

Catherine Tanaka  
FITNESS

## Green Shake Challenge Recipe 3

Created by Catherine Tanaka Fitness



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The recommendations made herein are based on pillars of good nutrition and are outlines considering strategies of improved eating habits. These thoughts shared are gathered from PN Nutrition research, and evidence-based information around the benefits of lean proteins, healthy fats and other macronutrients. These recipes demonstrate food prep and planning skills that will support your fitness, health and weight loss goals.

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# Green Shake Challenge Recipe 3

16 items

## Fruits

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- ☐ 1 Banana
- ☐ 1 1/4 cups Pineapple

## Seeds, Nuts & Spices

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- ☐ 1 tbsp Chia Seeds
- ☐ 1/2 tsp Cinnamon
- ☐ 2 tbsps Ground Flax Seed
- ☐ 2 tbsps Hemp Seeds

## Frozen

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- ☐ 2 cups Frozen Spinach

## Vegetables

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- ☐ 4 cups Baby Spinach
- ☐ 1 1/2 tsps Ginger
- ☐ 1 Zucchini

## Baking

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- ☐ 1 1/16 cups Cocoa Powder

## Cold

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- ☐ 4 cups Unsweetened Almond Milk

## Other

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- ☐ 8 Ice Cubes
- ☐ 1/2 cup Protein Powder
- ☐ 1 1/2 cups Vanilla Protein Powder
- ☐ 1 1/2 cups Water

# Tropical Cocoa #green Smoothie

7 ingredients · 5 minutes · 2 servings



## Directions

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1. Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

## Notes

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### Likes it Sweet

Add honey or pitted dates.

### More Protein

Add vanilla protein powder.

## Ingredients

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- 1 Zucchini (chopped and frozen)
- 1/2 cup Pineapple (fresh or frozen)
- 2 cups Baby Spinach
- 1 cup Cocoa Powder
- 2 tbsps Hemp Seeds
- 2 cups Unsweetened Almond Milk
- 1/2 cup Protein Powder

# Banana chocolate #green shake

9 ingredients · 5 minutes · 2 servings



## Directions

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1. Add all ingredients to blender and blend until smooth. Pour into a glasses and enjoy!

## Notes

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### No Protein Powder

Use hemp seeds with vanilla extract instead.

### Leftovers

Store in a mason jar with a lid in the fridge up to 24 hours. Shake well before drinking.

### Make it Green

Add spinach.

## Ingredients

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**1/2 cup** Vanilla Protein Powder

**1 tbsp** Ground Flax Seed

**1 tbsp** Chia Seeds

**1** Banana (frozen)

**4** Ice Cubes

**2 cups** Unsweetened Almond Milk

**1/2 tsp** Cinnamon

**1 tbsp** Cocoa Powder

**2 cups** Frozen Spinach (fresh or frozen)

# Tropical Green Ginger Smoothie

7 ingredients · 10 minutes · 1 serving



## Directions

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1. Throw all ingredients EXCEPT protien into the blender. Blend for a minute or until smooth.
2. Blend in protien
3. Enjoy!

## Ingredients

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- 3/4 cup** Pineapple (diced)
- 1 tbsp** Ground Flax Seed
- 1 1/2 tps** Ginger (peeled and grated)
- 2 cups** Baby Spinach
- 1/2 cup** Water
- 4** Ice Cubes
- 1 cup** Vanilla Protein Powder (Use 1 cup greek yogurt to substitue protien powder)



## Post your #greenshake daily

1 ingredient · 1 minute · 1 serving



### Directions

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1. Make sure you post your daily green shake on our facebook group.

### Ingredients

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**1 cup** Water