



Florida Kidney  
PHYSICIANS

# 13 DELICIOUS SMOOTHIES FOR CKD

In collaboration with  
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Renal Dietitian





**Florida Kidney**  
PHYSICIANS

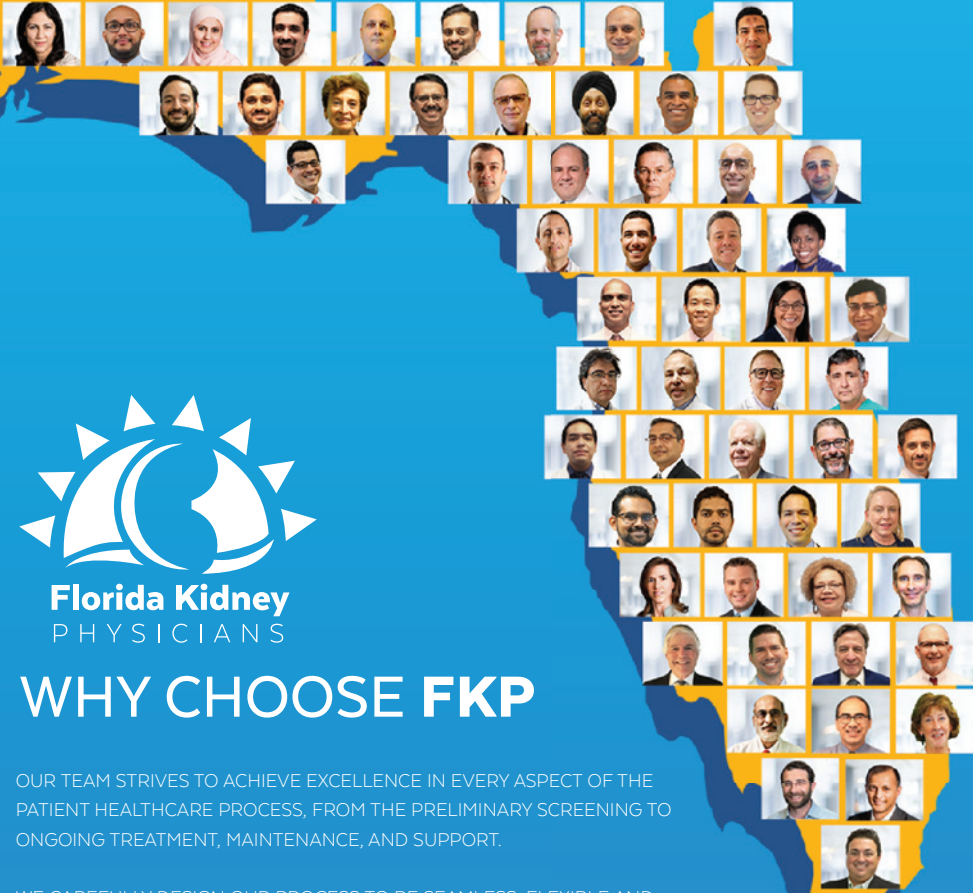
## WHY CHOOSE FKP

OUR TEAM STRIVES TO ACHIEVE EXCELLENCE IN EVERY ASPECT OF THE PATIENT HEALTHCARE PROCESS, FROM THE PRELIMINARY SCREENING TO ONGOING TREATMENT, MAINTENANCE, AND SUPPORT.

WE CAREFULLY DESIGN OUR PROCESS TO BE SEAMLESS, FLEXIBLE AND FOCUSED ON EXCELLENCE. THAT'S WHY WE OFFER A FULL LINE OF BOARD CERTIFIED NEPHROLOGISTS THAT ARE SPECIALIZED IN ALL ASPECTS OF KIDNEY HEALTH.

WE FOCUS ON USING THE LATEST ADVANCES IN MEDICINE TO IMPROVE THE HEALTHCARE JOURNEY OF OUR PATIENTS. AT FLORIDA KIDNEY PHYSICIANS, WE ACT IN COLLABORATION WITH OUR TEAM, DRAWING ON COLLECTIVE EXPERIENCE WITH HEALTH CARE ISSUES AND DISEASES TO REACH THE BEST POSSIBLE HEALTH DECISIONS FOR OUR PATIENTS.

WE BELIEVE THAT THIS APPROACH PROVIDES A BETTER PATIENT EXPERIENCE AND BETTER OUTCOMES.





# Friendly Foods

Choose foods that strengthen your kidneys, not stress them! Foods that are low in oxalates, phosphorous, calcium, purine, and sodium are your friends.

Here are some of the best kidney-friendly foods for your diet:

## FRUITS

APPLES  
CRANBERRIES  
BLUEBERRIES  
RASPBERRIES  
STRAWBERRIES  
CHERRIES  
RED GRAPES  
LEMON AND LIMES

NECTARINES  
PEACHES  
PEARS  
PINEAPPLES

## VEGETABLES

RED BELL PEPPERS  
CABBAGE  
CAULIFLOWER  
GARLIC  
ONIONS  
ARUGULA  
SHIITAKE  
MUSHROOMS  
ARTICHOKES  
ASPARAGUS  
BAMBOO SHOOTS  
BROCCOLI  
ZUCCHINI

BRUSSELS SPROUTS  
CABBAGE  
CAULIFLOWER  
CUCUMBERS  
KALE  
LETTUCE  
LIMA BEANS  
MUSHROOMS  
ONIONS  
PEAS  
RADISHES

## PROTEIN

EGG WHITES  
SEA BASS  
SKINLESS CHICKEN

## FAT

OLIVE OIL

## GRAINS

BULGUR  
BUCKWHEAT

REMEMBER TO ALWAYS DISCUSS YOUR FOOD CHOICES WITH YOUR HEALTHCARE PROVIDER TO ENSURE THAT YOU ARE FOLLOWING THE BEST DIET FOR YOUR INDIVIDUAL NEEDS.



# Limit these Foods

The foods you want to avoid are foods high in oxalates, phosphorous, purine, and sodium.

