



# Fresh Steps Meal System

SMOOTHIE RECIPES



## Introduction

Our Meal Starters serve as the foundation for any meal- they contain essential vitamins, minerals and an appropriate balance of protein, carbohydrate and fats. Our Smoothie, Soup, Pasta and Egg Meal Starters truly are your kitchen training wheels. Simply pair with fresh ingredients as part of any recipe to create a healthy portion-controlled meal to leave you satisfied. Although the foundation of your meal, Meal Starters are only part of the story. It is the grocery ingredients and spices that you pair which round out a balanced meal.

## Superfoods

While the addition of fresh ingredients, specifically fruits and vegetables, are of critical importance, so too is the type of produce selected. Eating a diet rich in vitamins, minerals and antioxidants is an important habit of a healthy lifestyle. Nutrient-dense foods or **superfoods** not only make you feel great, but they may even reduce your risk of certain chronic health conditions while providing multiple health benefits. For this reason, we have highlighted the **superfoods** part of each recipe to keep you informed! While there are many foods that can be described as super, it is important to understand that there is no single food that holds the key to good health or disease prevention. The key instead lies with a nutrient dense diet filled with delicious ingredients highlighted in these recipes!



# Smoothie Recipes

## Fresh Steps Fruit and Chia Overnight Treat

### INGREDIENTS

- 1 cup unsweetened almond milk
- 1 tbsp chia seeds
- ½ cup strawberries
- ½ cup plain Greek yogurt
- 1 tsp cinnamon
- 1+ ½ tbsp natural nut butter
- 1 tsp vanilla extract
- 1 Fresh Steps Smoothie Meal Starter Pack

### DIRECTIONS

- 1 Combine almond milk, yogurt, chia seeds, chopped strawberries, cinnamon, vanilla extract, nut butter, and meal starter pack.
- 2 Store in the refrigerator overnight in an airtight container.
- 3 Enjoy as an early morning breakfast or midmorning treat!



**Nutrition: ~446 calories • 20 grams fat • 25 grams carbohydrates • 42 grams protein**

**40% Fat, 25% Carbohydrate, 38% Protein**



**Super Food:** Chia seeds are a great source of omega-3 fatty acids and fiber and a great quantity of vitamins and minerals. They also contain many vitamins/ minerals, in addition to all 9 essential amino acids, making them a complete protein.



## Protein Cinnamon Strawberry Parfait

### INGREDIENTS

- ½ cup cottage cheese
- ¼ cup unsweetened almond milk
- 2 tbsp cream cheese
- ¼ cup chopped strawberries
- 2 tbsp rolled oats
- 1 tsp vanilla extract
- 1 tsp cinnamon
- ½ large rectangular graham cracker
- 1 tbsp sliced almond
- 1 Fresh Steps Smoothie Meal Starter Pack

### DIRECTIONS

- 1 Combine cottage cheese, almond milk, cream cheese, rolled oats, strawberries, cinnamon, vanilla extract, and meal starter pack.
- 2 Once mixed altogether, place in a bowl of choice. Top mixture with sliced almonds.
- 3 Enjoy with graham cracker of choice!



**Nutrition:** ~ 396 calories • 14 grams fat • 28 grams carbohydrate • 6 grams fiber • 38 grams protein

**32% Fat, 28% Carbohydrate, 38% Protein**

**Super Food:** Strawberries are not only rich in vitamins/minerals, their antioxidant enriched component allows for them to qualify as a super food. This antioxidant aids in immunity enhancement and protects many from various harmful conditions.



## Berries & Cake Frozen Treat

### INGREDIENTS

- ½ Cup Water
- 1 Tsp. Vanilla Extract
- 1 Tsp. Cinnamon
- ¼ Cup blueberries
- 4 oz 2% plain Greek yogurt
- 2 tbsp Cream Cheese
- 1 Fresh Steps Smoothie Meal Starter
- ½ Cup Ice

### DIRECTIONS

- 1 Place water, blueberries, vanilla extract, cinnamon, cream cheese, yogurt, Meal Starter, and ice in a blender.
- 2 Pulse blender 3-4 times to break up ice before blending until smooth.
- 3 After blending, place the mixture in a freezer-friendly meal container.
- 4 After 6-8 hours of freezing, let solid defrost for the time length of choice.



**Nutrition:** ~270 calories • 12 grams fat • 16 grams carbohydrates • 3 grams fiber • 24 grams protein

**40% Fat, 25% Carbohydrate, 38% Protein**

**Super Food:** The color of blueberries is provided by anthocyanins which positively impacts the high number of vitamins and minerals this fruit contains. This ultimately aids in preventing various detrimental health conditions, such as cancer, bone fractures, heart attacks, etc.



## Dark chocolate “Smoothie” Batter Cake

### INGREDIENTS

- 1 large egg
- 1 large egg white
- ¼ cup almond milk
- ¼ tsp baking powder
- 1 tbsp dark chocolate chips
- 1 tbsp. cocoa powder
- ½ tbsp nut butter
- ½ Fresh Steps Smoothie Meal Starter Pack

### DIRECTIONS

- 1 Combine 1 large egg, 1 large egg white, almond milk, baking powder, dark chocolate chips, and cocoa powder in a microwave safe bowl.
- 2 Microwave for 30 seconds. Remove bowl, mix together and place in microwave for an additional 30 seconds.
- 3 After 30 seconds, remove from the microwave and place nut butter on top.
- 4 Enjoy as a mid-morning snack or late-night dessert!

**Super Food:** Want to add a super food to this recipe? Think about adding in 1 tbsp of flax seeds. This super food is high in fiber, vitamins and minerals, which ultimately aids in lowering any risk of various cancer types.



**Nutrition:** ~ 268 calories • 14 grams fat • 16 grams carbohydrates • 5 grams fiber • 24 grams protein

47% Fat, 24% Carbohydrate, 36% Protein

## Maple Mocha Nut Wake-Up Protein Smoothie



### INGREDIENTS

- 4 oz Cold Coffee
- 4 oz Unsweetened Almond Milk
- ½ tbsp Cocoa Powder
- ¼ cup Vermont Sugar Free Maple Syrup
- 1 tbsp rolled oats
- 1.5 tbsp Nut Butter
- 4 oz 2% plain Greek yogurt
- 1 Fresh Steps Smoothie Meal Starter

### DIRECTIONS

- 1 Brew coffee of choice and let sit.
- 2 Pour coffee and almond milk in a blender. Add cocoa powder, maple syrup, Meal Starter pack, rolled oats, nut butter, and Greek yogurt (Add ice for a thicker consistency).
- 3 Pulse blender 3-4 times to break up ice before blending until smooth.



**Nutrition:** ~416 calories • 18 grams fat • 29 grams carbohydrates • 6 grams fiber • 39 grams protein

**39% Fat, 28% Carbohydrate, 38% Protein**

**Super Food:** The Calcium and Vitamin D contained in Greek yogurt is a substantial amount to help maintain strong bones. This yogurt of choice is packed with protein, which will help maintain fullness in between eating periods.





# Fresh Feels Fantastic!



Tag us in your kitchen creations  
on Instagram @[fresh\\_steps\\_meals](https://www.instagram.com/fresh_steps_meals).

We cannot wait to see your delicious meals!