

INFLAMMATION CRUSHING

SMOOTHIE GUIDE

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SUPERCHARGE YOUR HEALTH



These anti-inflammatory smoothies are loaded with very powerful antioxidants, electrolytes and trace minerals. These smoothies have no sugar yet tastes sweet due to the great natural sweeteners.

These tasty superstar smoothies can and should be consumed by everyone young and old throughout the day. They have powerful detoxifying abilities and have an alkalizing effect after the ingredients have been digested due to the extraordinary amount of antioxidants that are highly bioavailable in this drink form.

Table of Contents

Green Anti-Inflammatory Smoothie	3	Skin Cleansing Green Juice	15
Chocolate Dreams (Anti-Aging)	4	Chocolate Chia Super Smoothie	16
Matcha Morning	5	Benefits of Cocoa Nibs	17
Cucumber Cooling	6	Benefits of Hemp Heart	17
Cinnamon Roll Protein Smoothie	7	Benefits of Turmeric	18
Blueberry Gut Healing Protein Shake	8	Benefits of Goji Berries	18
Raspberry Ginger Lemonade	9	Benefits of Chia Seeds	19
Golden Milk	10	Benefits of Kale	19
Anti-Inflammatory Lemonade	11	Benefits of Matcha Green Tea Powder	20
Key Lime Pie Smoothie	12		
Beautiful Berry Chia Smoothie	13		
Fat Burning Sweet Berry Shake	14		

GREEN ANTI-INFLAMMATION SMOOTHIE

PREPARATION

5 MIN

TOTAL

5 MIN

YIELD

1 CUPS



INGREDIENTS

1 frozen banana
1/2 cup pineapple
Handful ice
1/2 tsp turmeric

1 tsp matcha or 1 tsp spirulina
1 cup nut milk OR 1/2 cup coconut milk,
1/2 cup water
2 scoops or 25-40 grams of high quality protein
powder of your choice

DIRECTION

1. Assemble all ingredients
2. Put all the ingredients in the blender and mix until smooth and creamy!
3. Serve and Enjoy

CHOCOLATE DREAMS (ANTI-AGING)

PREPARATION

5 MIN

TOTAL

5 MIN

YIELD

1 CUPS



INGREDIENTS

1 frozen banana	1 tsp maca
1 tsp raw cacao	1 cup nut milk
Handful ice	1 raw date
1 tbsp nut butter	2 scoops or 25-40 grams of high quality protein powder of your choice

DIRECTION

1. Assemble all ingredients
2. Put all the ingredients in the blender and mix until smooth and creamy!
3. Top with handful hemp seeds and drizzle nut butter and cocoa nibs

MATCHA MORNING

PREPARATION

5 MIN

TOTAL

5 MIN

YIELD

1 CUPS



INGREDIENTS

1-2 tsp matcha powder
1 cup spinach
1 cup nut milk
1/2 cup frozen avocado

1 tbsp hemp seeds
2 scoops or 25-40 grams of high
quality protein powder of your
choice
Top with 1 tbsp goji berries

DIRECTION

1. Assemble all ingredients
2. Put all the ingredients in the blender and mix until smooth and creamy!

CUCUMBER COOLING

PREPARATION

5 MIN

TOTAL

5 MIN

YIELD

1 CUPS



INGREDIENTS

1 cup pineapple
1/3 cup cucumber, sliced
1 cup spinach
1/2 cup chopped kale

1/2 cup coconut milk OR 1 cup nut milk
1 tbsp MCT oil OR 1/2 frozen avocado
2 scoops or 25-40 grams of high quality protein powder of your choice

DIRECTION

1. Assemble all ingredients
2. Put all the ingredients in the blender and mix until smooth and creamy!

CINNAMON ROLL PROTEIN SMOOTHIE

PREPARATION

5 MIN

TOTAL

5 MIN

YIELD

1 CUPS



INGREDIENTS

1 frozen banana
2 scoops or 25-40 grams of high quality protein powder of your choice
1 tsp raw cinnamon powder
1 tbsp nut butter

1 cup nut milk
Dash of nutmeg
1/2 tsp vanilla extract
1 tsp maca powder
*top with coconut chips and hemp seeds