The list is long, but here are some of the main offenders you want to avoid:

## PROTEIN

ORGAN MEATS

## PROCESSED FOODS

CANNED FOOD  
PROCESSED MEATS  
PACKAGED/ INSTANT MEALS

## FRUITS AND VEGETABLES

ORANGE  
CORN  
APRICOTS  
POTATOES PICKLES  
OLIVES  
AVOCADOS  
STARFRUIT  
SPINACH

## DAIRY

CHEESE  
MILK  
BUTTER

## GRAINS

WHOLE WHEAT BREAD  
BROWN RICE  
PROCESSED FOODS

## SNACKS

CHOCOLATE  
COCA COLA  
CHIPS

NOTE THAT STAR FRUIT SHOULD BE AVOIDED AT ALL COSTS BECAUSE IT IS TOXIC TO PATIENTS WITH **CKD** DUE TO CARAMBOXIN, A TOXIN THAT CAN BE DEADLY TO PATIENTS WITH **CKD**.



# Recipes

- **WATERMELON POWER**
- **CRANBERRY LOVE**
- **EXOTIC PARADISE**
- **WAKE UP CALL**
- **CUCUMBER FEST**
- **STRAWBERRY-BANANA DELICIOUSNESS**
- **GREENS FEVER**
- **APPLE LOVERS**
- **THE DREAMER**
- **TRIPLE-BERRY**
- **ARUBA BREEZE.**
- **DAY DREAMING**
- **QUINOA BOUND**



# Watermelon Power

- WATERMELON POWER.
- 2 CUPS OF FROZEN WATERMELON.
- 1 MEDIUM CUCUMBER, PEELED AND SLICED
- 2 MINT SPRIGS, LEAVES ONLY
- 1 CELERY STALK.
- A SQUEEZE OF LIME.

## PREPARATION

Peel the cucumber, and cut it into slices.

Cut celery stalk in squares and ready for the blender.

Add cucumber and the frozen watermelon into the blender.

Add the 2 mint springs leaves.

Add to your mix the squeeze of lemon.

Blend until smooth and have a desire smoothie texture!

Ready to drink!





## WATERMELON POWER

**SERVING SIZE: ENTIRE RECIPE (645 gr.)**

Percent Daily Values (%DV) are for adults or children aged 4 or older, and are based on a 2,000 calorie reference diet.

Your daily values may be higher or lower based on your individual needs.

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The Amino Acid Score has not been corrected for digestibility, which could reduce its value.

Source: [Nutrientdata.self.com](http://Nutrientdata.self.com)



Calorie Information	
Amounts Per Selected Serving	%DV
Calories	143 (599 kJ) 7%
From Carbohydrate	123 (515 kJ)
From Fat	7.2 (30.1 kJ)
From Protein	12.1 (50.7 kJ)
From Alcohol	-0.0 (0.0 kJ)

Carbohydrates	
Amounts Per Selected Serving	%DV
Total Carbohydrate	35.2 g 12%
Dietary Fiber	3.4 g 13%
Starch	-2.5 g
Sugars	-24.6 g

Protein & Amino Acids	
Amounts Per Selected Serving	%DV
Protein	4.1 g 8%

Vitamins	
Amounts Per Selected Serving	%DV
Vitamin A	2225 IU 45%
Vitamin C	34.3 mg 57%
Vitamin D	- -
Vitamin E (Alpha Tocopherol)	-0.4 mg -2%
Vitamin K	-61.4 mcg -77%
Thiamin	0.2 mg 13%
Riboflavin	0.2 mg 11%
Niacin	1.0 mg 5%
Vitamin B6	0.3 mg 14%
Folate	44.6 mcg 11%
Vitamin B12	0.0 mcg 0%
Pantothenic Acid	1.5 mg 15%
Choline	-33.0 mg
Betaine	-1.3 mg

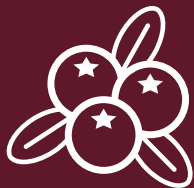
Fats & Fatty Acids	
Amounts Per Selected Serving	%DV
Total Fat	0.9 g 1%
Saturated Fat	0.2 g 1%
Monounsaturated Fat	0.1 g
Polysaturated Fat	0.3 g
Total trans fatty acids	-
Total trans-monoenoic fatty acids	-
Total trans-polyenoic fatty acids	-
Total Omega-3 fatty acids	-15.1 mg
Total Omega-6 fatty acids	268 mg

Learn more about these fatty acids and their equivalent names

Minerals	
Amounts Per Selected Serving	%DV
Calcium	85.4 mg 9%
Iron	1.7 mg 9%
Magnesium	73.9 mg 18%
Phosphorus	115 mg 12%
Potassium	887 mg 25%
Sodium	41.1 mg 2%
Zinc	1.0 mg 6%
Copper	0.3 mg 13%
Manganese	0.4 mg 20%
Selenium	-2.3 mcg -3%
Fluoride	-10.1 mcg

Sterols	
Amounts Per Selected Serving	%DV
Cholesterol	0.0 mg 0%
Phytosterols	50.6 mg

Other	
Amounts Per Selected Serving	%DV
Alcohol	0.0 g
Water	603 g
Ash	2.2 g
Caffeine	-0.0 mg
Theobromine	-0.0 mg



# Cranberry Love

- 1 CUP OF FROZEN CRANBERRIES.
- 1 MEDIUM CUCUMBER, PEELED AND SLICED.
- 2 STALK OF CELERY.
- A HANDFUL OF PARSLEY.
- A SQUEEZE OF LIME.

## PREPARATION

Add your frozen cranberry to the blender.

Peel and cut in slices your cucumber and add to your blender mix.

Cut in pieces your stalks of celery, and add to blender.

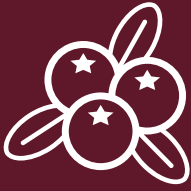
Add to the blender the squeeze of lemon.

Blend until smooth and have a desire smoothie texture!

Serve smoothie in a glass, and add some parsley leaves for decoration.

Ready to drink!





