

# WAIST AWAY

*The Chantel Ray Way*

## Smoothie Recipe Book



*Chantel Ray*



# Tropical Coconut Smoothie



## INGREDIENTS:

- 1 Banana
- ½ Cup Pineapple Chunks
- ¼ Cup Coconut Cream
- ¼ Cup Coconut Milk
- 4 Ice Cubes
- Pinch Of Shredded Coconut For Topping
- 1 Scoop Waist Away Vanilla Complete Protein Shake  
*(pictured below)*



## DIRECTIONS:

Place all the ingredients in a high-speed blender and mix until smooth. Serve and drink immediately.

# Refuel Smoothie



## INGREDIENTS:

- 8 Ounces Banana
- 2 Ounces Blueberries
- 1 Cup Kale
- 1 Tablespoon Peanut Butter Powder
- 1 Teaspoon Vanilla Protein
- 1 Teaspoon Honey
- 1 Scoop Waist Away Vanilla Complete Protein Shake  
*(pictured below)*



## DIRECTIONS:

Place all the ingredients in a high-speed blender and mix until smooth. Serve and drink immediately.

# Don't Feel Blue Smoothie



## INGREDIENTS:

- 10 Ounces Banana
- 1 Cup Kale
- 1 Tablespoon Vanilla Protein
- ½ Teaspoon Blue Spirulina
- 1 Cup Almond Milk
- 1 Scoop Waist Away Vanilla Complete Protein Shake  
(pictured below)



## DIRECTIONS:

Place almond milk in a high-speed blender, then add in all other ingredients and mix until smooth. Serve and drink immediately.

# Orange Creamsicle Smoothie



## INGREDIENTS:

- 1 Frozen Ripe Banana
- 2 Teaspoons Pure Vanilla Extract
- ½ Cup Fresh Squeezed Orange Juice
- ¾ Cup Almond Milk
- 1 Orange, Peeled And Sliced
- ½ Cup Of Ice
- 1 Scoop Waist Away Vanilla Complete Protein Shake  
*(pictured below)*

## DIRECTIONS:

On high, blend the frozen banana chunks, vanilla, and orange juice together until thick, creamy, and smooth - about 3 minutes. Scrape down the sides of the blender. Add the almond milk and orange. Blend until combined.

Make sure you use a Vitamix® or Ninja® blender.



# Oh So Zen Smoothie



## INGREDIENTS:

- 1 ¼ Cups Frozen Bananas
- 1 Cup Kale
- 2 Tablespoons Cocoa Powder
- 1 Tablespoon Almond Butter
- 1 Teaspoon Cinnamon
- 1 Teaspoon Maple Syrup
- 1 Cup Almond Milk
- 1 Scoop Waist Away Chocolate Complete Protein Shake  
*(pictured below)*



## DIRECTIONS:

Place almond milk in a high-speed blender, then add in all other ingredients and mix until smooth. Serve and drink immediately.

# Simply Sunshine Smoothie



## INGREDIENTS:

- ¼ Cup Strawberries
- 1 Cup Banana
- 1 Cup Kale
- 1 Tablespoon Almond Butter
- 1 Teaspoon Acai Powder
- 1 Teaspoon Honey
- 1 Cup Almond Milk
- 1 Scoop Waist Away Vanilla Complete Protein Shake  
(*pictured below*)



## DIRECTIONS:

Place almond milk in a high-speed blender, then add in all other ingredients and mix until smooth. Serve and drink immediately.



# Great Greens Smoothie



## INGREDIENTS:

- 2 Cups Spinach
- 1 Cup Kale
- ½ Cup Pineapple
- ½ Cup Mango
- ½ Teaspoon Spirulina
- 1 Cup Coconut Water
- 1 Teaspoon Coconut Oil
- 1 Scoop Waist Away Vanilla Complete Protein Shake  
*(pictured below)*



## DIRECTIONS:

Place coconut water in a high-speed blender, then add in all other ingredients and mix until smooth. Serve and drink immediately.

# Nooks And Crannies Smoothie



## INGREDIENTS:

- ½ Banana
- ¼ Cup Cranberries Frozen
- ½ Cup Cherries Frozen
- 1 Cup Almond Milk (Homemade)
- 1 Cup Kale
- ¾ Scoop Waist Away Vanilla Complete Protein Shake  
(pictured below)



## DIRECTIONS:

Place almond milk in a high-speed blender, then add in all other ingredients and mix until smooth. Serve and drink immediately. Look for my recipe for homemade almond milk at [chantelrayway.com/recipes](http://chantelrayway.com/recipes).

# Going All In Smoothie



## INGREDIENTS:

- $\frac{3}{4}$  Cup Banana
- $\frac{1}{3}$  Cup Mango
- 2 Cups Spinach
- 2 Cups Kale
- 1 Teaspoon Spirulina
- 1 Cup Almond Milk
- 1 Scoop Waist Away Vanilla Complete Protein Shake  
*(pictured below)*



## DIRECTIONS:

Place almond milk in a high-speed blender, then add in all other ingredients and mix until smooth. Serve and drink immediately.

