Does Your Smoothie Have PFF?

PROTEIN – (50-60 grams per day)
Fermented Dairy - Greek Full Fat Yogurt & Full Fat Kiefer
Goats Yogurt & Kiefer
Nut Butters – Almond, Cashew, Macadamia
Nuts – Walnuts, Brazil Nuts, Almonds, Cashews
Seeds – Chia, Flax, Hemp & Pumpkin Seeds, Tahini
Protein Powders – Collagen Powder, Pea, Hemp, (no whey or added sugars)
Organic Soy Proteins – Tofu, Soy Milk
Non-Dairy Milks – Ripple unsweetened Pea Protein Milk, Hemp Milk, Flax Milk, Milkadamia , Elmhurst Almond Milk, MALK Almond Milk

FIBER – (25-35 grams per day)
Nuts & Nut Butter's
Seeds – Chia, Hemp, Flax
Organic Wild Berries (Raspberries high)
Dragon Fruit, Oranges,
Pineapple, Apples, Bananas, Cherries, Mango
Avocados
Oats (organic old fashion)
Psyllium Husk
Veggies – Leafy Greens, carrots, celery, beets, broccoli sprouts, ginger & turmeric roots.

FATS – (44-77 grams per day)
Good Fats Monounsaturated & Polyunsaturated (Omega 3's)
Nuts and Seeds, Tahini
Nut Butters
Thani
Avocados
Tofu
Coconut milk full fat
Coconut Chunks or flakes
MCT Oil (coconut oil)

Milk Alternatives – All Unsweetened
Hemp, Flax, Coconut, Macadamia, Cashew, Organic Soy
Brands I like – Elmhurst, Milkadamia, Ripple

Juices – No added sugars (use sparingly)
Organic Tart Cherry, Pomegranate, Beet,
Trader Joe's – Carrot Juice with Turmeric & Pepper, Power Green Juice, Power of Purple & Coconut Water

Aids in Digestion –
Aloe Chucks or Juice
Ginger Root or Frozen Cubes
Yogurt full Fat Greek & Kiefer
Avocados
Bananas (Prebiotic Food)
Apples

Anti-Inflammatory Support-
Turmeric with black pepper to activate benefits(powder or fresh root)
Cinnamon
Nutmeg
Ginger
Coco Powder
Nuts
Berries
Green Leafy Veggies

Supports Healthy Blood Sugar Levels
Cinnamon
Cacao Powder
Bananas

Which Fruits and Veggies Need to be Organic (if possible)
Here's the link below to the Environmental Working Dirty Dozen.
https://www.ewg.org/foodnews/dirty-dozen.php

Which Fruits & Vegetables Don't Need to be Organic
https://www.ewg.org/foodnews/clean-fifteen.php

Serving Size and Values

Fat -
½ Avocado = 15 grams of fat (also good source of potassium)
Chia Seeds = 11 grams of fat
Brazil Nuts – 1 oz = 19 grams of fat
Walnuts – 1oz = 18.55 grams of fat
Tahini -2 tbsp + 17 grams of fat

Fiber –
Berries – I cup = 8 grams fiber
Bananas = 3 grams of fiber
Chia Seeds 2tbsp =10 grams of fiber
Avocado – ½ of one =5 grams of fiber
Raspberries – 1 cup+8 grams of fiber
Oats –
Power Greens -

Protein –
Avocado – ½ = 2 grams
Organic Soy Milk –
Ripple Pea Protein Milk – 1 cup 8 grams
Cashew
Macadamia
Almond
Oat
Power Greens – 1 cup 1 gram
Flax Seeds
Hemp Seeds
Chia Seeds
Tahini – 2 tbsp+ 6 grams of protein
Nuts –
Collagen Powder – 2 scoops = 18 grams of Protein
Yogurt
Tofu