

PRIMAL FUEL SMOOTHIE RECIPES



INSTRUCTIONS

For a basic Primal Fuel smoothie, shake or blend 2 scoops (44g) of Primal Fuel with 8–10 ounces of cold water or 1/2 cup ice (about 5 ice cubes) and 4 ounces of cold water. The recipes here combine additional healthy ingredients with a basic Primal Fuel smoothie to create a wide variety of smoothie flavors.

For all the recipes, simply shake or blend the ingredients together. The ingredients in recipes with an asterisk(*) will have a better consistency if made in a blender.



DARK CHOCOLATE PRIMAL FUEL



Chocolate Raspberry *

2 scoops (44g) Dark Chocolate Primal Fuel

8–10 ounces cold water or 1/2 cup ice and
4 ounces cold water

1/4 – 1/2 cup fresh or frozen raspberries



Greens *

2 scoops (44g) Dark Chocolate Primal Fuel

8–10 ounces cold water or 1/2 cup ice and
4 ounces cold water

1/2 cup spinach

DARK CHOCOLATE PRIMAL FUEL



Banana Bread *

2 scoops (44g) Dark Chocolate Primal Fuel

8–10 ounces cold water or 1/2 cup ice and
4 ounces cold water

1/2 a frozen or fresh banana

1/2 teaspoon cinnamon



Hawaiian *

2 scoops (44g) Dark Chocolate Primal Fuel

8–10 ounces cold water or 1/2 cup ice and
4 ounces cold water

2 tablespoons macadamia or almond nut
butter

1/2 a frozen or fresh banana

DARK CHOCOLATE PRIMAL FUEL



Chocolate Mint *

2 scoops (44g) Dark Chocolate Primal Fuel

8–10 ounces cold water or 1/2 cup ice and
4 ounces cold water

Small handful fresh mint leaves



Heart Healthy *

2 scoops (44g) Dark Chocolate Primal Fuel

8–10 ounces cold water or 1/2 cup ice and
4 ounces cold water

1/2 an avocado

DARK CHOCOLATE PRIMAL FUEL



Rich and Creamy *

2 scoops (44g) Dark Chocolate Primal Fuel

8–10 ounces cold water or 1/2 cup ice and
4 ounces cold water

1/2 cup whole fat plain yogurt



Spicy Ginger

2 scoops (44g) Dark Chocolate Primal Fuel

8–10 ounces cold water or 1/2 cup ice and
4 ounces cold water

1 tablespoon grated fresh ginger

DARK CHOCOLATE PRIMAL FUEL



Mexican Chocolate

2 scoops (44g) Dark Chocolate Primal Fuel

8–10 ounces cold water or 1/2 cup ice and
4 ounces cold water

1 tsp vanilla extract

1/2 teaspoon cinnamon

1/4 teaspoon chili powder



Chocolate Almond

2 scoops (44g) Dark Chocolate Primal Fuel

4 ounces almond milk

4 ounces water or 1/2 cup ice

VANILLA CRÈME PRIMAL FUEL



Blueberry *

2 scoops (44g) Vanilla Creme Primal Fuel

8–10 ounces cold water or 1/2 cup ice and
4 ounces cold water

1/4 – 1/2 cup fresh or frozen blueberries



Creamsicle *

2 scoops (44g) Vanilla Creme Primal Fuel

8–10 ounces cold water or 1/2 cup ice and
4 ounces cold water

1 tablespoon orange zest

VANILLA CRÈME PRIMAL FUEL



Creamy Avocado *

- 2 scoops (44g) Vanilla Creme Primal Fuel
- 8–10 ounces cold water or 1/2 cup ice and 4 ounces cold water
- 1/2 an avocado
- 2 tablespoons cultured sour cream



Pumpkin Pie *

- 2 scoops (44g) Vanilla Creme Primal Fuel
- 8–10 ounces cold water or 1/2 cup ice and 4 ounces cold water
- 1/4 cup canned or freshly roasted pureed pumpkin
- 1/2 teaspoon cinnamon or pumpkin pie spice

VANILLA CRÈME PRIMAL FUEL



Creamy Almond *

2 scoops (44g) Vanilla Creme Primal Fuel
8–10 ounces cold water or 1/2 cup ice and
4 ounces cold water
2 tablespoons almond butter



Vanilla Latte *

2 scoops (44g) Vanilla Creme Primal Fuel
1/2 cup ice
4 ounces coffee or espresso

VANILLA CRÈME PRIMAL FUEL



Berry Green *

2 scoops (44g) Vanilla Creme Primal Fuel

8–10 ounces cold water or 1/2 cup ice and 4 ounces cold water

a small handful of greens like spinach, mache or kale

1/4 cup mixed berries



Egg Nog *

2 scoops (44g) Vanilla Creme Primal Fuel

8–10 ounces cold water or 1/2 cup ice and 4 ounces cold water

1 teaspoon cinnamon

1/4 teaspoon nutmeg

1 raw egg yolk (optional)

VANILLA CRÈME PRIMAL FUEL



Vanilla Chocolate Swirl

2 scoops (44g) Vanilla Creme Primal Fuel or
1 scoop Vanilla Creme Fuel plus 1 scoop Dark
Chocolate Fuel

8–10 ounces cold water or 1/2 cup ice and 4
ounces cold water

1 tablespoon unsweetened cocoa powder



Spiced

2 scoops (44g) Vanilla Creme Primal Fuel

8–10 ounces cold water or 1/2 cup ice and
4 ounces cold water

1/4 teaspoon turmeric

1/2 teaspoon cardamom

PRIMAL FUEL

Primal Fuel Makes Low-Carb Eating Quick, Simple and Delicious

30 Servings per Canister

20 Grams of the Highest Biological Value Protein

9 Grams of Delicious Fat (From Coconut)

5 Grams of Natural Sugars (No HFCS)

6 Grams of Soluble Fiber (as Prebiotics)

Natural Chocolate and Vanilla Flavors



***Now Available in Dark Chocolate and Vanilla
Creme, Both with a Hint of Delicious Coconut!***

Primal Fuel - 30 Servings
\$79 (plus S&H)
CLICK HERE TO BUY NOW >>

Primal Fuel 30-day Autoship - 30 Servings
\$79 (FREE S&H)
CLICK HERE TO BUY NOW >>