## EXOTIC PARADISE

**SERVING SIZE: ENTIRE RECIPE (419 gr.)**

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Source: [Nutrientdata.self.com](http://Nutrientdata.self.com)



### Calorie Information

Amounts Per Selected Serving	%DV
Calories	203 (850 kJ)
From Carbohydrate	183 (766 kJ)
From Fat	8.9 (37.3 kJ)
From Protein	10.7 (44.8 kJ)
From Alcohol	-0.0 (0.0 kJ)

### Carbohydrates

Amounts Per Selected Serving	%DV
Total Carbohydrate	48.5 g
Dietary Fiber	-3.2 g
Starch	-0.0 g
Sugars	35.6 g

### Fats & Fatty Acids

Amounts Per Selected Serving	%DV
Total Fat	1.1 g
Saturated Fat	-0.1 g
Monounsaturated Fat	-0.1 g
Polyunsaturated Fat	-0.4 g
Total trans fatty acids	-
Total trans-monoenoic fatty acids	-
Total trans-polyenoic fatty acids	-
Total Omega-3 fatty acids	-64.4 mg
Total Omega-6 fatty acids	-290 mg

[Learn more about these fatty acids and their equivalent names.](#)

### Protein & Amino Acids

Amounts Per Selected Serving	%DV
Protein	3.2 g

### Vitamins

Amounts Per Selected Serving	%DV
Vitamin A	616 IU
Vitamin C	220 mg
Vitamin D	-
Vitamin E (Alpha Tocopherol)	-1.4 mg
Vitamin K	36.5 mcg
Thiamin	0.3 mg
Riboflavin	0.1 mg
Niacin	1.7 mg
Vitamin B6	0.2 mg
Folate	106 mcg
Vitamin B12	-0.0 mcg
Pantothenic Acid	0.8 mg
Choline	26.9 mg
Betaine	-0.5 mg

### Minerals

Amounts Per Selected Serving	%DV
Calcium	68.1 mg
Iron	1.0 mg
Magnesium	52.2 mg
Phosphorus	79.7 mg
Potassium	875 mg
Sodium	6.0 mg
Zinc	0.3 mg
Copper	0.3 mg
Manganese	1.4 mg
Selenium	0.4 mcg
Fluoride	-

### Sterols

Amounts Per Selected Serving	%DV
Cholesterol	-0.0 mg
Phytosterols	-

### Other

Amounts Per Selected Serving	%DV
Alcohol	0.0 g
Water	364 g
Ash	1.8 g
Caffeine	-0.0 mg
Theobromine	-0.0 mg





# Exotic Paradise

- 1/2 CUP PINEAPPLE.
- 1/2 CUP KIWI.
- 1/2 CUP OJ.
- 1/2 CUP WATER OR ICE.

## PREPARATION

Add all ingredients to the blender, and blend until a desire smoothie consistency.

Serve in a glass, and ready to drink!





## EXOTIC PARADISE

**SERVING SIZE: ENTIRE RECIPE (419 gr.)**

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Source: [Nutrientdata.self.com](http://Nutrientdata.self.com)



### Calorie Information

Amounts Per Selected Serving	%DV
Calories	203 (850 kJ)
From Carbohydrate	183 (766 kJ)
From Fat	8.9 (37.3 kJ)
From Protein	10.7 (44.8 kJ)
From Alcohol	-0.0 (0.0 kJ)

### Carbohydrates

Amounts Per Selected Serving	%DV
Total Carbohydrate	48.5 g
Dietary Fiber	-3.2 g
Starch	-0.0 g
Sugars	35.6 g

### Fats & Fatty Acids

Amounts Per Selected Serving	%DV
Total Fat	1.1 g
Saturated Fat	-0.1 g
Monounsaturated Fat	-0.1 g
Polyunsaturated Fat	-0.4 g
Total trans fatty acids	-
Total trans-monoenoic fatty acids	-
Total Omega-3 fatty acids	-64.4 mg
Total Omega-6 fatty acids	-290 mg

[Learn more about these fatty acids and their equivalent names](#)

### Protein & Amino Acids

Amounts Per Selected Serving	%DV
Protein	3.2 g

### Vitamins

Amounts Per Selected Serving	%DV
Vitamin A	616 IU
Vitamin C	220 mg
Vitamin D	-
Vitamin E (Alpha Tocopherol)	-1.4 mg
Vitamin K	36.5 mcg
Thiamin	0.3 mg
Riboflavin	0.1 mg
Niacin	1.7 mg
Vitamin B6	0.2 mg
Folate	106 mcg
Vitamin B12	-0.0 mcg
Pantothenic Acid	0.8 mg
Choline	26.9 mg
Betaine	-0.5 mg

### Minerals

Amounts Per Selected Serving	%DV
Calcium	68.1 mg
Iron	1.0 mg
Magnesium	52.2 mg
Phosphorus	79.7 mg
Potassium	875 mg
Sodium	6.0 mg
Zinc	0.3 mg
Copper	0.3 mg
Manganese	1.4 mg
Selenium	0.4 mcg
Fluoride	-

### Sterols

Amounts Per Selected Serving	%DV
Cholesterol	-0.0 mg
Phytosterols	-

### Other

Amounts Per Selected Serving	%DV
Alcohol	0.0 g
Water	364 g
Ash	1.8 g
Caffeine	-0.0 mg
Theobromine	-0.0 mg



# Wake up Call

- 1 CUP OF FROZEN RASPBERRIES.
- 1/2 CUP FROZEN MANGO.
- 1/2 CUP OF PINEAPPLE.
- 1 CUP OF ALMOND MILK.

## PREPARATION

Add the frozen raspberries, mango, and Pineapple to the blender. Add a cup of almond milk to your mix, and blend until smooth and have a desire smoothie texture!  
Serve in a glass, and Ready to drink!





