



GEORGIA LIMMER
NATUROPATH & NUTRITIONIST

7 Days of Smoothie Breakfasts for Busy People

Created by Georgia Limmer, Naturopathy & Nutrition



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This is my edit of my favourite smoothie recipes for you. Merry Christmas!

Feel lighter with a smoothie for breakfast in the silly season.

Get in touch, or book now

Appointments are available at Vibe Natural Health in Grange, Queensland for the remainder of December on:

- Tuesday 7.30am to 7.00pm,
- Friday 1.00pm to 7.00pm
- Saturday 8.30am to 3.00pm

And in 2021, my new availability is:

- Monday 9.00am to 1.00pm
- Tuesday 7.30am to 7.00pm
- Thursday 9.00am to 1.00pm
- Friday 1.30pm to 7.00pm
- Saturday 8.30am to 3.00pm

To book in phone [\(07\) 3366 7970](tel:0733667970) or visit <https://georgialimmer.com/get-in-touch/> or <https://www.vibenaturalhealth.com.au/georgia-limmer-naturopath-brisbane>

- **Discovery Consultation – Free** – find out if Naturopathy is right for you
- **Initial consultations – \$160**
- **Follow up consultations – \$80**
- Extended follow up consultations 45 minutes – \$120
- Allergy testing and report or other functional testing and report – two appointments
\$80 + \$80 for follow up and report – *does not include cost of test which you pay directly to the lab.*

If you need more information, have questions, or would like to offer a suggestion, please be in touch. You can contact me via phone or email.

I'll get back to you as soon as possible.

mail@georgialimmer.com



7 Days of Smoothie Breakfasts for Busy People

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Orange Immunity Booster Smoothie	Chocolate Tahini Layered Smoothie	Strawberry Kiwi Tropical Smoothie	High Fat Chocolate Smoothie	Strawberry Coconut Collagen Smoothie	Bloat-Fighting Tropical Smoothie	Mango Green Smoothie Bowl

7 Days of Smoothie Breakfasts for Busy People – Shopping list

37 items

Fruits

- 1/2 Avocado
- 3 1/2 Banana
- 74 grams Blueberries
- 1 1/2 Kiwi
- 1 Navel Orange
- 70 grams Papaya
- 124 grams Pineapple

Breakfast

- 16 grams All Natural Peanut Butter
- 10 grams Maple Syrup

Seeds, Nuts & Spices

- 36 grams Chia Seeds
- 325 milligrams Cinnamon
- 3 grams Ground Flax Seed
- 10 grams Hemp Seeds
- 750 milligrams Turmeric

Frozen

- 165 grams Frozen Mango
- 442 grams Frozen Strawberries

Vegetables

- 45 grams Baby Spinach
- 1/2 Cucumber
- 2 grams Ginger
- 6 grams Mint Leaves
- 7 leaves Romaine
- 1 Zucchini

Boxed & Canned

- 121 milliliters Canned Coconut Milk

Baking

- 3 grams Cacao Nibs
- 10 grams Cacao Powder
- 9 grams Pitted Dates
- 123 grams Pureed Pumpkin
- 5 grams Unsweetened Shredded Coconut
- 1 milliliter Vanilla Extract

Condiments & Oils

- 23 grams Tahini

Cold

- 180 milliliters Oat Milk
- 570 milliliters Unsweetened Almond Milk

Other

- 24 grams Chocolate Protein Powder
- 10 grams Collagen Powder
- 2 1/2 Ice Cubes
- 61 grams Vanilla Protein Powder
- 474 milliliters Water

Orange Immunity Booster Smoothie

9 ingredients · 10 minutes · 1 serving



Directions

1. Place all ingredients into your blender and blend very well until creamy. Pour into glasses and enjoy!

Notes

No Pureed Pumpkin

Use steamed sweet potato instead.

More Protein

Add protein powder, hemp seeds or nut butter.

No Maple Syrup

Sweeten with raw honey or soaked dates instead.

