SOUL EDITIONS · No. 08

Soul

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No.
08

The Steady-Sugar Smoothie Edit

Thirty protein and fiber smoothies that keep you full until lunch.

Built by Camille

RECIPE GUIDE · WORKBOOK · RECIPE CARDS · PRINTABLES

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Hi, I'm Camille.

This edit is for the smoothie that tastes like dessert and leaves you starving by ten o'clock.

Most smoothies are fruit, juice and not much else: lots of sugar, very little protein or fiber, and gone in two minutes. Ours follow one formula: protein, fiber, a little fat, a measured amount of fruit, and greens you won't taste.

Thirty recipes, each with its numbers worked out, a build-your-own chart for the days you want to improvise, and a freezer-pack routine that makes mornings take three minutes.



your host, Camille

HOW THIS EDIT WORKS

The recipes and worksheets were written by the SOUL team. Nutrition is calculated from USDA average values and a typical protein powder label; your brands will differ. This is a recipe guide, not medical or dietary advice. The photos show the mood; they are not customer results.

— Camille

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Everything in your kit.

Read the guide first, then use the tools that suit you. You don't need them all.

1

The recipe guide

The steady-sugar formula, a build-your-own chart, thirty recipes in five families, freezer packs and smart swaps.

2

The workbook

A two-week smoothie log, your own recipe builder, a freezer-pack planner and a shopping list. US Letter and A4.

3

Recipe cards

Eight favorite recipes on cut-out cards for the kitchen, with the numbers on each.

4

Door cards

The formula and the freezer-pack day, sized for the inside of a cupboard or the fridge.



CAMILLE'S RULE

Protein first, fruit last. If you only change one thing about your smoothie, make it at least 20 grams of protein.

Camille

Your first five minutes.

One blender, one recipe, tomorrow morning.

1. **Pick recipe 06**

   Mixed Berry Classic. It uses the easiest ingredients: Greek yogurt, protein powder, berries, chia, spinach and almond milk.

2. **Liquid first**

   Pour in the milk, then the soft ingredients, then frozen fruit and ice last. The blades catch better.

3. **Blend for a full minute**

   Longer than you think. The chia and spinach disappear.

4. **Notice how you feel at 11**

   Write it in the smoothie log: how full, how steady, any snack cravings. That's your baseline.

✦ A HEALTH NOTE

If you have diabetes, take medicines that lower blood sugar, have kidney disease or are pregnant, check with your doctor or a registered dietitian before changing your breakfast routine.

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Why most smoothies leave you hungry.

A typical fruit-and-juice smoothie can hold 40 to 60 grams of sugar and almost no protein. You drink it in minutes, and it's gone just as fast.

1. **Protein keeps you full**

   Protein is the most filling part of a meal. Twenty to thirty grams at breakfast helps most people stay full longer.

2. **Fiber slows things down**

   Fiber from seeds, oats, berries and greens slows how quickly the meal is digested.

3. **A little fat helps too**

   Nut butter, avocado or seeds make the smoothie richer and more satisfying.

4. **Fruit is measured**

   Whole fruit is great, in a measured amount: about one cup, mostly lower-sugar fruit like berries.

✦ WHAT "STEADY SUGAR" MEANS HERE

Meals that combine carbohydrate with protein, fiber and fat are generally digested more slowly than sugar on its own. We don't promise a particular blood sugar result; everyone responds differently.

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The builder chart.

Pick one from each column. Numbers are approximate per portion.

PROTEIN	FIBER	FAT	FRUIT (½ CUP)
Greek yogurt 170 g: 17 g P	Chia 1 tbsp: 4 g	Almond butter 1 tbsp	Raspberries: 4 g fiber, 3 g sugars
Cottage cheese ½ cup: 12 g P	Ground flax 1 tbsp: 2 g	Peanut butter 1 tbsp	Blackberries: 4 g fiber, 4 g sugars
Whey scoop: about 25 g P	Oats ¼ cup: 2 g	¼ avocado	Strawberries: 2 g fiber, 4 g sugars
Plant scoop: about 21 g P	Spinach 1 cup: 1 g	Hemp hearts 1 tbsp	Blueberries: 2 g fiber, 7 g sugars
Silken tofu ½ cup: 6 g P	Cauliflower rice ½ cup: 1 g	Walnuts 1 tbsp	Mango: 1 g fiber, 11 g sugars
Soy milk 1 cup: 7 g P	Avocado ¼: 3 g	Chia (counts twice)	Banana ½ small: 1 g fiber, 6 g sugars

✦ CHECK YOUR POWDER

Protein powders vary from about 15 to 30 grams of protein a scoop, and some add sugar. Read the label and adjust.

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Berry smoothies.

All recipes make one large serving. Nutrition is per serving and approximate.

01. Raspberry Cheesecake

½ cup (113 g) 2% cottage cheese
85 g plain nonfat Greek yogurt
1 cup raspberries
1 tbsp chia seeds
½ cup unsweetened almond milk
¼ tsp vanilla extract

Blend the cottage cheese with the milk first until silky, then add the rest.

285 kcal · 25 g protein · 12 g fiber · 29 g carbs · 13 g sugars

02. Blueberry Muffin

1 scoop (30 g) vanilla whey isolate
½ cup blueberries
¼ cup rolled oats
1 tbsp ground flaxseed
1 cup unsweetened almond milk
½ tsp cinnamon

Let the oats soak in the milk for five minutes before blending.

305 kcal · 31 g protein · 7 g fiber · 30 g carbs · 9 g sugars

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You've read 7 of 31 pages.

The rest of The Steady-Sugar Smoothie Edit is one tap away.



IN THE FULL EDIT

- ◯ The recipe guide
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