DIRECTION

1. Assemble all ingredients
2. Put all the ingredients in the blender and mix until smooth and creamy!

BLUEBERRY GUT HEALING PROTEIN SHAKE

PREPARATION

5 MIN

TOTAL

5 MIN

YIELD

2 SHAKES



INGREDIENTS

¼-½ cup of organic frozen blueberries
1 cup of organic full-fat coconut milk in the can
1 tsp of organic cinnamon

2 scoops or 25-40 grams of high quality protein powder of your choice

Optional Ingredients:

1 scoop of organic greens powder. I use Organic Supergreens

DIRECTION

1. Gather ingredients
2. Take the coconut milk out of the can (it is often divided into a clumpy, fat portion and water portion) and put it into a blender and blend until smooth and creamy. I will often blend up 2 cans at a time and then place the whipped up coconut milk into a glass mason jar.
3. Add in the frozen organic blueberries, gut healing protein, cinnamon and greens (if you desire).
4. Serve and enjoy!

RASPBERRY GINGER LEMONADE

PREPARATION

10 MIN

TOTAL

10 MIN

YIELD

2.5 SHAKES



INGREDIENTS

4 oz. of frozen organic raspberries (can be fresh too but frozen make the drink cooler)

Fresh grated ginger (to taste)

1-2 large lemons squeezed

8 oz. of coconut water (omit if doing very low carb and use filtered water)

8 oz. of filtered water

Stevia to taste

Pinch of pink salt

DIRECTION

1. Gather all the ingredients
2. Put everything in the blender and mix for about a minute and serve immediately. As it sits some of the pulp from the ginger, lemon and raspberries will sink to the bottom.
3. Add in the frozen organic blueberries, gut healing protein, cinnamon and greens (if you desire).
4. Serve and Enjoy!

GOLDEN MILK

PREPARATION

5 MIN

TOTAL

12 MIN

YIELD

2-3 SERVINGS
4 CUP



INGREDIENTS

1/2 can coconut milk

1/2 cup of filtered water

1 tsp organic turmeric powder

1 tsp organic cinnamon powder

5-8 drops liquid stevia

DIRECTION

1. Over medium heat, pour coconut milk and water into cooking pot and add turmeric and cinnamon powder. Stir until well blended.
2. Let mixture simmer for about 5 mins and add stevia drops. Stir one more time and remove from heat.
3. Pour into cup and serve the golden milk immediately.

ANTI-INFLAMMATORY LEMONADE

PREPARATION

5 MIN

TOTAL

5 MIN

YIELD

4-6 SERVINGS



INGREDIENTS

1 cup freshly squeezed lemon juice (from 4–6 lemons)

4–6 cups filtered water, or to taste

1 tablespoon extra-virgin coconut oil or MCT oil (optional)

1 teaspoon ground cinnamon

1 teaspoon ground or freshly grated ginger (optional)

1 teaspoon ground turmeric

½ teaspoon liquid stevia, or to taste

Pinch of pink salt

DIRECTION

1. Place all the ingredients in a high-powered blender and blend until fully combined.
2. Serve immediately, or store in an airtight container in the refrigerator for up to a week. You will need to mix well each time you want to drink it if you let it sit for a while.

Tip: Drink this lemonade regularly. People who suffer from crippling pain have reported that their symptoms improved significantly after they made this an everyday drink.

Optional: Add a pinch of black pepper, as this will dramatically improve the absorption of the turmeric curcuminoids which absorb best with good fats and piperine, which is the main ingredient in black pepper.

KEY LIME PIE SMOOTHIE

PREPARATION

10 MIN

TOTAL

10 MIN

YIELD

2 SMOOTHIES



INGREDIENTS

1 cup full-fat organic coconut milk
1 cup filtered water
½ cup raw cashews, soaked overnight and drained
1 avocado, pitted and skinned

1 large handful of spinach
Juice of 1 lime
¼ tsp vanilla extract
5–10 drops vanilla-flavored liquid stevia (optional)
2 scoops or 25–40 grams of high quality protein powder of your choice (optional)

DIRECTION

1. Place all of the ingredients in a high-powered blender and blend until smooth and creamy.
2. Transfer to serving glasses and enjoy!

Tip: If you use light coconut milk that comes in a carton instead of canned, I suggest using 2 cups of milk and omitting the water.

