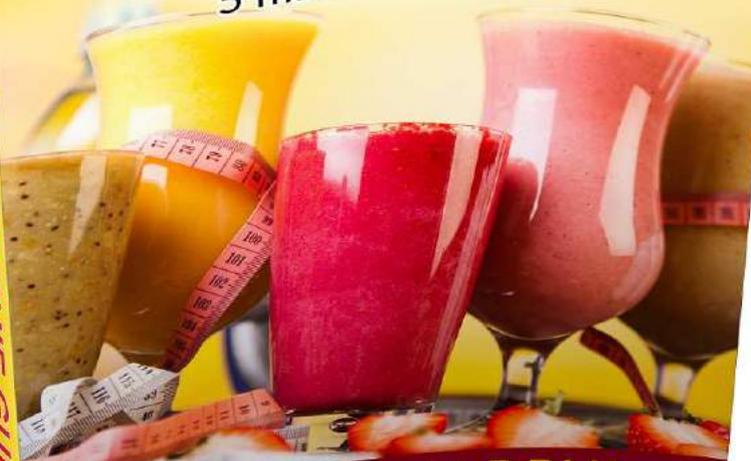


THE
ULTIMATE
Smoothie
GUIDE

Blending a better body in
5 minutes a day!



BRADLEY JARRYD

THE ULTIMATE SMOOTHIE GUIDE

Introduction

Hi and welcome to *The Ultimate Smoothie Guide: Blending a better body in 5 minutes a day!* This informal but detailed guide will give you all the information you need to making your own healthy, vitamin loaded, fat blasting, muscle building smoothies that your taste buds will crave. I will also show you how to find the right protein as well as how making your own smoothies will save you thousands of dollars while transforming your body. And of course, I will share with you my favorite recipes that helped me get into the best shape of my life while enjoying every sip.

Before I touch on smoothies, let me first say thank you for choosing to read this book. I am truly flattered. To me, this also means you care about your health and well being and are searching for ways to improve that area in your life. Whether you're looking to completely reshape your life or just pick up a few concepts and recipes, I wish you the best.

I'd love to connect with you and get your input about this book so please connect with me on Instagram at:

[@The_Bradass](#)

Before I dive in to everything smoothie related, I'd like to share with you a brief background so you know why people close to me have dubbed me "The Real Smoothie King."

My background

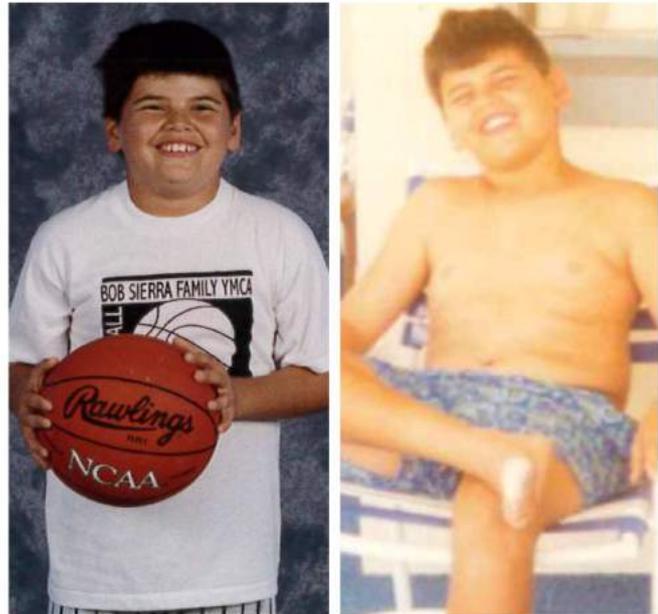
I was born in Johannesburg, South Africa back in the summer of '86, but quickly moved to Tampa, FL at the tender age of 4 with my parents as the apartheid was coming to an end and there was a lot of uncertainty in SA.