## WAKE UP CALL

**SERVING SIZE: ENTIRE RECIPE (419 gr.)**

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Source: [Nutrientdata.self.com](http://Nutrientdata.self.com)



### Calorie Information

Amounts Per Selected Serving	%DV
Calories	125 (523 kJ)
From Carbohydrate	84.7 (355 kJ)
From Fat	30.1 (126 kJ)
From Protein	10.0 (41.9 kJ)
From Alcohol	-0.0 (0.0 kJ)

### Carbohydrates

Amounts Per Selected Serving	%DV
Total Carbohydrate	23.8 g 8%
Dietary Fiber	-8.5 g -34%
Starch	-0.0 g
Sugars	11.9 g

### Fats & Fatty Acids

Amounts Per Selected Serving	%DV
Total Fat	3.4 g 5%
Saturated Fat	-0.0 g -0%
Monounsaturated Fat	-0.1 g
Polyunsaturated Fat	-0.5 g
Total trans fatty acids	-0.0 g
Total trans-monoenoic fatty acids	-
Total trans-polyenoic fatty acids	-
Total Omega-3 fatty acids	-165 mg
Total Omega-6 fatty acids	-310 mg

Learn more about these fatty acids and their equivalent names

### Protein & Amino Acids

Amounts Per Selected Serving	%DV
Protein	2.8 g 6%

### Vitamins

Amounts Per Selected Serving	%DV
Vitamin A	1019 IU 20%
Vitamin C	-44.7 mg -75%
Vitamin D	-10.0 IU -3%
Vitamin E (Alpha Tocopherol)	-6.4 mg -32%
Vitamin K	-11.0 mcg -14%
Thiamin	-0.1 mg -5%
Riboflavin	-0.1 mg -4%
Niacin	-1.0 mg -5%
Vitamin B6	-0.1 mg -7%
Folate	-32.8 mcg -8%
Vitamin B12	-0.0 mcg -0%
Pantothenic Acid	-0.5 mg -5%
Choline	-18.8 mg
Betaine	-1.0 mg

### Minerals

Amounts Per Selected Serving	%DV
Calcium	337 mg 34%
Iron	1.3 mg 7%
Magnesium	40.9 mg 10%
Phosphorus	-41.3 mg -4%
Potassium	334 mg 10%
Sodium	127 mg 5%
Zinc	-0.6 mg -4%
Copper	-0.2 mg -8%
Manganese	-1.3 mg -64%
Selenium	-0.4 mcg -1%
Fluoride	-

### Sterols

Amounts Per Selected Serving	%DV
Cholesterol	-0.0 mg -0%
Phytosterols	-

### Other

Amounts Per Selected Serving	%DV
Alcohol	-0.0 g
Water	-153 g
Ash	-0.8 g
Caffeine	-0.0 mg
Theobromine	-0.0 mg



# Cucumber Fest

- 1 CUP OF SLICED AND PEEL CUCUMBER.
- 1 CUP OF FROZEN PINEAPPLE.
- 1 CUP OF SLICED CELERY.
- 1 SQUEEZED LEMON.
- HALF SQUEEZED LIME.
- GINGER, ADD TO TASTE

## PREPARATION

Peel and cut cucumber; when ready, add to blender.

Cut into slices the celery, and add to mix.

Add to blender squeeze of lemon and lime. Add to taste a ginger touch.

Blend until smooth and have a desire smoothie texture!

Serve smoothie in a glass, and Ready to drink!





## CUCUMBER FEST

**SERVING SIZE: ENTIRE RECIPE (930 gr.)**

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Nutrition Facts			
1 Serving		Vitamin A	5.8 %
		Vitamin B-12	0.0 %
		Vitamin B-6	15.4 %
		Vitamin C	92.1 %
		Vitamin D	0.0 %
		Vitamin E	3.5 %
		Calcium	11.1 %
		Copper	15.5 %
		Folate	17.4 %
		Iron	7.6 %
		Magnesium	12.9 %
		Manganese	139.0 %
		Niacin	5.6 %
		Pantothenic Acid	8.0 %
		Phosphorus	7.0 %
		Riboflavin	8.5 %
		Selenium	3.1 %
		Thiamin	16.0 %
		Zinc	3.4 %
Amount Per Serving			
<b>Calories</b>	124.8		
<b>Total Fat</b>	1.1 g		
Saturated Fat	0.1 g		
Polyunsaturated Fat	0.3 g		
Monounsaturated Fat	0.1 g		
<b>Cholesterol</b>	0.0 mg		
<b>Sodium</b>	108.9 mg		
<b>Potassium</b>	767.1 mg		
<b>Total Carbohydrate</b>	30.9 g		
Dietary Fiber	5.1 g		
Sugars	19.8 g		
<b>Protein</b>	2.5 g		





# Strawberry-Banana Deliciousness

- 1/2 CUP FROZEN STRAWBERRIES.
- 1 SMALL BANANA (LESS THAN 6 INCHES).
- 4 OZ PLAIN 2% YOGURT.
- 1 TBSP PEANUT BUTTER.
- 1 CUP UNSWEETENED ALMOND MILK.
- 1 TSP VANILLA EXTRACT.

## PREPARATION

Add to a blender the frozen strawberries and sliced bananas.

Add to your mix the greek yogurt, a spoon of peanut butter, a cup of almond milk (or your milk of choice), and don't forget to add a teaspoon of vanilla extract.

Blend until smooth and have a desire smoothie texture!

Serve smoothie in a glass, and Ready to drink!





## STRAWBERRY-BANANA DELICIOUSNESS

**SERVING SIZE: ENTIRE RECIPE (564 gr.)**

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Source: [Nutrientdata.self.com](http://Nutrientdata.self.com)



### Calorie Information

Amounts Per Selected Serving	%DV
Calories	310 (1298 kJ)
From Carbohydrate	155 (649 kJ)
From Fat	95.0 (398 kJ)
From Protein	50.1 (210 kJ)
From Alcohol	-9.5 (39.8 kJ)

### Carbohydrates

Amounts Per Selected Serving	%DV
Total Carbohydrate	42.0 g 14%
Dietary Fiber	5.4 g 22%
Starch	-5.1 g
Sugars	25.6 g

### Protein & Amino Acids

Amounts Per Selected Serving	%DV
Protein	12.9 g 26%

### Fats & Fatty Acids

Amounts Per Selected Serving	%DV
Total Fat	11.2 g 17%
Saturated Fat	1.9 g 10%
Monounsaturated Fat	-4.0 g
Polysaturated Fat	-2.4 g
Total trans fatty acids	-0.0 g
Total trans-monoenoic fatty acids	-
Total trans-polyenoic fatty acids	-
Total Omega-3 fatty acids	-60.9 mg
Total Omega-6 fatty acids	-2329 mg

