

Strength & Mobility for Tennis

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Smoothie Recipes

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**Dr. Josh Renkens**

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Here are our favorite smoothie recipes. We feel it is very important to find a high quality whey protein or rice/pea protein supplement. We seek out and recommend our athletes use clean products; free of additives, colors, artificial flavors/sweeteners, and other fillers. If you are sensitive to whey protein (lactose/dairy), find a clean vegetable-based protein supplement. Some examples are pea, rice, and hemp.

## **The Ace**

This combination is rich in antioxidants and phytonutrients and supplies the body with amino acids for muscle and tissue repair.

- 1 cup almond milk or water
- 1 cup crushed ice
- 1 cup (large handful) raw spinach
- 1 cup frozen blueberries
- 1 or 1 ½ scoop(s) chocolate whey or vegetable protein
- Mix in blender until smooth.

## **The Grand Slam**

This combination provides vitamins, minerals, healthy fats, and protein.

- 1 cup almond milk or water
- 2 TB almond butter
- 1 frozen banana
- 1 scoop chocolate whey or vegetable protein

## **Berry Smackdown**

This fruitful combination serves up a plentiful helping of anti-oxidants and vitamins.

- 1 cup almond milk
- ½ cup raspberries
- ½ cup blueberries
- ½ cup blackberries
- ½ frozen banana
- 1 scoop vanilla whey or vegetable protein

## **The French Open**

Spiced with cinnamon to decrease inflammation and provide a rejuvenating taste.

- 1 cup almond milk
- 1 frozen banana
- 1 tsp. ground cinnamon
- 1 scoop vanilla whey or vegetable protein

## **Fruit Love**

Quick to make and a light, refreshing taste.

- 1 orange
- 1 peach
- 5 to 8 strawberries
- 1 scoop vanilla whey or vegetable protein

## **The Wimbledon**

Full with green color and some chocolate-strawberry for taste, this combination serves up healthy fats and lots of minerals.

- 1 cup almond milk
- ½ avocado
- 1 cup raw spinach
- 5 to 8 frozen strawberries
- 1 or 1 ½ scoops chocolate whey or vegetable protein

## **Breakfast Blues**

Rich in vitamin C, this blend will pick you up in a hurry.

- 1 orange
- 1 cup blueberries
- ½ frozen banana
- 1 scoop vanilla whey or vegetable protein