BEAUTIFUL BERRY CHIA SMOOTHIE

PREPARATION

5 MIN

TOTAL

2 HOURS
5 MINS

YIELD

3 SERVINGS



INGREDIENTS

1 can of full-fat organic coconut milk
6 tbsp. of chia seeds
2 scoops or 25-40 grams of high quality protein powder of your choice

1 cup of organic raspberries or blueberries (fresh or frozen)
Liquid stevia to taste

DIRECTION

1. Blend the coconut milk, protein powder, vanilla, and berries (blueberries or raspberries, whichever you choose) together.
2. Pour the coconut berry mixture into a mason jar or other container and add the chia seeds. May need multiple jars.
3. Slightly stir the chia seeds in the coconut milk until the chia seeds are evenly distributed in the mixture.
4. Place mixture in fridge for 2 hours or overnight.
5. Layer chia pudding in another glass with more berries or simply top with fruit and nuts, enjoy!

FAT BURNING SWEET BERRY SHAKE

PREPARATION

5 MIN

TOTAL

5 MINS

YIELD

2 SERVINGS



INGREDIENTS

½ (13½-ounce) can organic full-fat coconut milk
2 scoops or 25-40 grams of high quality protein powder of your choice
¼ cup frozen raspberries or strawberries

1 teaspoon ground cinnamon
Liquid stevia, to taste

DIRECTION

1. Place all of the ingredients in a high-powered blender and blend until smooth and creamy.
2. Transfer to a serving glass or glasses and enjoy!

Tip: If you use light coconut milk that comes in a carton instead of canned, I suggest adding 1 tablespoon of extra-virgin coconut oil or coconut butter to add fat.

SKIN CLEANSING GREEN JUICE

PREPARATION

10 MIN

TOTAL

10 MINS

YIELD

6 OZ



INGREDIENTS

3 stalks organic celery
1 small organic cucumber
½ bunch of kale

1 small organic granny smith apple
1 lemon
1 tbsp. of organic greens powder
1 inch of ginger

DIRECTION

1. Gather all the ingredients
2. Clean and chop all produce.
3. Run through juicer and enjoy!
4. For extra detoxification, add one teaspoon of greens powder.

CHOCOLATE CHIA SUPER SMOOTHIE

PREPARATION

5 MIN

TOTAL

5 MINS

YIELD

1 SMOOTHIE



INGREDIENTS

1–2 cups organic almond milk or coconut milk (the kind that comes in a carton)

1 tablespoon raw cacao powder

1 teaspoon chia seeds

1 teaspoon flax seeds

2 scoops or 25–40 grams of high quality protein powder of your choice

½ cup of blueberries (optional)

½ avocado, pitted and skinned (optional)

½ teaspoon vanilla extract (optional)

Ice, as needed

DIRECTION

1. Place all of the ingredients in a high-powered blender, using more or less almond milk and ice depending on the desired thickness of the smoothie. Blend until smooth and creamy.
2. Transfer to a serving glass or glasses and enjoy!

Here are the Benefits of the Superfoods

Cocoa nibs are the seeds from the fruit of the cacao tree - the tree that produces the bean from which we make cocoa and chocolate. Cacao nibs are bold in flavor and slightly bitter in taste. With the perfect crunch, they add wonderful taste and texture (not to mention many many health benefits)



Benefits of Cocoa Nibs

- High in Antioxidants
- Mood Boosting
- Enhances Energy and Focus
- Great Source of Fiber, Iron, and Calcium
- Prevents Premature Aging and Promotes Skin Health

Hemp hearts are the shelled seeds of the industrial hemp plant (related to cannabis plant). They have an earthy nutty flavor and a nice soft crunch. Despite being so small, they are packed with nutrients.

Benefits of Hemp Hearts

- Provides a Complete Protein
- Promotes Weight Loss
- Hair, Skin, and Nail Health
- Filled with Omega-3s
- A Great Source of Natural Energy



Turmeric is a bright yellow spice that comes from the roots of a plant in the ginger family. It is used often in Indian and Asian cuisine. Best known for its anti-inflammatory effects, turmeric is one of the oldest herbal medicines. Its subtle flavor makes it easy to add to your soups and smoothies to enhance color and provide healthful benefits without compromising the flavor.



Benefits of Turmeric

- Decreases Inflammation in Gut, Skin, Joints and Blood Vessels
- Boosts Skin Health
- Alleviates Joint Pains
- Promotes Brain and Heart Health

Goji berries are an ancient Chinese medical berry that can be eaten raw or dried. They are a great source of important vitamins and minerals such as vitamins A and C, zinc, and iron.