As a child, I had a pretty normal childhood. Growing up, I played video games with friends but also got a lot of exercise. I was always tall for my age (currently 6'3 and hoping for another growth spurt so I can sign with the Lakers) which kept me decent at athletics but yet I was overweight due to a horrible diet which included 3-4 sodas per day, brownies readily available for dessert and an ever growing monster appetite. Just so you have an idea of my appetite, I remember devouring an entire Papa John's 16" XL

“The Works” pizza in one sitting as a 14 year old! That is 10 slices and 2500+ calories.....and of course there was room for dessert! I can also proudly say that just a few months ago, I easily cleared 2 burrito bowls at Chipotle and will soon tackle 3 bowls in one sitting later this year...but I digress..

Fast forward a few years....

It's 2002 and I am in high school. I am still not “healthy” but have started working out since seeing all the cool “jocks” at my school getting all the attention from the ladies. Now that I have a ride..1998 Ford F150 V8 (my first love), I can drive to the gym and also find a part time job that wasn't within walking distance.



Enter Smoothie King. My second ever “real job” was at the popular chain, Smoothie King which was located close to my high school in the nicer part of town. I remember thinking to myself, “Wow, this place is cool! It's healthy, I get to drink free smoothies, and most importantly, hot girls from my high school come in here!” What a great situation, right?

Everything I wanted from that job came true and then some. Bodybuilders would come in asking for a specific concoction and I would ask “Why this ingredient or why not this drink?” Diabetics and recovering bulimics would ask for specific drinks and I would do the same. I ended up learning a boat load about all of the ingredients and what goals these ingredients achieved. I also had the freedom to experiment. What flavors worked well together and which didn't. How much protein will make the drink grainy versus just the right amount. What makes smoothies too runny, too thick, too icy, too sweet, too bitter, etc. It was essentially 2 ½ years at a smoothie school that I got paid \$10/hour to attend.

By the time I left, I had a new understanding of fruits, flavors, nutrition, and smoothies. What I didn't expect is for my habit of drinking smoothies to not only continue, but grow into a full blown obsession.

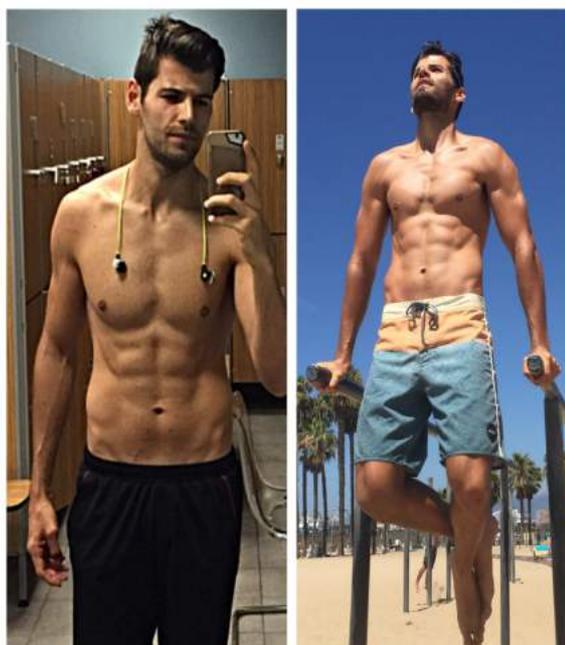
Ever since my job at Smoothie King, I have consumed 1-3 smoothies per day, except for travel days or vacations where piña colodas are all that's available.

At first, I made my smoothies as similar to Smoothie King's as possible, but throughout the years I would continually research nutrition more and more. I was still looking for ways to get rid of the 25+ lbs of belly fat that my unhealthy childhood had earned. Over time, light bulbs started going off in my head. Fourteen years and two more smoothie bar jobs later, light bulbs still go off with new ingredients and new nutrition trends being brought before us.

Now, in 2018, I have successfully lost that 25lbs, became certified as a NASM Personal Trainer, have been represented as a male model with agencies such as NEXT, Wilhelmina, and Ford Models, and have delved deeper into personal development as my primary passion in life.

How?

Diet, exercise, and of course.....Bradass smoothies!



The Most Important Part of Doing Anything...Your “Why?”

Why did you purchase this guide? To learn? I hope not. Learning is not enough, You can learn from a million different sources these days. I need you to NEED CHANGE and know why at the deepest level why change is the only option.

Are you overweight? How does that make you feel? Do you want to feel worthy of being asked out by your ideal spouse? Think for a moment how that would feel?

