



REST DAY MEAL

Strawberry and coconut smoothie

INGREDIENTS (1 serving)

- 160g (5.9oz) fresh or frozen strawberries
- 175g (6.2oz) 0% fat Greek yogurt
- 50g (1.7oz) protein powder
- 400ml (14 fl.oz) whole milk
- 20g (0.6oz) coconut oil
- 20g (0.6oz) almonds

Using frozen fruit in smoothies will make them a near perfect consistency. Keep portioned, bagged fruit in the freezer to be prepped up like an ultimate boss.

Try not to get into the habit of having smoothies everyday though - real food always wins!

METHOD

Making this couldn't be any easier - whack all the ingredients in a blender and blend on high for 1 minute or until the smoothie has reached your desired texture. Depending if your strawberries are fresh or frozen, you may need to add a little more milk or water to loosen it.