



equilibrium

Smoothie Guide



Recipes Included

Pink Flamingo Smoothie

Cabral Purple Crush Smoothie

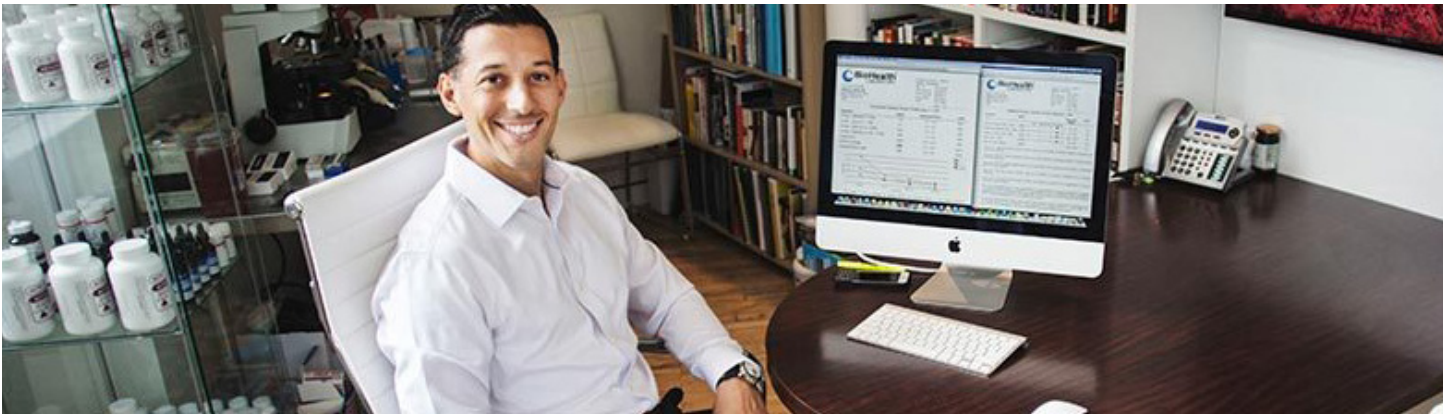
Coconut Creme Coffee Caramel Keto Smoothie

Tropical Island Dream Smoothie

All-Mighty Omega-3 Meal Smoothie

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Green Superfood Smoothie



Everyday is Smoothie Day!

Through struggling with my own health issues from a young age, it has become my passion to help others to uncover the root cause of their health challenges, so that they too can heal from within..

I am grateful to have helped thousands in my private wellness practice. Seeing their results first hand has been truly rewarding – and the results keep coming as we reach more people through the Cabral Concept podcast and Equilibrium Nutrition.

While our Functional Medicine detox is something I recommend on a quarterly basis, my highest recommendation for optimal health and what I do myself each day, is our Daily Foundational Protocol.

As part of that Daily Foundational Protocol, our Daily Nutritional Support powder makes the perfect foundation for a vitamin and nutrient packed smoothie that boosts metabolism and starts your day right.

In this guide, you will find my favorite smoothie recipes that are not only delicious, but exactly what your body needs for all-day energy.

Ayubowan and happy smoothie drinking!

A stylized, handwritten signature in black ink, which appears to read 'Stephen Cabral'.

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Ayurvedic & Functional Medicine Practitioner
CEO & Founder Equilibrium Nutrition

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Pink Flamingo

S M O O T H I E

When trying to come up with a fun name for this “hot pink” smoothie, the only thing that kept popping into my mind over and over was that it looked like the same color as a pink flamingo! This smoothie is not only delicious and healthy for you, but if you have little kids running around your home like I do, it’s sure to be a crowd favorite when they see that bright pink color coming their way!



- ☐ 8oz Nut Milk (unsweetened almond, coconut, hemp, or rice)
- ☐ 8oz water
- ☐ 1/2-1c Pineapple (frozen)
- ☐ 1/2-1c Raspberries (fresh or frozen)
- ☐ 1 Small Banana (frozen) (Use 1/2 banana or omit for weight loss)
- ☐ 1 TBSP Coconut Oil/Cream (optional)
- ☐ 2 scoops [Daily Nutritional Support \(multi/mineral+vegan protein\)](#)





Cabral Purple Crush

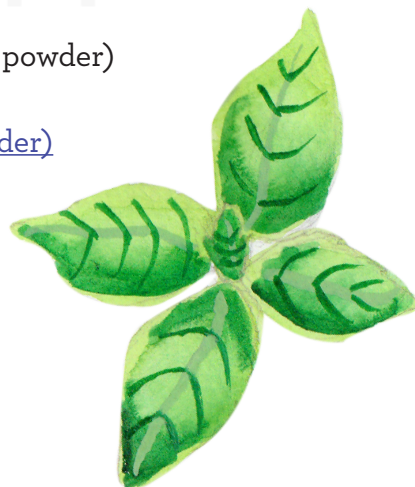
S M O O T H I E

In all of my smoothie recipe guides, I always make sure to include the “original!” It was this first smoothie recipe 10 years ago that got me into drinking these delicious alternative breakfasts everyday. Although I make all sorts of fun creations throughout the week, most every morning still starts with my “Purple Crush” smoothie! By the way, it got its name because as a kid growing up with poor eating habits, my favorite soda to drink was called Fanta Purple Crush ;)