Would you like to increase your energy so you can keep up with your kids? What does it feel watching your kids play knowing you can't join them because it's too draining? How amazing would it feel to play with your kids to the point where they run out of energy before you?

How would it feel for everyone around you to compliment you on your transformation, enhanced energy, and increased work performance?

FILL OUT YOUR "WHY" AND ANSWER THE REST. KNOW THAT IF YOU SKIP THIS PART, THE REST OF THIS GUIDE WILL JUST BE FOR AMUSEMENT. DON'T BE LIKE THE MASSES, USE INFORMATION LIKE THIS TO ENHANCE YOUR LIFE.

What goal must I achieve with this knowledge?

Why must I achieve this goal?

What will my life be like when I accomplish this goal?

Who is counting on me to achieve this?

How important is it to be a role model to myself and to my friends and family?

I hope your answers really hit home. If not, try again until they do. Remember that improving your health, well being, mindset, performance, etc affects for more people than you even realize. Don't underestimate your impact.

Moving on....

Top Excuses People Don't Eat Healthy

So you're wondering....."Yeah smoothies are pretty good, but what's so great about smoothies in particular?"

Glad you asked! Have you ever uttered these words? Be honest.....

"I don't have time to eat healthy."

"If I buy groceries, they'll just go bad before I eat them."

"My kitchen is too small to cook."

"I can't cook because I am always on the go."

"I don't have enough money to eat healthy."

"I don't want to have to do dishes."

"I'm just too lazy to cook."

"I like to have variety when I eat."

Making your own Bradass smoothies eliminates all of these excuses! Let's quickly go over them.

- 1) *"I don't have time to eat healthy."* Making a protein smoothie takes me approximately 3-5 minutes. That's the same amount of time to warm up your Hungry Man dinner. Boom! Excuse gone!
- 2) *"If I buy groceries, they'll just go bad before I eat them."* Fair enough. I used to find myself trying to gobble down a few extra ripe avocados in a day before they spoiled. It's not fun. Fortunately, most ingredients I use have a long shelf life or are freezable INCLUDING AVOCADOS!
- 3) *"My kitchen is too small to cook."* I lived in Manhattan twice. I know a small kitchen when I see one! Fortunately, all you need is a blender which can easily fit on top of your mini fridge.
- 4) *"I can't cook because I am always on the go."* This is a common excuse. We're all busy and on the run. Even though you can travel around town with prepped meals, it's not ideal if you may not have a way to reheat it. Enter smoothies! On many shoot days, I have to be on set at 5am and may not get out until 5pm or later. Not knowing what kind of food will be on set, I always take an extra 5 minutes to prep a smoothie before I leave and pour it into my thermos. Just the way a thermos keeps your soup and coffee hot for hours, it will also keep your smoothie cold for hours on end.
- 5) *"I don't have enough money to eat healthy."* I feel you on this one. I used to think I couldn't afford to eat healthy because I simply eat so damn much! (You'll see in the next section what my appetite can handle.) However, after a few grocery trips, I was able to figure out what healthy foods were a bargain versus which ones drained my account. Hint: whole foods like fruit, veggies, rice, oats, eggs, etc will be the easiest on your wallet while prepared "healthy" foods like kale chips and a fruit salads will deplete every last penny you got. Fortunately, with smoothies, you do the preparing yourself. By dumping all of the ingredients into a blender jar and pressing a button, you save a couple bucks each time.
- 6) *"I don't want to have to do dishes."* I don't blame you. I still hate doing dishes. That's why

smoothies make even more sense. I typically have one spoon, one glass, and the blender jar to worry about. Most of the time, I just rinse the blender jar for 15 seconds and wait to thoroughly clean it once to twice per week. (But I can also be disgusting!).

- 7) *"I'm just too lazy to cook."* You and me both, brother! Did I mention you literally just dump a few ingredients into a jar that magically transforms it into a delicious and filling elixir?

- 8) *"I like to have variety when I eat."* You're making this too easy for me. Just like the movie, *Fight Club*,....there are no rules with smoothies! I have made smoothies with popular combinations like Strawberry/banana or Chocolate/peanut butter. I have also made off the wall smoothies that included carrot juice and cayenne pepper and another that was based on fresh green beans and tofu. We all like variety. Hell, it's the spice of life.