Learn more about these fatty acids and their equivalent names

### Vitamins

Amounts Per Selected Serving	%DV
Vitamin A	859 IU 17%
Vitamin C	-53.6 mg -89%
Vitamin D	-10.0 IU -3%
Vitamin E (Alpha Tocopherol)	6.8 mg 34%
Vitamin K	-3.2 mcg -4%
Thiamin	-0.1 mg -8%
Riboflavin	-0.4 mg -23%
Niacin	-3.4 mg -17%
Vitamin B6	-0.5 mg -24%
Folate	-60.4 mcg -15%
Vitamin B12	-0.7 mcg -11%
Pantothenic Acid	-1.3 mg -13%
Choline	-41.5 mg
Betaine	-0.2 mg

### Minerals

Amounts Per Selected Serving	%DV
Calcium	554 mg 55%
Iron	1.8 mg 10%
Magnesium	88.6 mg 22%
Phosphorus	-267 mg -27%
Potassium	921 mg 26%
Sodium	289 mg 12%
Zinc	-1.8 mg -12%
Copper	-0.2 mg -11%
Manganese	-0.8 mg -39%
Selenium	-6.5 mcg -9%
Fluoride	-15.8 mcg

### Sterols

Amounts Per Selected Serving	%DV
Cholesterol	2.3 mg 1%
Phytosterols	-29.3 mg

### Other

Amounts Per Selected Serving	%DV
Alcohol	-1.4 g
Water	-259 g
Ash	-2.9 g
Caffeine	-0.0 mg
Theobromine	-0.0 mg





# Greens Fever

- 1 MEDIUM FROZEN BANANA.
- 1/4 HASS AVOCADO.
- 1 LARGE HANDFUL SPINACH.
- 2-3 DATES.
- 1 CUP UNSWEETENED ALMOND MILK.
- SQUEEZE OF LIME.

## PREPARATION

Add to the blender the frozen bananas, avocado, cauliflower, and a handful of spinach.

Remove from your dates the seed if needed, and add them to your mix. Add the cup of milk, and blend until smooth and have a desired smoothie texture!

Serve smoothie in a glass, and Ready to drink!

**Note:** We have combined high oxalate foods (spinach and oranges) with high calcium foods (almond milk, yogurt, calcium-fortified orange juice) to reduce harmful effects of oxalates or reduce the absorption of oxalates.





## GREENS FOREVER

**SERVING SIZE: ENTIRE RECIPE (449 gr.)**

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The Amino Acid Score has not been corrected for digestibility, which could reduce its value.

Source: [Nutrientdata.self.com](http://Nutrientdata.self.com)

Calorie Information		
Amounts Per Selected Serving		%DV
Calories	242 (1013 kJ)	12%
From Carbohydrate	158 (662 kJ)	
From Fat	70.7 (296 kJ)	
From Protein	13.2 (55.3 kJ)	
From Alcohol	-0.0 (0.0 kJ)	

Carbohydrates		
Amounts Per Selected Serving		%DV
Total Carbohydrate	44.3 g	15%
Dietary Fiber	6.9 g	28%
Starch	-6.4 g	
Sugars	23.9 g	

Fats & Fatty Acids		
Amounts Per Selected Serving		%DV
Total Fat	8.3 g	13%
Saturated Fat	0.9 g	4%
Monounsaturated Fat	-3.4 g	
Polyunsaturated Fat	-0.7 g	
Total trans fatty acids	-0.0 g	
Total trans-monoenoic fatty acids	-	
Total trans-polyenoic fatty acids	-	
Total Omega-3 fatty acids	-92.6 mg	
Total Omega-6 fatty acids	-639 mg	

Learn more about these fatty acids and their equivalent names

Protein & Amino Acids		
Amounts Per Selected Serving		%DV
Protein	3.8 g	8%

Vitamins		
Amounts Per Selected Serving		%DV
Vitamin A	2297 IU	46%
Vitamin C	-25.9 mg	-43%
Vitamin D	-10.0 IU	-3%
Vitamin E (Alpha Tocopherol)	6.2 mg	31%
Vitamin K	-80.7 mcg	-101%
Thiamin	-0.1 mg	-6%
Riboflavin	-0.2 mg	-10%
Niacin	-1.8 mg	-9%
Vitamin B6	-0.6 mg	-30%
Folate	-88.4 mcg	-22%
Vitamin B12	-0.0 mcg	-0%
Pantothenic Acid	-1.0 mg	-10%
Choline	-21.4 mg	
Betaine	-83.0 mg	

Minerals		
Amounts Per Selected Serving		%DV
Calcium	335 mg	33%
Iron	1.4 mg	8%
Magnesium	69.8 mg	17%
Phosphorus	-64.3 mg	-6%
Potassium	873 mg	25%
Sodium	142 mg	6%
Zinc	-0.6 mg	-4%
Copper	-0.2 mg	-10%
Manganese	-0.5 mg	-27%
Selenium	-1.9 mcg	-3%
Fluoride	-2.6 mcg	

Sterols		
Amounts Per Selected Serving		%DV
Cholesterol	0.0 mg	0%
Phytosterols	-20.2 mg	

Other		
Amounts Per Selected Serving		%DV
Alcohol	-0.0 g	
Water	-155 g	
Ash	-2.1 g	
Caffeine	-0.0 mg	
Theobromine	-0.0 mg	





# Apple Lovers

- 2-4 OZ. APPLE SAUCE CUPS, FROZEN (NO SUGAR ADDED).
- 1 CUP OF ALMOND MILK.
- 2 TABLESPOONS OF ROLLED OATS.
- 2 TABLESPOONS OF ALMOND BUTTER OR PEANUT BUTTER.
- 1/4 TEASPOON GROUND CINNAMON.

## PREPARATION

Add to the blender the frozen apple sauce, oats, peanut butter or almond butter, and a cinnamon teaspoon.