Benefits of Goji Berries

- Powerful Antioxidants
- Detoxifies The Liver
- Boosts Fertility
- Improves Immunity and Fights Cancer
- Promotes Healthy Skin



Chia seeds are the seed of the desert plant, *Salvia hispanica*, which originated in Central America. Chia seeds are small, adding a tiny crunch and lots of powerful benefits



Benefits of Chia Seeds

- Healthy Skin and Anti-aging Properties
- Supports Digestive and Heart Health
- Boosts Energy and Metabolism
- Great Source of Omega-3
- Regulates Blood Sugar Levels

Kale is an especially potent source of antioxidants. In fact, kale ranks highest among all vegetables in its concentration of the carotenoids beta-carotene, lutein and zeaxanthin. These yellow-orange pigments are critical for the plants defense against excess solar radiation.

Benefits of Kale

- Has Anti-inflammatory Properties
- Detoxifies the Body
- Promotes Healthy Vision
- Provides Cancer Prevention + Heart Health
- Is PACKED with Necessary Vitamins and Minerals



Matcha - potent powdered green tea leaves - is not only an incredible superfood, but adds improvements in decreasing stress, better energy, and healthier skin.



Benefits of Matcha Green Tea Powder

- High in Antioxidants
- Reduces Stress and Enhances Calm
- Natural Energy and Concentration Boosters
- Detoxifies the Body
- Burns Calories and Supports Weight Loss

Protein Powder Options:

Many of these smoothies ask for a high-quality protein powder. A good protein powder provides easy to digest protein and amino acids and in some cases, there are many other superfoods or key vitamins, minerals and nutrients added.

Many individuals struggle to digest protein and other key nutrients due to poor stomach acid, bile and pancreatic enzyme production. An inflammation crushing smoothie with high quality protein powder bypasses the need for digestive juice production and gets the nutrients into the body in a highly bioavailable way.

Here are the best protein powders we recommend:

Gut Healing Protein:

The Gut Healing Protein provides high quality, hypoallergenic plant-based protein, amino acids and powerful antioxidants that help to improve liver function and strengthen the gut lining.

Activated cofactors support mitochondrial energy production needed for biotransformation and detoxification. This formula's ingredients help moderate phase I detoxification, upregulate and support phase II pathways, and provide antioxidant support as well.

Additionally, Gut Healing Protein contains 26 grams of protein and 0 grams of sugar in each tasty serving. You can get [this here](#)



Key Benefits of Gut Healing Protein

- ✓ Natural Detoxification Mechanisms
- ✓ Gastrointestinal Health
- ✓ An Anti-Inflammatory Environment
- ✓ Health of the Microbiome
- ✓ Lactose-Free Vegan Protein Source

Bone Broth Power Protein:

Bone Broth Power protein is derived from beef from animals pastured raised in Sweden without hormones or antibiotics. It is a powerful source of critical nutrients including collagen-specific amino acids, minerals and fat-soluble vitamins A, D and natural forms of B vitamins.

Unfortunately, most people are not getting enough of these critical and life nourishing nutrients in diet alone.

Bone Broth Power Protein contains 21g of the concentrated protein isolate HydroBeef™. A proprietary process allows for the peptides in this protein to become easily assimilated and absorbed.

This is a true source of Paleo protein that taste great and is sweetened with organic stevia leaf extract.

**HELP STRENGTHEN
CONDITION &
RECOVER***

- 97% protein concentration
- Naturally occurring collagen peptides
- More absorbable than whey (nitrogen score of 101.5)
- Low carb & free of common allergens like soy, dairy & rice