As you can see, smoothies will only help you achieve your fitness goals and keep you moving toward a healthy lifestyle.

Saving Money with Smoothies

Before I go any further, I really want to address one final excuse I hear from time to time...."Smoothies are really expensive. It's cheaper to just eat out." I agree with you that smoothies at fitness shops and health boutiques can be pricey. I remember paying \$11 for a 20oz smoothie. I could have easily drank 2-3 of those suckers. That's way too much money. This is one reason why I rarely buy smoothies.

On the flip side, making your own killer creations will save you a heap of money. Let's breakdown a typical scenario.

Let's assume you spend \$10 to go out for lunch everyday at work. That would equate to \$50/week. Assuming you have 2 weeks of vacation time, over a year, you would have spent \$2500 for lunch. That's a hefty chunk.

Let's compare that to *The Banana Berry Protein Refresher*....

<u>Ingredients</u>	<u>Cost</u>
1 cup almond milk	\$3 per half gallon average/8 cups = \$.38 cents per cup
1 scoop Vanilla protein	\$50 for a 5lb tub/70 servings = \$.72 cents per scoop
1 cup fresh strawberries	Frozen strawberries \$2.50/3 cups(1lb) = \$.83 cents per cup
1 large ripe banana	\$.30 cents
2 tablespoons sweetener	<\$.10 cents for sugar
1.5 cups of ice	free (essentially)

38 cents + 72 cents + 83 cents + 20 cents + 10 cents = **\$2.23**

For less than ¼ of the price, you get a healthy and high protein refreshing smoothie.

It's unrealistic to replace every day's lunch out with a smoothie, but if you did, the savings would be \$10 - \$2.17 = \$7.80 per day or \$39 per week and \$1950 in a year.

A more realistic scenario would be to pre blend a smoothie 2-3 times per week which would still save you \$800 - \$1000 per year while filling you with natural healthy ingredients.

"One big problem, Brad! I don't have a blender at work and if I make it before work, it will have melted..." I hear you and that was a concern of mine as well. With my endless traveling throughout the day, I needed an amazing insulated bottle, large enough to contain one of my man sized smoothies. After hours of searching,...I decided on the ThermoCafe by Thermos. [Click here to check it out.](#)

For less than \$30, the ThermoCafe has successfully kept my smoothie at an ideal consistency and temperature for 5 hours. Of course there's a longer span if kept in the fridge and shorter if you're in warm weather. This product has easily paid itself off for me in both money and time since I often spend the day driving from appointment to appointment. It also works for keeping food warm. Personally, I like the ThermosCafe because it was so big! The size I bought holds over 40 oz of mouth watering Bradass smoothie! Plus it was sold on Amazon, but you can use your own. Just make sure it insulates well.

Lastly, most of my protein smoothie recipes require ingredients that have long life spans. Protein and nut butters last 1+ years. Also, frozen fruits can last 6-8+ months as well. This means that you will be throwing out less food that has gone bad which gives you additional savings.

Now that we've eliminated all of these excuses, let me touch on blender shopping before I go into the amazing health benefits of smoothies.

Finding Your Perfect Blender

I have gone through my fair share of blenders over the years. Some have been great and others have been flat out horrible. Here are a few words of wisdom I have to offer on finding the right blender for you.

- 1) Stay within your budget. You don't need a \$500 Vitamix to make healthy smoothies. I have used Vitamix blenders in the past and they are very powerful and smoothies with perfect consistencies. But honestly, that's a lot of money for most people and it's just not necessary.
- 2) Don't buy the cheapest one either! I have bought a few "temporary" blenders that had 500w-600w motors that were used while I was traveling. The problem with these cheap blenders is that the motor will start burning within the first few uses if you follow my recipes. The weak motor doesn't handle ice or frozen fruit well and can take 5 frustrating minutes or longer of straight blending to get a consistency that will slide smoothly out the blender jar.
- 3) Nutribullet and similar blenders will be too small to make larger smoothies like the ones I make. If you would like a smaller smoothie, you will have to adjust the recipe to see what works. Many times that means using less protein so that the texture isn't grainy.
- 4) Lastly, buy from a company with a great return policy. In spite of great reviews, you may find a blender just doesn't work for you for whatever reason. Remember, you want a blender you are happy with and can rely on! Nothing is more annoying then when the blender leaves chunks of ice for you to spit out or obliterates your smoothie into a water thin substance. Take your time

and give the blender a week long trial. I have returned around 8-10 blenders in my life and I'm sure that number will continue to grow!