Add to the mix the cup of almond milk, blend until smooth, and have a desire smoothie texture!

Serve smoothie in a glass, and Ready to drink!





## APPLE LOVERS

**SERVING SIZE: ENTIRE RECIPE (482 gr.)**

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Source: [Nutrientdata.self.com](http://Nutrientdata.self.com)

### Nutrition Facts

1 Serving

#### Amount Per Serving

<b>Calories</b>	386.0
<b>Total Fat</b>	20.5 g
Saturated Fat	1.9 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	1.5 g
<b>Cholesterol</b>	0.0 mg
<b>Sodium</b>	195.0 mg
<b>Potassium</b>	390.0 mg
<b>Total Carbohydrate</b>	42.0 g
Dietary Fiber	11.0 g
Sugars	10.0 g
<b>Protein</b>	10.0 g

Vitamin A	10.0 %
Vitamin B-12	0.0 %
Vitamin B-6	0.0 %
Vitamin C	0.0 %
Vitamin D	25.0 %
Vitamin E	50.0 %
Calcium	55.0 %
Copper	2.0 %
Folate	0.0 %
Iron	18.0 %
Magnesium	4.0 %
Manganese	4.0 %
Niacin	0.0 %
Pantothenic Acid	0.0 %
Phosphorus	2.0 %
Riboflavin	2.0 %
Selenium	0.0 %
Thiamin	0.0 %
Zinc	0.0 %





# The Dreamer

- 1 MEDIUM FROZEN BANANA (7-8 INCHES).
- 3 TBSP CREAMY ALL NATURAL PEANUT BUTTER.
- 1 TBSP UNSWEETENED COCOA POWDER.
- 1 CUP ALMOND MILK.
- ADD 1 TEASPOON STEVIA IF MORE SWEETNESS DESIRED.

## PREPARATION

Add to the blender the frozen bananas, the almond milk, your peanut butter of use, the cocoa butter, and the spinach cup.

Add to the mix the cup of almond milk and the tablespoon of stevia if desired.

Blend until smooth and have a desire smoothie texture!

Serve smoothie in a glass, and Ready to drink!

**Note:** We have combined high oxalate foods (spinach and oranges) with high calcium foods (almond milk, yogurt, calcium-fortified orange juice) to reduce harmful effects of oxalates or reduce the absorption of oxalates.





## THE DREAMER

**SERVING SIZE: ENTIRE RECIPE (426 gr.)**

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Source: [Nutrientdata.self.com](http://Nutrientdata.self.com)

### Calorie Information

Amounts Per Selected Serving	%DV
Calories	433 (1813 kJ) 22%
From Carbohydrate	145 (607 kJ)
From Fat	235 (984 kJ)
From Protein	53.0 (222 kJ)
From Alcohol	-0.0 (0.0 kJ)

### Carbohydrates

Amounts Per Selected Serving	%DV
Total Carbohydrate	41.1 g 14%
Dietary Fiber	8.0 g 32%
Starch	-8.6 g
Sugars	19.0 g

### Protein & Amino Acids

Amounts Per Selected Serving	%DV
Protein	15.8 g 32%

### Fats & Fatty Acids

Amounts Per Selected Serving	%DV
Total Fat	27.9 g 43%
Saturated Fat	5.6 g 28%
Monounsaturated Fat	-11.9 g
Polysaturated Fat	-6.9 g
Total trans fatty acids	-0.0 g
Total trans-monoenoic fatty acids	-
Total trans-polyenoic fatty acids	-
Total Omega-3 fatty acids	-60.0 mg
Total Omega-6 fatty acids	-6840 mg

[Learn more about these fatty acids and their equivalent names](#)

### Minerals

Amounts Per Selected Serving	%DV
Calcium	348 mg 35%
Iron	2.7 mg 15%
Magnesium	152 mg 38%
Phosphorus	-244 mg -24%
Potassium	968 mg 28%
Sodium	359 mg 15%
Zinc	-2.0 mg -13%
Copper	-0.5 mg -27%
Manganese	-1.4 mg -68%
Selenium	-4.8 mcg -7%
Fluoride	-4.1 mcg

### Sterols

Amounts Per Selected Serving	%DV
Cholesterol	0.0 mg 0%
Phytosterols	-69.2 mg

### Other

Amounts Per Selected Serving	%DV
Alcohol	-0.0 g
Water	-103 g
Ash	-3.0 g
Caffeine	-12.1 mg
Theobromine	-108 mg





# Triple Berry

- 1 CUP STRAWBERRIES
- 1/2 CUP RASPBERRIES
- 1/2 CUP BLACKBERRIES
- 1 CUP ALMOND MILK
- HANDFUL BABY SPINACH

## PREPARATION

Add to the blender the strawberries, raspberries, blackberries, and a handful of baby spinach.

Add to the mix the 2 cups of coconut milk or almond milk.

Blend until smooth and have a desire smoothie texture!

Serve smoothie in a glass, and garnish with some extra fresh sliced strawberries.

Ready to drink!

**Note:** We have combined high oxalate foods (spinach and oranges) with high calcium foods (almond milk, yogurt, calcium-fortified orange juice) to reduce harmful effects of oxalates or reduce the absorption of oxalates.





## TRIPLE BERRY

**SERVING SIZE: ENTIRE RECIPE (613 gr.)**

Percent Daily Values (%DV) are for adults or children aged 4 or older, and are based on a 2,000 calorie reference diet.

Your daily values may be higher or lower based on your individual needs.

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Source: **Nutrient data for this listing was provided by Custom.**

Each "-" indicates a missing or incomplete value.



