 28
- Carbohydrates (g): 22
- Fiber (g): 12
- Sugar (g): 5
- Protein (g): 47

**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is a great meal replacement to use at any time of day.

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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES

Almost Anytime Smoothies



## ORANGE CREAMSICLE SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened vanilla almond milk
- 1 tbsp heavy whipping cream
- 1 tsp pure orange extract
- 2 tbsp flaxseed meal
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 322**
- Fat (g): 16
- Carbohydrates (g): 14
- Fiber (g): 9
- Sugar (g): 1
- Protein (g): 30

**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is a great meal replacement to use at any time of day.

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# 53 *Fat Burning*

SMOOTHIES & MILKSHAKES

Almost Anytime Smoothies



## PB & J PROTEIN SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened almond milk
- 1/2 cup low-fat cottage cheese
- 1 tbsp natural peanut butter
- 5 frozen strawberries
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 384**
- Fat (g): 15
- Carbohydrates (g): 21
- Fiber (g): 7
- Sugar (g): 8
- Protein (g): 43



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SMOOTHIES & MILKSHAKES

Almost Anytime Smoothies



## PUMPKIN PIE SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened almond milk
- ½ cup pumpkin puree
- 1 tsp cinnamon
- ½ tsp nutmeg
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 243**
- Fat (g): 6
- Carbohydrates (g): 22
- Fiber (g): 10
- Sugar (g): 5
- Protein (g): 27



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## STRAWBERRY MACADAMIA NUT SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened vanilla almond milk
- ½ cup frozen strawberries
- 1 oz macadamia nuts (or shavings)
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 419**
- Fat (g): 27
- Carbohydrates (g): 21
- Fiber (g): 9
- Sugar (g): 6
- Protein (g): 28



**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is a great meal replacement to use at any time of day.

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## VANILLA ALMOND SWIRL SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened vanilla almond milk
- 1 tbsp almond butter
- ½ tsp almond extract
- ½ tsp pumpkin pie spice
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 296**
- Fat (g): 15
- Carbohydrates (g): 14
- Fiber (g): 6
- Sugar (g): 1
- Protein (g): 27



**NOTES:** Put all ingredients in a blender and enjoy! This smoothie is a great meal replacement to use at any time of day.

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SMOOTHIES & MILKSHAKES

Almost Anytime Smoothies



## VANILLA AND FLAX SMOOTHIE

### INGREDIENTS:

- 2 scoops [BioTrust Low Carb Vanilla](#)
- 1 cup unsweetened vanilla almond milk
- ½ cup fat-free plain yogurt
- 2 tbsp flaxseed meal
- 1 tsp pure vanilla extract
- stevia (to taste)
- 5 ice cubes

### NUTRITION FACTS:

- **Calories (cal): 330**
- Fat (g): 10
- Carbohydrates (g): 24
- Fiber (g): 9
- Sugar (g): 11
- Protein (g): 35



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SMOOTHIES & MILKSHAKES



## THANK YOU FROM TEAM BIOTRUST!

If you made all the way through this book in one read – without stopping to make at least one or two of these incredible smoothies – you’re probably ready to go blend one up right now.

A higher protein intake is scientifically proven to help you look your best, feel your best, and perform your best. A diet that is based on a high-protein foundation leads to more lean muscle mass, less body fat, a faster metabolism, faster recovery from training, and improved overall health, vitality, and performance.

A true cornerstone of that high-protein approach is the great-tasting, ultra-convenient BioTrust Low Carb Protein supplement. Low Carb is THE premium protein supplement and boasts the following qualities that allow it to set the bar for optimal nutrition:

It’s **100% all-natural**, which means no artificial flavors, colors, sweeteners, or preservatives.

It’s **naturally sweetened** with stevia and has no added sugar.

It’s **Certified Growth Hormone-Free**, which means it’s sourced from cows that haven’t been treated with the potentially dangerous rBGH and rBST.

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SMOOTHIES & MILKSHAKES



At **4 grams of fiber** per serving, it's a great source of a unique fiber blend that actually helps the growth of good bacteria in your gut.

It's a **true time-released blend** of 4 exotic, high-quality proteins that provide your body sustained nutrition for up to 8 hours.

It's **cold-processed at low temperatures** using natural microfiltration processes (no chemicals, no high heat) that ensure the highest quality and bioavailability.

It's the first and only protein to utilize the powerful enzyme blend **ProHydrolase**, which ensures that 99% of the protein you ingest gets fed to your hungry muscles. Unfortunately, without this breakthrough new enzyme blend, you're probably lucky to get 50% of the protein you ingest from other protein products – that's a waste of protein and money, and a lot of gas and bloating.

Low Carb provides incredible **nutrient density** and low calorie density, which makes it pound-for-pound a heavyweight champion in terms of a dietary protein choice. However, even the great-tasting Low Carb Protein can use some variety and some dressing up from time to time. That's where the smoothie comes into play.

Please use this manual to help you get the absolute best nutrition at any time of day, whether it's at breakfast, as a mid-day snack, after a tough workout, or at the end of the day. We would love to hear from you about your personal favorite and any special recipes or twists that you've created

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SMOOTHIES & MILKSHAKES



to make a smoothie of your own. In addition, our outstanding customer service team is ready, willing, and eager to help you, should you have any further questions or concerns. We can't wait to get your feedback and hear about your results. Please feel free to contact us today with questions or comments:

**BioTrust.com**  
**Support@BioTrust.com**  
**(800) 766-5086**

In closing, we would like to thank you for your commitment to honest nutrition and to a life of health, fitness, and vitality. You clearly value the absolute best, and that's what we set out to provide from the start at BioTrust. At BioTrust, we are here for you.

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Visit [BioTrust.com](http://BioTrust.com) or call (800) 766-5086 to learn how to get a limited-time special offer on Low Carb™.