Smoothie Health Benefits

- 1) Smoothies contain a lot of water, keeping you well hydrated which feeds your energy levels. Fruits and vegetables contain mostly water, then you're adding ice and liquid on top of that.
- 2) In comparison to juicing, you are retaining all of the fiber found in the fruits and veggies as well as creating more volume. This means the smoothie is more filling and slower digesting; both of which is ideal for fat loss.
- 3) Making smoothies with all of these fruits and vegetables will give you all of the vitamins and minerals to reduce blood pressure, fight off disease, and keep your energy levels high.
- 4) Smoothies can help you kick the coffee habit in the morning.
- 5) Smoothies make eating your fruits and vegetables easy and tasty.
- 6) Smoothies are incredibly refreshing, especially in hot weather!

My Smoothie Recipes Compared to Others

Frequently, clients will tell me about a smoothie "I just have to try!" I'll ask about it and they'll tell or show me the recipe that they most likely found online. It will look something like this....

Example:

Healthy Happy Colorful Vegan Bliss Rainbow Smoothie of Dreams Riding a Unicorn Recipe

1 cup Orange juice
½ chopped apple
1 banana
½ cup frozen pineapple
½ cup frozen mango
1 tbsp flaxseed
2 tbsp chia seed
dash of cinnamon

4 ice cubes

Looking at it at first glance, you may think “Hey, this looks pretty good.” These ingredients are healthy. Take a look here at the nutritional breakdown and see if you can spot the common theme that irks health nuts like me...

1 cup Orange juice	110 calories, 26g carbs, 21g from sugar, 2g protein
½ chopped apple	50 calories, 12g carbs, 10g from sugar, .5g protein
1 medium banana	105 calories, 27g carbs, 14g from sugar, 1.3g protein
½ cup frozen pineapple	37 calories, 10g carbs, 7g from sugar, 0.4g protein
½ cup frozen mango	53 calories, 14g carbs, 12g from sugar, .8g protein
2 tbsp flaxseed	90 calories, 6.5g fat, 5g carbs, 0 sugar, 4g protein
2 tbsp chia seed	60 calories, 4g fat, 4g carbs, 0g sugar, 2g protein
dash of cinnamon	minimal calories
4 ice cubes	0 calories

*minimal fat in all of the fruits

So when you total the nutrition of this smoothie, you get:

Calories: 505

Fat:10.5g

Carbohydrates: 98g

Sugar: 64g

Protein: 11g

505 calories doesn't say much on it's own. For me that is a snack, while for others that is a big meal. Same with the fat. The quality of fat is high so I'm cool with that. It's the last 3 categories that alarm me and this is where my smoothies differ.

Looking at the Carbohydrates line, 98g of carbohydrates is very high for one little smoothie! 64G of sugar is insane! That is equivalent to 1 ½ cans of soda! No bueno!

When losing fat, I learned to reduce my carbohydrates, but especially my sugar intake. This is why a lot of bodybuilders and physique competitors would come to Smoothie King with their unusual requests. They would want me to strain the strawberries (which came prepackaged in a red sugar syrup). They would ask which smoothies had the lowest carbohydrate count and highest protein count.

I learned that the healthiest smoothies had a solid source of protein. After that, carbohydrate sources such as fruits and some vegetables and fats such as nut butters and seeds could be added depending on your goal.

But if you want a smoothie that will rev your metabolism, build muscle (which will burn even more fat), and be satisfying as a snack or meal replacement, then YOU NEED TO HAVE AT LEAST 20-25G OF PROTEIN IN YOUR RECIPE!