- ☐ 8oz Unsweetened Almond Milk (or any unsweetened nut milk)
- ☐ 8oz water
- ☐ 1-2c Wild Blueberries (frozen) (*Keep to 1c for weight loss*)
- ☐ 1c Leafy Greens (fresh or frozen, and/or 1 tbsp fruit & vegetable blend powder)
- ☐ 2 scoops [Daily Nutritional Support \(multi/mineral + vegan protein powder\)](#)

OPTIONAL ADD-ONS

- ☐ 1 small banana (frozen or fresh)
- ☐ 1 tbsp flax or chia seeds





Coconut Creme Coffee Caramel

K E T O S M O O T H I E

This is one of our community favorites for those still looking to burn body fat while enjoying the AM caffeine buzz! However, if you're looking to decrease your caffeine consumption you can also use decaffeinated coffee (water-processed) instead. And, since the Daily Nutritional Support powder has a slight caramel toffee taste when mixed with coffee, this recipe turns out to be an amazing healthy "Frappaccino" alternative!

- ☐ 8oz Cold coffee (cold brewed if desired for less activity)
- ☐ 8oz water
- ☐ 2c ice
- ☐ 1 tbsp coconut oil/cream
- ☐ 2 scoops [Daily Nutritional Support \(multi/mineral+vegan protein powder\)](#)

Tropical Island Dream



S M O O T H I E

This exact smoothie is my go-to recipe for mid-afternoons where I want something sweet - especially if I just finished an afternoon workout. I love how whenever I drink it I'm reminded of sipping on a non-so-healthy island frozen beverage... Only drinking this tropical smoothie is one of the best things you can do for your body!

- ☐ 8oz coconut milk
- ☐ 8oz water
- ☐ 1 tbsp coconut oil/cream
- ☐ 1/2c mangos (frozen)
- ☐ 1/2c pineapple (frozen)
- ☐ 1 banana (frozen or fresh) *Use 1/2 banana or omit for weight loss*
- ☐ 2 scoops [Daily Nutritional Support \(multi/mineral + vegan protein powder\)](#)





All-Mighty Omega-3



M E A L S M O O T H I E

Just like its name states this is a full meal in itself and can be used as a lunch or dinner replacement. It's packed full of protein, healthy carbs, and tons of anti inflammatory omega-3 fats that will fill you up and keep your body feeling alive and energized at the same time!



- ☐ 8oz Unsweetened Vanilla Nut Milk
- ☐ 8oz water
- ☐ 1 tbsp of flax or chia seeds
- ☐ 1/4c nuts (almonds, walnuts, or macadamia)
- ☐ 1 tsp [Daily Omega-3](#) (add at end & shake up after blending so it doesn't oxidize)
- ☐ 1-2c mixed berries or wild blueberries (frozen)
- ☐ 1 banana (fresh or frozen) *Use 1/2 banana or omit for weight loss*
- ☐ 2 scoops [Daily Nutritional Support](#) (multi/mineral + vegan protein powder)

OPTIONAL ADD-ONS

- ☐ 1 tbsp [Daily Fruit & Vegetable Blend](#) (22 organic fruits, vegetables, & superfoods)
- ☐ 1 tsp spirulina
- ☐ 1 tbsp seaweed flakes or nori

Sweet & Spicy

D I G E S T I V E S M O O T H I E

Sometimes during the cooler weather (especially here in Boston) you want a little something to warm up your body... That's why I choose this smoothie recipe during a lot of those afternoons in the Fall & Winter months. It's similar to my Tropical Island Dream smoothie, but it has some spice from the ginger. This combination of sweet and spicy is just the right mix to warm me up and energize my body!

- ☐ 8oz Unsweetened Vanilla Nut Milk
- ☐ 8oz water
- ☐ 1/2-1c of mango (frozen)
- ☐ 1/2-1c of pineapple (frozen)
- ☐ 1 tbsp [Daily Fruit & Vegetable Blend \(22 organic fruits, vegetables & superfoods\)](#)
- ☐ 2 scoops [Daily Nutritional Support \(multi/mineral + vegan protein powder\)](#)
- ☐ 1" of ginger root (peeled)

OPTIONAL ADD-ONS

- ☐ 1 small banana (frozen or fresh) *Use 1/2 banana or omit for weight loss*
- ☐ 1/4 tsp cayenne pepper powder





Green Superfood

S M O O T H I E

If you're looking to push your health to the max, but still want your smoothies to taste great this is the recipe for you! It contains a superfood mixture of high-antioxidant ingredients, which means that this smoothie naturally kills free radicals that cause damage in your body. It's like drinking down wellness, weight loss, and anti-aging all in one glass!

- ☐ 8oz Unsweetened Vanilla Nut Milk
- ☐ 8oz water
- ☐ 1c leafy greens (spinach, kale, chard, etc. – fresh or frozen)
- ☐ 1 banana (frozen) *Use 1/2 banana or omit for weight loss*
- ☐ 1c pineapple (frozen)
- ☐ 1 tbsp [Daily Fruit & Vegetable Blend \(22 organic fruits, vegetables, & superfoods\)](#)
- ☐ 2 scoops [Daily Nutritional Support \(multi/mineral + vegan protein powder\)](#)

OPTIONAL ADD-ONS

- ☐ 1tsp of liquid chlorophyll
- ☐ 1 tbsp flax or chia seeds
- ☐ 1 tsp of parsley