# Chocolate Almond Butter Protein Shake



## INGREDIENTS:

- 3 Cups Ice
- 1 Cup Almond Milk
- 1½ Scoops Chocolate Protein Powder
- 2 Tablespoons Chia Seeds
- 2 Teaspoons Cinnamon
- 1 Tablespoon Almond Butter
- 1 Scoop Waist Away Chocolate Complete Protein Shake  
*(pictured below)*



## DIRECTIONS:

Mix all ingredients in blender and enjoy.

# Broccoli Bonanza Smoothie



## INGREDIENTS:

- 1 1/2 cups water/ice
- 2 tbsp raw, organic honey or maple syrup
- 1 cup broccoli florets and/or stems Kale (add until mixture reaches 2.5 cup line)
- 1 peeled orange, quartered
- 1 cup pineapple, chopped
- 1 frozen banana in chunks
- 1 cup frozen mixed berries
- 1 Scoop Waist Away Vanilla Complete Protein Shake (pictured below)



## DIRECTIONS:

Blend first four ingredients until smooth. Add fruit and blend again until smooth. Serve immediately, or refrigerate for up to 24 hours in glass jars and shake well before serving.

# Mojito Madness Smoothie



## INGREDIENTS:

- 1 Peach
- 1 Apple
- ½ Avocado
- ½ Cup Spinach
- A Few Mint Leaves
- 1½ Cups Water
- 4 Ice Cubes
- 1 Scoop Waist Away Vanilla Complete Protein Shake  
*(pictured below)*



## DIRECTIONS:

Mix all ingredients in blender and enjoy.

# The Elvis Smoothie



## INGREDIENTS:

- 1 Cup Coconut Kefir
- 1 Bunch Spinach
- 1 Bunch Kale
- 1 Large Spoonful Natural Peanut Butter
- 1 Spoonful Cacao Powder
- 2 Frozen Bananas
- 1 Handful Frozen Strawberries
- ¼ Cup Pineapple
- 1 Tbsp Chia Seeds
- 1 Tbsp Flax Seeds
- 1 Scoop Waist Away Chocolate Complete Protein Shake  
(pictured below)



## DIRECTIONS:

Mix all ingredients in blender and enjoy.

# Very Blackberry Smoothie



## INGREDIENTS:

- 2 3/4 Cups Water/Ice
- 2 Large Leaves & Stems Mustard Greens (*Coarsely Chopped*)
- 4 Cups Romaine
- Coarsely Chopped Kale (*Add Until Mixture Reaches 6-Cup Line*)
- 2/3 Tsp Powdered Stevia®
- 2 Bananas Can Be Frozen In Chunks
- 2 Cups Frozen Blackberries
- 1 Small Papaya, Peeled With Seeds
- 2 Apples, Pears, or Oranges
- 1 Scoop Waist Away Vanilla Complete Protein Shake (*pictured below*)



## DIRECTIONS:

Blend first 4 ingredients until smooth, then add remaining ingredients, and blend again until smooth. Serve immediately, or refrigerate for up to 24 hours in glass jars and shake well before serving.



# Going Green Smoothie



## INGREDIENTS:

- 1 Cup Coconut Water
- 1 Cup Unsweetened Almond Milk
- 1 Cup Brewed Green Tea
- 1 Packet Frozen Açaí Purée
- ½ Cup Blueberries
- 1 Teaspoon Turmeric
- 1 Teaspoon Ginger Powder
- ½ Teaspoon Cinnamon
- 1 Tablespoon Sprouted Flax
- 1 Tablespoon Chia Seeds
- 1 Tablespoon Raw, Organic Pumpkin Seeds
- 1 Tablespoon Raw, Organic Sunflower Seeds
- 1 Scoop Waist Away Vanilla or Chocolate Complete Protein Shake (*pictured below*)



## DIRECTIONS:

Mix all ingredients in blender and enjoy.

# Happy Apple Smoothie



## INGREDIENTS:

- 2 Apples Cored And Chopped
- 1 Small Handful Kale
- 3-4 Dates Pitted
- 1 Tsp Cinnamon
- ¼ Cup Walnuts, Almonds, Or Pecans
- 1 Cup Warmed Water
- 1 Scoop Waist Away Vanilla Complete Protein Shake  
*(pictured below)*



## DIRECTIONS:

Place all ingredients in a blender and puree until smooth. If you'd like the mixture warmer, warm up the smoothie by submerging a jar of it in a pan of hot water.

# Cran-Cherry Smoothie



## INGREDIENTS:

- 1/2 cup cherries
- 1/2 cup cranberries
- 1/2 cup pineapple
- 1/2 mango
- 1/4 cup pomegranates
- 1 cup spinach
- 1 cup kale
- 1 cup coconut water
- 1/2 cup ice
- 1 Scoop Waist Away Vanilla Complete Protein Shake  
*(pictured below)*



## DIRECTIONS:

Mix all ingredients in blender and enjoy.

# Super Extra Green Smoothie



## INGREDIENTS:

- 3 Cups kale
- 3 Cups spinach
- 1 Cup water
- 1 Cup coconut water
- 1 Apple
- ½ Banana
- 5 Pieces of turmeric
- 2 Teaspoons cleanse
- 1 Stalk of celery
- Ice
- 1 Scoop Waist Away Vanilla Complete Protein Shake  
(pictured below)



## DIRECTIONS:

Blend kale, spinach, water and coconut water. Then add remaining ingredients, blend, and enjoy.