As of today, I have made over 5000 smoothies in my life. Since leaving my job at Smoothie King, of the thousands of smoothies I have made, I can't think of one occasion that I have made a smoothie without 25-30g of protein.

When ordering at your favorite smoothie bar, make sure to ask for the nutritional content. There's a good chance if it tastes too good to be healthy, it probably is. Of course, you are more than welcome to make any of the smoothies listed in this book without protein. This was just a disclaimer. :)

Now without further ado,.....

The Ultimate Bradass Smoothie Guide

Step 1: The Base

Almost any protein smoothie you make with ice or frozen fruit will need a liquid base to act as a lube for ideal blending. Using the correct base to match your flavors and using the perfect amount is critical to a delicious smoothie with the consistency you are looking for. Not enough of a base will result in a chunky partially blended drink while too much of a base will make your smoothie runny.

First, the choices of bases for your protein smoothies.

Water - This one is easy. Water is easily available and contains zero calories. The downside is that you are literally watering down your smoothie. Water plus ice requires lot of work from other ingredients to bring flavor to your protein smoothie.

Milk - Nowadays there are so many varieties of milk. Whole fat down to skim, almond milk, rice milk, soy milk, hemp milk, lactose free milk, soy milk, goat milk, breast milk....just kidding but you get the idea. I can't ethically promote any form of dairy so I really urge you to try an alternative milk. Unsweetened Almond milk is my go-to at this moment. It's literally 30 calories per cup and tastes great!

Milk Type	Calories	Fat (g)	Carbohydrates(g)	Protein(g)
Silk Unsweetened Almond Milk	30	2.5	<1	1
Silk Sweetened Almond Milk	90	2.5	16	1
Soy Milk	152	3.7	24	5
Unsweetened Soy Milk	80	4	4	7
Rice Dream Original Rice Milk	120	2.5	23	1
Rice Dream Unsweetened Original Rice Milk	70	2.5	11	0

*There is also hemp, walnut, macadamia, and oat milk on the market. No reason to have dairy.

Fruit juices - Fruit juices can make delicious alternatives as well. The most popular fruit juices for protein smoothies are orange juice, pineapple juice, and apple juice however any mixed berry juice you find at the grocery store can also work. I would throw coconut water and aloe juice in this category too.

I don't use juices very often in my smoothies because of the high sugar content. However, post workout is a great time to have a fruit juice based protein smoothie simple to quickly deliver protein to your fatigued muscles. Some juices come in a "diet" or "light" version which is a fraction of the calories. While this is one option for cutting calories, pay attention to the sweeteners that are substituted for sugar. Many times, artificial sweeteners such as sucralose and aspartame are used. While research is torn as to whether these chemicals can cause harm to humans, remember that unsweetened is always better.

Fruit Juice	Serving size	Calories	Fat (g)	Carbohydrates	Protein (g)
Mott's 100% Apple Juice	1 cup	120	0	29	0
Simply Orange Orange Juice	1 cup	110	0	22	2
Ocean Spray 100% Cranberry Juice	1 cup	140	0	36	0
Vita Coco Coconut Water	1 cup	45	0	11	0
Minute Maid Mixed Berry	1 cup	120		29	0

Other bases include...

Coffee- There are a few more creative bases that can be used in your protein smoothies. Brewed coffee is one great low calorie alternative. Brewed coffee is practically calorie free and adds wonderful flavor. Coffee also tastes great with most protein powders. The protein acts as a sweetener and a cream when blended with black coffee.

Vegan yogurt - Yogurt has one of those consistencies that can be used as a base but only with a great blender and soft ingredients to assist in the blending. Most likely, you will need a few ounces of pure liquid base. Coconut kefir is a pro-biotic which will help support intestinal health and digestion but can be quite expensive in the vegan variety. If you are going to use a vegan yogurt or kefir, make sure you notice the sugar and fat content. I recommend you buy the lowest fat and unsweetened variety.

Tea: A cup of flavored tea is a delicious alternative to water with hardly any calories. With so many teas available, it's up to you to experiment. A few of my favorites include ginger tea which is great for digestion, green tea which contains caffeine and is a metabolism booster, chai tea which adds a mild spicy taste, and any fruit flavored tea for flavor enhancement.