Calorie Information	
Amounts Per Selected Serving	%DV
Calories	191 (800 kJ)
From Carbohydrate	146 (611 kJ)
From Fat	31.1 (130 kJ)
From Protein	13.7 (57.4 kJ)
From Alcohol	-0.0 (0.0 kJ)

Carbohydrates	
Amounts Per Selected Serving	%DV
Total Carbohydrate	40.9 g 14%
Dietary Fiber	12.7 g 51%
Starch	-0.0 g
Sugars	20.9 g

Fats & Fatty Acids	
Amounts Per Selected Serving	%DV
Total Fat	3.5 g 5%
Saturated Fat	0.0 g 0%
Monounsaturated Fat	-0.1 g
Polysaturated Fat	-0.6 g
Total trans fatty acids	-0.0 g
Total trans-monoenoic fatty acids	-
Total trans-polyenoic fatty acids	-
Total Omega-3 fatty acids	-211 mg
Total Omega-6 fatty acids	-349 mg

Learn more about these fatty acids and their equivalent names.

Protein & Amino Acids	
Amounts Per Selected Serving	%DV
Protein	4.0 g 8%

Vitamins	
Amounts Per Selected Serving	%DV
Vitamin A	2362 IU 47%
Vitamin C	-114 mg -190%
Vitamin D	-10.0 IU -3%
Vitamin E (Alpha Tocopherol)	7.4 mg 37%
Vitamin K	-97.1 mcg -121%
Thiamin	-0.1 mg -7%
Riboflavin	-0.2 mg -10%
Niacin	-2.4 mg -12%
Vitamin B6	-0.2 mg -9%
Folate	-105 mcg -26%
Vitamin B12	-0.0 mcg -0%
Pantoic Acid	-0.6 mg -6%
Choline	-29.3 mg
Betaine	-63.1 mg

Minerals	
Amounts Per Selected Serving	%DV
Calcium	387 mg 39%
Iron	3.5 mg 19%
Magnesium	74.3 mg 19%
Phosphorus	-76.6 mg -8%
Potassium	679 mg 19%
Sodium	143 mg 6%
Zinc	-0.8 mg -5%
Copper	-0.3 mg -14%
Manganese	-2.1 mg -106%
Selenium	-2.1 mcg -3%
Fluoride	-

Sterols	
Amounts Per Selected Serving	%DV
Cholesterol	0.0 mg 0%
Phytosterols	-1.3 mg

Other	
Amounts Per Selected Serving	%DV
Alcohol	-0.0 g
Water	-327 g
Ash	-1.7 g
Caffeine	-0.0 mg
Theobromine	-0.0 mg





# Aruba Breeze

- 1/2 CUP STRAWBERRIES.
- 1/2 CUP PINEAPPLE.
- 1 SMALL MANDARIN ORANGE.
- 1 CUP ALMOND MILK.
- HANDFUL SPINACH.

## PREPARATION

Add to the blender the frozen strawberries and Pineapple. Peel orange and cut in half. Add orange to the blender. Add almond milk and a handful of spinach to your mix. Blend until smooth and have a desire smoothie texture! Serve smoothie in a glass, and Ready to drink!

**Note:** We have combined high oxalate foods (spinach and oranges) with high calcium foods (almond milk, yogurt, calcium-fortified orange juice) to reduce harmful effects of oxalates or reduce the absorption of oxalates.





## ARUBA BREEZE

**SERVING SIZE: ENTIRE RECIPE (524 gr.)**

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Source: [Nutrientdata.self.com](http://Nutrientdata.self.com)



### Calorie Information

Amounts Per Selected Serving	%DV
Calories	150 (628 kJ) 7%
From Carbohydrate	112 (469 kJ)
From Fat	26.9 (113 kJ)
From Protein	10.2 (42.7 kJ)
From Alcohol	-0.0 (0.0 kJ)

### Carbohydrates

Amounts Per Selected Serving	%DV
Total Carbohydrate	31.5 g 11%
Dietary Fiber	-4.0 g -16%
Starch	-0.0 g
Sugars	20.0 g

### Fats & Fatty Acids

Amounts Per Selected Serving	%DV
Total Fat	3.0 g 5%
Saturated Fat	-0.0 g -0%
Monounsaturated Fat	-0.1 g
Polyunsaturated Fat	-0.1 g
Total trans fatty acids	-0.0 g
Total trans-monoenoic fatty acids	-
Total trans-polyenoic fatty acids	-
Total Omega-3 fatty acids	-59.8 mg
Total Omega-6 fatty acids	-74.6 mg

[Learn more about these fatty acids and their equivalent names](#)

### Protein & Amino Acids

Amounts Per Selected Serving	%DV
Protein	3.0 g 6%

### Vitamins

Amounts Per Selected Serving	%DV
Vitamin A	2767 IU 55%
Vitamin C	-84.0 mg -140%
Vitamin D	-10.0 IU -3%
Vitamin E (Alpha Tocopherol)	-5.8 mg -29%
Vitamin K	-75.5 mcg -94%
Thiamin	-0.1 mg -10%
Riboflavin	-0.1 mg -7%
Niacin	-1.3 mg -6%
Vitamin B6	-0.2 mg -10%
Folate	-69.1 mcg -17%
Vitamin B12	-0.0 mcg -0%
Pantothenic Acid	-0.5 mg -5%
Choline	-21.4 mg
Betaine	-82.7 mg

### Minerals

Amounts Per Selected Serving	%DV
Calcium	371 mg 37%
Iron	1.9 mg 11%
Magnesium	51.0 mg 13%
Phosphorus	-44.3 mg -4%
Potassium	546 mg 16%
Sodium	141 mg 6%
Zinc	-0.3 mg -2%
Copper	-0.2 mg -9%
Manganese	-1.8 mg -90%
Selenium	-1.0 mcg -1%
Fluoride	-

### Sterols

Amounts Per Selected Serving	%DV
Cholesterol	-0.0 mg -0%
Phytosterols	-1.3 mg

### Other

Amounts Per Selected Serving	%DV
Alcohol	-0.0 g
Water	-250 g
Ash	-1.2 g
Caffeine	-0.0 mg
Theobromine	-0.0 mg



# Day Dreaming

- 1 CUP OF FROZEN STRAWBERRIES
- 1/2 CUP OF FROZEN PEACHES
- 1 CUP OF PLAIN YOGURT
- 1/2 CUP OF COCONUT WATER.
- 1 FRESH STRAWBERRY FOR GARNISH.