Unique nutrient profile for superior fuel

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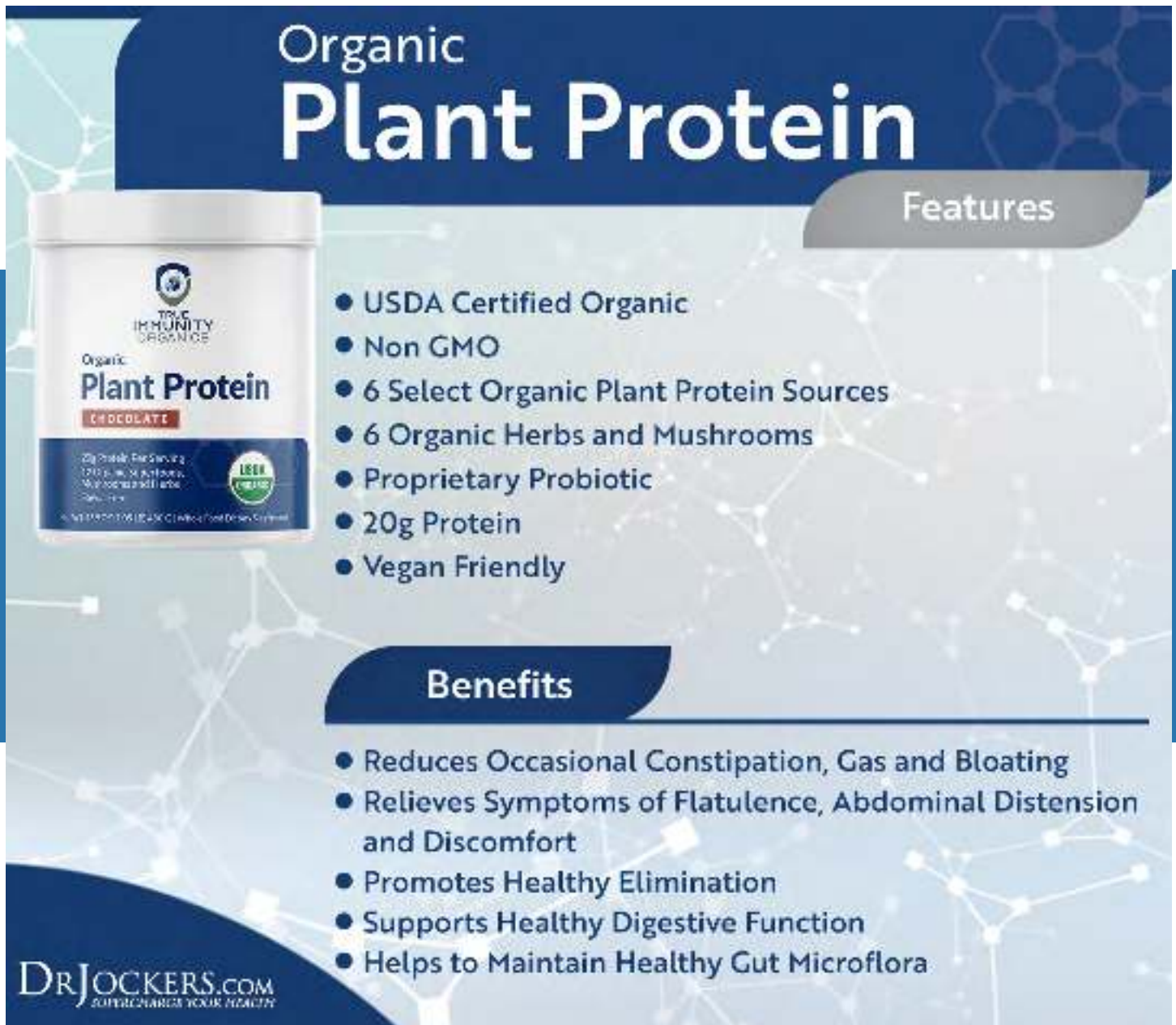
BONE BROTH
POWER PROTEIN
VANILLA

Dietary Supplement
NET WT. 810 G (1.8 LBS)

Organic Plant Protein:

USDA Certified Organic Plant Protein Vanilla and Chocolate combines proteins from six select organic, Non-GMO plant sources plus a combination of six organic, Non-GMO herbs and mushrooms. It delivers a delicious and convenient plant-powered, vegan-friendly protein powder to help fuel your body.

You can find this [amazing protein powder here](#)



Organic Plant Protein

Features

- USDA Certified Organic
- Non GMO
- 6 Select Organic Plant Protein Sources
- 6 Organic Herbs and Mushrooms
- Proprietary Probiotic
- 20g Protein
- Vegan Friendly

Benefits

- Reduces Occasional Constipation, Gas and Bloating
- Relieves Symptoms of Flatulence, Abdominal Distension and Discomfort
- Promotes Healthy Elimination
- Supports Healthy Digestive Function
- Helps to Maintain Healthy Gut Microflora

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