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FIGHTER ABS

GET ABS LIKE A FIGHTER



Smoothie Recipes

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Fighter Abs Smoothie Recipes

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Fighter Abs Smoothie Recipes

Introduction

Welcome to The Fighter Abs Smoothie Recipe Guide.

In this guide, I will show you the **best smoothie recipes that I have come across that provide the highest nutritional value while tasting absolutely amazing.**

These smoothies are a great fit post workout. They can also be used as a quick meal or something to have first thing in the morning.

Feel free to play around with the ingredients to your liking. But the combinations of ingredients that are presented in these smoothies are a great way to get in your nutrients while enjoying the amazing taste of these shakes.

I personally love enjoying desserts as much as the next guy. That's why I put these recipes together so **you and I can enjoy these liquid desserts without feeling one ounce of guilt.** You will be surprised how great this stuff tastes.



Like I said. I love having great tasting smoothies. If you have any great recipes that you would like to share, email me at contact@andrewraposo.com and I would love to try it out.

With that said, let's get right into it and accelerate those fat loss efforts.

Fighter Abs Smoothie Recipes

Note: For the protein scoops, make sure you are using a high quality protein powder that your body is able to digest properly.

[BioTrust Low Carb](#) is a great high quality source of protein powder and it taste's amazing with these smoothie recipes

[Click Here For More Info](#)



Fighter Abs Smoothie Recipes

Peanut Butter Protein Explosion

- 1 Scoop of Vanilla Protein
- 1 Tables Spoon of Peanut Butter
- 1 Banana
- 1 Cup of Almond Milk
- 4 Ice Cubes

Put everything in a blender and blend until smooth.



Dark Chocolate Delight

- 1 Scoop of Chocolate Protein
- 2 Tablespoons of Cacao Powder
- 1 Banana
- 1 Cup of Almond Milk
- 4 Ice Cubes

Put everything in a blender and blend until smooth.



Fighter Abs Smoothie Recipes

Protein Pina Colada

- 1 Scoop of Vanilla Protein
- 1/2 Cup of Pineapple Chunks
- 1/2 Cup of Sliced Mango
- 1/2 Cup of Coconut Milk
- 1/2 Cup of Almond Milk or Water
- 4 Ice Cubes

Put everything in a blender and blend until smooth.



Triple Berry Blast

- 1 Scoop of Vanilla Protein
- 1/2 Cup of Strawberries
- 1/2 Cup of Blueberries
- 1/2 Cup of Acai Berries
- 1 Cup of Almond Milk
- 4 Ice Cubes

Put everything in a blender and blend until smooth.



Fighter Abs Smoothie Recipes

Strawberry Banana Smoothie

- 1 Scoop of Vanilla Protein
- 1/2 Cup of Strawberries
- 1 Banana
- 1 Cup of Almond Milk or Milk
- 4 Ice Cubes

Put everything in a blender and blend until smooth.



Chocolate Peanut Butter Shake

- 1 Scoop of Chocolate Protein
- 1 Tablespoon of Peanut Butter
- 1 Banana
- 1 Cup of Almond Milk
- 4 Ice Cubes

Put everything in a blender and blend until smooth.

Fighter Abs Smoothie Recipes

Coconut Almond Smoothie

- 1 Scoop of Vanilla Protein
- 1/2 Cup of Coconut Milk
- 1 Banana
- 1 Cup of Almond Milk
- 4 Ice Cubes

Put everything in a blender and blend until smooth.

Strawberry Kiwi Smoothie

- 1 Scoop of Unflavored or Vanilla Protein
- 1/3 Cup of Sliced Kiwi
- 1/2 Cup of Strawberries
- 1 Cup of Water
- 4 Ice Cubes

Put everything in a blender and blend until smooth.



Fighter Abs Smoothie Recipes

Pre Workout Booster

- 1 Scoop of Vanilla Protein
- 1/2 Cup of Cold Coffee
- 1 Banana
- 1/2 Cup of Coconut Milk
- 4 Ice Cubes

Put everything in a blender and blend until smooth.



Healthy Protein Refreshment

- 1 Scoop of Vanilla Protein
- 1 Cup of Blueberries
- 1 Banana
- 1 Cup of Spinach
- 4 Ice Cubes

Put everything in a blender and blend until smooth.

Fighter Abs Smoothie Recipes

Peanut Butter Apple Nourishment

- 1 Scoop of Vanilla Protein
- 1 Tablespoon of Peanut Butter
- 1/2 of a Peeled Apple
- 1 Cup of Almond Milk
- 4 Ice Cubes

Put everything in a blender and blend until smooth.



Protein Banana Mango Smoothie

- 1 Scoop of Vanilla Protein
- 1/2 Cup of Sliced Mango
- 1 Banana
- 1 Cup of Almond Milk
- 4 Ice Cubes

Put everything in a blender and blend until smooth.



Fighter Abs Smoothie Recipes

Chia Green Apple Smoothie

- 1 Scoop of Vanilla Protein
- 1 Tablespoon of Chia Seeds
- 1 Cup of Spinach
- 1/2 of a Peeled Apple
- 1 Cup of Almond Milk
- 4 Ice Cubes

Put everything in a blender and blend until smooth.

Banana Peach Protein Smoothie

- 1 Scoop of Vanilla Protein
- 1 Banana
- 1/2 Cup of Sliced Peach
- 1 Cup of Almond Milk
- 4 Ice Cubes

Put everything in a blender and blend until smooth.



Fighter Abs Smoothie Recipes

Protein Flax Berry Blast

1 Scoop of Vanilla Protein
1 Tablespoon of Flax Seeds
1/2 Cup of Blueberries
1/2 Cup of Strawberries
1/2 Cup of Acai Berries
4 Ice Cubes

Put everything in a blender and blend until smooth.



Greek Yogurt Coconut Smoothie

1/2 Cup of Greek Yogurt
1/2 Cup of Coconut Milk
1 Banana
1/2 Cup of Almond Milk or Water
4 Ice Cubes

Put everything in a blender and blend until smooth.

Fighter Abs Smoothie Recipes

Tropical Delight

- 1 Scoop of Vanilla Protein
- 1/2 Cup of Pineapple Chunks
- 1/2 Cup of Sliced Mango
- 1/2 a Banana
- 1 Cup of Almond Milk or Milk
- 4 Ice Cubes

Put everything in a blender and blend until smooth.



Chocolate Almond Butter Smoothie

- 1 Scoop of Chocolate Protein
- 1 Tablespoon of Almond Butter
- 1 Banana
- 1 Cup of Almond Milk
- 4 Ice Cubes

Put everything in a blender and blend until smooth.



Fighter Abs Smoothie Recipes

Chocolate Chip Ice Cream Shake

- 1 Scoop of Chocolate Protein
- 1 Tablespoon of Cacao Nibs
- 1 Banana
- 1/4 Cup of Greek Yogurt
- 1 Cup of Almond Milk
- 4 Ice Cubes

Put everything in a blender and blend until smooth.

Vanilla Ice Cream Shake

- 1 Scoop of Vanilla Protein
- 1 Teaspoon of Vanilla Extract
- 1 Banana
- 1/4 Cup of Greek Yogurt
- 1 Cup of Almond Milk
- 4 Ice Cubes

Put everything in a blender and blend until smooth.