## PREPARATION

Add the frozen strawberries and peaches to the blender.  
Add to your mix 1 cup of plain yogurt and 1/2 cup of coconut water.  
Blend until smooth and have a desire smoothie texture!  
Serve smoothie in a glass, and garnish with some extra fresh sliced strawberries.  
Ready to drink!





## DAY DREAMING

**SERVING SIZE: ENTIRE RECIPE (826 gr.)**

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Source: [Nutrientdata.self.com](http://Nutrientdata.self.com)



Calorie Information	
Amounts Per Selected Serving	%DV
Calories	352 (1474 kJ)
From Carbohydrate	241 (1009 kJ)
From Fat	42.5 (178 kJ)
From Protein	68.5 (287 kJ)
From Alcohol	0.0 (0.0 kJ)

Carbohydrates	
Amounts Per Selected Serving	%DV
Total Carbohydrate	66.9 g
Dietary Fiber	9.6 g
Starch	-0.0 g
Sugars	51.8 g

Fats & Fatty Acids	
Amounts Per Selected Serving	%DV
Total Fat	4.9 g
Saturated Fat	2.7 g
Monounsaturated Fat	1.3 g
Polyunsaturated Fat	0.5 g
Total trans fatty acids	-
Total trans-monoenoic fatty acids	-
Total trans-polyenoic fatty acids	-
Total Omega-3 fatty acids	-67.9 mg
Total Omega-6 fatty acids	365 mg

Learn more about these fatty acids and their equivalent names.

Protein & Amino Acids	
Amounts Per Selected Serving	%DV
Protein	16.9 g

Vitamins	
Amounts Per Selected Serving	%DV
Vitamin A	1072 IU
Vitamin C	113 mg
Vitamin D	-
Vitamin E (Alpha Tocopherol)	2.6 mg
Vitamin K	12.1 mcg
Thiamin	0.2 mg
Riboflavin	0.7 mg
Niacin	3.5 mg
Vitamin B6	0.3 mg
Folate	77.9 mcg
Vitamin B12	1.4 mcg
Pantothenic Acid	2.1 mg
Choline	66.8 mg
Betaine	-3.0 mg

Minerals	
Amounts Per Selected Serving	%DV
Calcium	523 mg
Iron	2.8 mg
Magnesium	114 mg
Phosphorus	454 mg
Potassium	1644 mg
Sodium	281 mg
Zinc	3.0 mg
Copper	0.4 mg
Manganese	1.0 mg
Selenium	10.9 mcg
Fluoride	-39.8 mcg

Sterols	
Amounts Per Selected Serving	%DV
Cholesterol	14.7 mg
Phytosterols	-26.0 mg

Other	
Amounts Per Selected Serving	%DV
Alcohol	0.0 g
Water	733 g
Ash	5.0 g
Caffeine	0.0 mg
Theobromine	0.0 mg



# Quinoa Bound

- 1 CUP OF FROZEN BANANA.
- 1 CUP OF FROZEN BLUEBERRIES.
- 1 SPOON OF COOKED QUINOA.
- 1/2 CUP OF ORANGE JUICE.

## PREPARATION

Add the frozen bananas and blueberries to the blender with the spoon of cooked quinoa.

Add to the mix 1/2 cup of orange juice, and blend until smooth and have a desire smoothie texture!

Serve smoothie in a glass, and garnish if desire with some fresh blueberries!

Ready to drink!





## QUINOA BOUND

**SERVING SIZE: ENTIRE RECIPE (426 gr.)**

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Source: [Nutrientdata.self.com](http://Nutrientdata.self.com)



### Calorie Information

Amounts Per Selected Serving	%DV
Calories	296 (1239 kJ)
From Carbohydrate	265 (1110 kJ)
From Fat	14.7 (61.5 kJ)
From Protein	16.5 (69.1 kJ)
From Alcohol	-0.0 (0.0 kJ)

### Carbohydrates

Amounts Per Selected Serving	%DV
Total Carbohydrate	72.1 g 24%
Dietary Fiber	8.4 g 34%
Starch	-13.1 g
Sugars	-41.5 g

### Fats & Fatty Acids

Amounts Per Selected Serving	%DV
Total Fat	1.7 g 3%
Saturated Fat	-0.2 g -1%
Monounsaturated Fat	-0.2 g
Polysaturated Fat	-0.4 g
Total trans fatty acids	-
Total trans-monoenoic fatty acids	-
Total trans-polyenoic fatty acids	-
Total Omega-3 fatty acids	-137 mg
Total Omega-6 fatty acids	-228 mg

Learn more about these fatty acids and their equivalent names.

### Protein & Amino Acids

Amounts Per Selected Serving	%DV
Protein	4.7 g 9%

### Vitamins

Amounts Per Selected Serving	%DV
Vitamin A	377 IU 8%
Vitamin C	77.4 mg 129%
Vitamin D	-
Vitamin E (Alpha Tocopherol)	1.2 mg 6%
Vitamin K	-29.4 mcg -37%
Thiamin	0.2 mg 15%
Riboflavin	0.2 mg 14%
Niacin	2.1 mg 11%
Vitamin B6	0.7 mg 35%
Folate	80.6 mcg 20%
Vitamin B12	0.0 mcg 0%
Pantothenic Acid	-0.9 mg -9%
Choline	-29.8 mg
Betaine	-0.4 mg

### Minerals

Amounts Per Selected Serving	%DV
Calcium	32.1 mg 3%
Iron	1.4 mg 8%
Magnesium	78.3 mg 20%
Phosphorus	110 mg 11%
Potassium	899 mg 26%
Sodium	5.9 mg 0%
Zinc	0.8 mg 5%
Copper	0.3 mg 15%
Manganese	1.1 mg 55%
Selenium	2.5 mcg 4%
Fluoride	-3.3 mcg

### Sterols

Amounts Per Selected Serving	%DV
Cholesterol	0.0 mg 0%
Phytosterols	-24.0 mg

### Other

Amounts Per Selected Serving	%DV
Alcohol	0.0 g
Water	345 g
Ash	2.2 g
Caffeine	-0.0 mg
Theobromine	-0.0 mg



**Florida Kidney**  
PHYSICIANS