Ingredients

123 grams Pureed Pumpkin

1/2 Banana (frozen)

750 milligrams Turmeric

325 milligrams Cinnamon

2 grams Ginger

3 grams Ground Flax Seed

90 milliliters Unsweetened Almond Milk

1 Navel Orange (peeled and sectioned)

10 grams Maple Syrup

Chocolate Tahini Layered Smoothie

8 ingredients · 5 minutes · 1 serving



Directions

1. In a blender, add the milk, banana, romaine, chia seeds, tahini and protein powder. Blend until smooth and creamy. Pour half of the smoothie into a glass.
2. In the same blender, add the dates and cacao powder and blend until smooth and creamy.
3. Pour the chocolate layer over the vanilla and swirl to combine. Enjoy!

Notes

No Oat Milk

Use another milk or milk alternative instead.

More Veggies

Add frozen cauliflower to the vanilla layer.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

Ingredients

- 180 milliliters** Oat Milk
- 1/2** Banana (frozen)
- 4 leaves** Romaine (roughly chopped)
- 12 grams** Chia Seeds
- 23 grams** Tahini
- 24 grams** Vanilla Protein Powder
- 9 grams** Pitted Dates
- 5 grams** Cacao Powder

Strawberry Kiwi Tropical Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Nut-Free

Use hemp milk, rice milk, oat milk or water instead of almond milk.

No Chia Seeds

Use ground flax seeds instead.

No Zucchini

Use frozen cauliflower, spinach or kale instead.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

Ingredients

300 milliliters Unsweetened Almond Milk

221 grams Frozen Strawberries

1 Kiwi (peeled, chopped)

41 grams Pineapple (fresh or frozen)

1/2 Zucchini(chopped)

12 grams Chia Seeds

12 grams Vanilla Protein Powder

High Fat Chocolate Smoothie

9 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Romaine

Use another green such as spinach.

Nut-Free

Use sunflower seed butter instead of peanut butter, or omit completely.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

Ingredients

237 milliliters Water

3 leaves Romaine (roughly chopped)

1/2 Zucchini (chopped, frozen)

1/2 Avocado (frozen)

1/2 Banana (frozen)

24 grams Chocolate Protein Powder

5 grams Cacao Powder

16 grams All Natural Peanut Butter

3 grams Cacao Nibs (optional, for topping)

Strawberry Coconut Collagen Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one day or freeze into popsicles to enjoy later.

More Flavor

Add honey or maple syrup to taste. Garnish with more shredded coconut.

Make it Vegan

Omit the collagen powder.

More Veggies

Add spinach, kale, frozen cauliflower or zucchini.

No Collagen

Use protein powder instead.

Ingredients

121 milliliters Canned Coconut Milk (full fat)

119 milliliters Water

1 Banana (frozen)

221 grams Frozen Strawberries

10 grams Collagen Powder

5 grams Unsweetened Shredded Coconut

1 milliliter Vanilla Extract

Bloat-Fighting Tropical Smoothie

8 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Likes it Sweet

Add raw honey.

More Protein

Add hemp seeds or a scoop of vanilla protein powder.

No Papaya

Use extra pineapple or other fruit like mango or oranges.

Ingredients

70 grams Papaya (chopped)

83 grams Pineapple (chopped)

1/2 Cucumber (chopped)

2 1/2 Ice Cubes

6 grams Mint Leaves

15 grams Baby Spinach

12 grams Chia Seeds

119 milliliters Water

Mango Green Smoothie Bowl

8 ingredients · 5 minutes · 1 serving



Directions

1. Throw the banana, frozen mango, baby spinach, protein powder and almond milk into a blender. Blend well until smooth.
2. Pour into a bowl and top with kiwi, blueberries, hemp seeds and any other favourite toppings. Enjoy!

Notes

Topping Ideas

Fruit, nuts, fresh herbs, coconut, hemp hearts, granola, ground flax or chia seeds.

Turn It Into a Smoothie

Add more almond milk for a thinner consistency.

Ingredients

- 1 Banana (frozen)
- 165 grams Frozen Mango
- 30 grams Baby Spinach
- 24 grams Vanilla Protein Powder
- 180 milliliters Unsweetened Almond Milk
- 1/2 Kiwi (peeled and sliced)
- 74 grams Blueberries (fresh or frozen)
- 10 grams Hemp Seeds