Step 2: The Protein Source

In this section, we will delve deeper into your protein sources that will make your smoothie build muscle, burn fat, and fill your stomach.

Protein Powder - The most common choice. Just like milk, there is an array of types of protein on the market including soy, rice, egg, whey, casein, pea, and hemp. Below is a comparison chart between the different proteins. Plant based proteins are gaining popularity and I am happy to say I am on the plant protein wagon after 10+ years of drinking only whey and casein.

If you're new to protein powders, they can take a little getting used to. Some people strongly dislike the taste while others feel like it makes the smoothie grainy. Some of this has to do with the variety of protein. I find vegan protein to be grainier in comparison to dairy protein(whey and casein). Another reason is because there is too much protein powder in the smoothie. If you don't add enough of the other ingredients, the smoothie will be like drinking sand.

Protein quality is another subject I want to quickly touch on. I always recommend the highest quality protein your budget allows. Personally, I would love to make all of my smoothies from a brand like Vega or Garden of Life since most of their ingredients (if not all) are organic. However, I would literally be spending \$160/month just on the powder. That's a ton! For what I would like to spend I get [NOW Sports Pea Protein](#) which is roughly \$45 for 7lbs and [Jarrow's Brown Rice Protein](#) which is \$12 or so. Combined, pea and rice make “complete proteins” because their complement each others amino acid deficiencies. For every full scoop of pea protein, I add 1-2 tbsp of rice protein.

Lastly, watch out for artificial sweeteners and strange ingredients. This is far more common with whey protein and serves as another reason to stick with the cruelty-free variety.

You'll also notice in the chart below, there is a column titled “Speed of Digestion.” This mostly related to working out. Long story short, after an intense workout, it is ideal to have a fast digesting protein to repair your muscles while slow and moderate digesting protein can be consumed other parts of the day and before bed.

My advice is to experiment and find a protein that works for you. Ask around, do research, and try the individual serving protein packs that are sold and given away at supplement stores. This way, you're not stuck with a 5lb tub of a protein that you can't stand.

Types of Protein and Attributes

Protein Type	Speed of Digestion	Pros	Cons	Hypoallergenic
Whey Concentrate	Fast	Ease to find, affordable	May cause bloating and discomfort, animal based	No

Whey Isolate	Fast	Low lactose, higher quality	Expensive compared to Whey Concentrate, animal based	Yes...ish
Casein	Slow	Best before bed	May cause bloating and discomfort, negative research results, animal based	No
Rice	Moderate/ Fast	Easy to digest, vegan, and affordable	Incomplete Protein, doesn't taste great	Yes
Pea	Moderate/ Fast	Easy to digest, vegan, and affordable	Incomplete Protein, doesn't taste great	Yes
Soy	Moderate	Complete vegan protein, very affordable	Conflicting research as to increased estrogen levels in men and women	No
Hemp	Slow	Great source of fiber	May be expensive and tough to find. Harsh taste too!	No

*Note: Hypoallergenic means that the **protein** has been “hydrolyzed” or broken down into tinier **proteins** that are less likely to cause allergic reactions.*

If it appears that I am pushing plant based powders, I am. In all honesty, I find whey protein to taste and mix better than plant based protein powders, but find the upside to plant based protein far higher. While it can be more expensive, I experience zero bloating and feel at peace about supporting a sustainable plant based product over the dairy industry which is disgusting and heartbreaking to say the least. (Don't take my word for it, do your own research!)

Other sources:

Nuts and nut butters - Peanut butter, almond butter, and any other nut butter make a delicious addition to many smoothies. One serving (2 tablespoons) contain roughly 190 calories, 16g of fat, 6g of carbs, and 7g of protein. The downside is that nuts are calorie dense and don't work well with many fruits (orange, mango, papaya, etc). When I'm looking to lean down, I avoid nuts just because they're so high in calories compared to the satiation it provides. If 1oz of nuts fill you up for 190 calories, by all means include them. For me, I can have a whole handful of nuts filled with 600+ calories and still be hungry for lunch.

Powdered peanut butter such as PB2 is my new favorite replacement. The nuts have been processed to remove most of the fat and since it's a powder, it mixes wonderfully in a blender.

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