


GREEN SHAKE GOODNESS

Catherine Tanaka Fitness

Vol. 1



A photograph of two women outdoors. The woman on the left has long, dark, wavy hair and is wearing a dark blue sleeveless top. She is smiling and looking towards the woman on the right. The woman on the right has long, light brown, wavy hair and is wearing a light green sleeveless top. She is holding a glass of a green shake with a straw and is drinking from it. The background is a bright, sunny outdoor setting with green foliage and a tree trunk visible.

I have used green shakes for years to support my busy clients reset their nutrition habits, support their fat loss goals and support their gut health and overall health. I hope you use and love these recipes as much as my clients do!

PEACH TREAT

Great for people who are watching their sugar intake. If you buy organic peaches go ahead and keep the peach skin on.

Ingredients

- 2 cups spinach
- 1 cups grapes, frozen
- 1 peach
- 2 cups water
- 1 scoop Age Quencher Protein or a great protein powder for metabolic boosting effect.

1. Place your fruit into the blender with 1-2 cups of filtered water and blend for 25 seconds.
- 2) Add your leafy greens and blend until very smooth
- 3) Add in your protein last and pulse in to combine.
- 4) Enjoy!!!



BRAIN FUEL

Packed with plenty of good fats and fiber to get you thinking good thoughts all day long.

Ingredients

- 2 cups spinach
- 1 ripe pears
- 1 cup frozen mango
- ½ avocado
- 2 cups water
- 1 scoop Age Quencher Protein

1. Place your fruit into the blender with 1-2 cups of filtered water and blend for 25 seconds.
- 2) Add your leafy greens and blend until very smooth
- 3) Add in your protein last and pulse in to combine.
- 4) Enjoy!!!

This is one of the best protein powders in the market! -Catherine Tanaka



6-IN-1 REJUVENATE™
COLLAGEN PROTEIN
POWDER

★★★★★ 50 reviews

1. 20g Lactose-Free New Zealand Whey Powder for energy & muscle recovery.
2. 3300mg Marine Collagen Peptides for radiant skin, hair & nails.
3. Probiotic-Acidophilus to support skin, immune & digestive health.
4. Prebiotic-Inulin fibre to support healthy blood sugar & weight control.
5. Silica to support lustrous hair & fast growing, hard nails
6. Vitamin C, a super-power antioxidant & immune booster.

WARRIOR WAY

Cellular nutrients in a glass. Enough said.

Ingredients

- 3 stalks kale, discard the tough stalk and use the leaves
- 1 cup spinach
- ½ frozen banana
- 2 cups water
- 1 scoop Age Quencher or a protein source (greek yogurt)

. Place your fruit into the blender with 1-2 cups of filtered water and blend for 25 seconds.

2) Add your leafy greens and blend until very smooth

3) Add in your protein last and pulse in to combine.

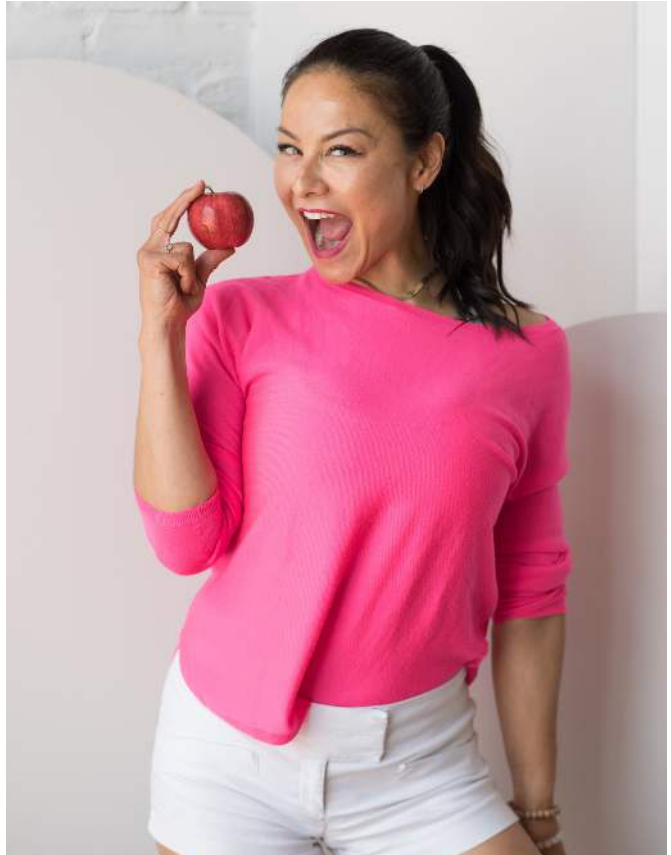
4) Enjoy!!!



APPLE SMOOTHIE

Ingredients

- 1 granny smith apple, preferably organic, cut into chunks
- 2 cups kale leaves, discard the tough stalk and use the leaves
- 1 lime, juiced or seeds removed
- 1 orange
- 2 cups water
- 1 scoop Age Quencher protein or a protein source



- 1) Place your fruit into the blender with 1-2 cups of filtered water and blend for 25 seconds.
- 2) Add your leafy greens and blend until very smooth
- 3) Add in your protein last and pulse in to combine.
- 4) Enjoy!!!



A SWEET DELIGHT

My favourite smoothie and it's also super good for you!!!

Ingredients

- 1 frozen banana
 - 1 tbsp peanut butter
 - 1 tbsp chia seeds
 - 1 tbsp maple sirup
 - 1 cup spinach
 - 3 dates
 - 1 cup almond milk
 - 1/2 cup water
 - 1 scoop Age Quencher Protein
- 1 Place your fruit into the blender with 1-2 cups of filtered water and blend for 25 seconds.
 - 2) Add your leafy greens and blend until very smooth
 - 3) Add in your protein last and pulse in to combine.
 - 4) Enjoy!!!

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The exact recipes I give to my clients to feel and look their best!

Hope you love them!

