

Pineapple, Banana, Coconut Smoothie

Prep Time = 5 min	Cook Time = 5 min	Total Time = 10 min	Servings = 1
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Ingredients:

1/2 Cup Coconut Milk
1/2 Cup Coconut Water
1 Scoop Whey Protein Unflavored
1 Raw Egg from Pasture-Raised Chicken
2 to 4 Ice Cubes
1 Cup Fresh Organic Pineapple
1 Banana Organic
1 Tablespoon Extra Virgin Coconut Oil
2 Cherries Organic

Directions:

1. Add all ingredients to blender.
2. Blend until smooth and creamy.
3. Place 2 cherries on top.
4. Drink slowly and relax after a tough weight lifting workout.

Nutrition Facts	
Serving Size 626 g	
Amount Per Serving	
Calories 798	Calories from Fat 418
% Daily Value*	
Total Fat 49g	76%
Saturated Fat 40g	200%
Trans Fat 0g	
Cholesterol 262mg	87%
Sodium 218mg	9%
Total Carbohydrate 64g	21%
Dietary Fiber 10g	39%
Sugars 42g	
Protein 35g	
Vitamin A 8%	• Vitamin C 161%
Calcium 27%	• Iron 24%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	396 IU	8%
Vitamin C	96.5 mg	161%
Vitamin D	~15.4 IU	~4%
Vitamin E (Alpha Tocopherol)	0.8 mg	4%
Vitamin K	2.4 mcg	3%
Thiamin	0.3 mg	18%
Riboflavin	0.4 mg	25%
Niacin	2.7 mg	13%
Vitamin B6	0.8 mg	38%
Folate	97.4 mcg	24%
Vitamin B12	0.6 mcg	9%
Pantothenic Acid	1.7 mg	17%
Choline	~144 mg	
Betaine	~0.5 mg	

Minerals

Amounts Per Selected Serving		%DV
Calcium	271 mg	27%
Iron	4.3 mg	24%
Magnesium	133 mg	33%
Phosphorus	271 mg	27%
Potassium	1487 mg	42%
Sodium	218 mg	9%
Zinc	1.8 mg	12%
Copper	0.7 mg	35%
Manganese	3.1 mg	157%
Selenium	23.9 mcg	34%
Fluoride	~3.4 mcg	

Calorie Information

Amounts Per Selected Serving		%DV
Calories	798 (3341 kJ)	40%
From Carbohydrate	241 (1009 kJ)	
From Fat	418 (1750 kJ)	
From Protein	139 (582 kJ)	
From Alcohol	~0.0 (0.0 kJ)	

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	35.5 g	71%

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	64.4 g	21%
Dietary Fiber	9.7 g	39%
Starch	~6.3 g	
Sugars	42.0 g	

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	49.1 g	76%
Saturated Fat	40.0 g	200%
Monounsaturated Fat	~3.8 g	
Polyunsaturated Fat	~1.3 g	
Total trans fatty acids	~0.0 g	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	~96.6 mg	
Total Omega-6 fatty acids	~1160 mg	

Your Notes: