



PRESTIGELABS®

PRESTIGE GREENS

RECIPE GUIDE

TROPICAL FRUIT EDITION



GREEN DETOX SMOOTHIE



TOOLS

- Blender



PREP TIME

- 5 minutes

INSTRUCTIONS

1. In a blender, combine all ingredients.
2. Add ice and blend until smooth

INGREDIENTS

- 1 Scoop Prestige Greens
- 1 Cup Coconut Water
- 1 tbsp Chia Seeds
- 1 Small Piece of Ginger (Peeled)
- Juice from 1/2 Medium Lemon



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION
FACTS FOR BATCH:

50

1g

2g

8g

PER SERVING:

50

1g

2g

8g



PRESTIGELABS®

Mocktail Drinks Recipe Guide

GREENS & PROTEIN SMOOTHIE



TOOLS

- Blender



PREP TIME

- 5 minutes

INSTRUCTIONS

1. In a blender, combine all ingredients.
2. Add ice and blend until smooth

INGREDIENTS

- 1 Scoop Prestige Greens
- 1 Scoop Prestige Fuel Protein Blend
Vanilla Ice Cream
- 1 Cup 0% Greek Yogurt



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION
FACTS FOR BATCH:

270

41g

1.5g

18g

PER SERVING:

270

41g

1.5g

18g



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TROPICAL GREENS SMOOTHIE



TOOLS

- Blender



PREP TIME

- 5 minutes

INSTRUCTIONS

1. In a blender, combine all ingredients.
2. Add ice and blend until smooth

INGREDIENTS

- 1 Scoop Prestige Greens
- 1 Handful of Kale
- 1 Cup Fresh or Frozen Pineapple
- 2 tbsp Chia Seeds
- 1 Cup Milk of Choice



CALORIES:



PROTEIN:



FAT:



CARBS:

**TOTAL NUTRITION
FACTS FOR BATCH:**

310

8g

15g

40g

PER SERVING:

310

8g

15g

40g



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Mocktail Drinks Recipe Guide

GREEN GODDESS SMOOTHIE



TOOLS

- Blender



PREP TIME

- 5 minutes

INSTRUCTIONS

1. In a blender, combine all ingredients.
2. Blend until smooth

INGREDIENTS

- 1 Scoop Prestige Greens
- 1 Handful of Spinach
- Juice from 1/2 Medium Lemon
- 1/2 Medium Cucumber
- 1 Small Piece of Ginger (Peeled)
- 2-4 Stalks of Celery
- 1 Cup Non Dairy Milk of Choice



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION
FACTS FOR BATCH:

70

2g

2g

12g

PER SERVING:

70

2g

2g

12g





NINJA CREAMI GREENS & PROTEIN ICE CREAM



TOOLS

- Ninja Creami
- whisk or immersion blender



PREP TIME

- 5 minutes (+24 hours freezing time)

INSTRUCTIONS

1. Add greens powder, protein powder, milk and pudding mix to Ninja Creami pint container. Mix well with a whisk or immersion blender and freeze for 24 hours
2. Put your frozen pint container into the Ninja Creami ice cream maker and press the lite ice cream button.
3. Use the re-spin setting X2 until smooth and creamy. If the ice cream is still crumblier than you want it before the final spin, add a tiny splash of milk before re-spinning.

INGREDIENTS

- 1 Scoop Prestige Greens
- 1 Scoop Prestige Fuel Protein Blend Vanilla Ice Cream
- 1 Cup Milk of Choice
- 1 tbsp Vanilla Instant Pudding Mix



CALORIES:



PROTEIN:



FAT:



CARBS:

**TOTAL NUTRITION
FACTS FOR BATCH:**

240

28g

5g

18g

PER SERVING:

240

28g

5g

18g



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Mocktail Drinks Recipe Guide



MATCHA GREENS LATTE



TOOLS



PREP TIME

INSTRUCTIONS

1. Add matcha powder into a cup (wide cup or bowl works best for whisking)
2. Add hot water and whisk briskly until no lumps remain. The matcha should be smooth and a little foamy.
3. Heat your milk in the microwave or in a pot on the stove until warm, then add in Prestige Greens powder.
4. Using a handheld milk frother, froth the milk until foamy, about 15-20 seconds. If you don't have a frother, use a whisk to whisk briskly until blended.
5. Pour the warm milk and greens into the center of the matcha
6. Sprinkle additional match powder on top using a fine-mesh strainer (optional)

INGREDIENTS

- 1 Scoop Prestige Greens
- 1 1/2 tsp Matcha (Green Tea Powder)
- 2 tbsp Hot Water
- 3/4 Cup Milk of Choice



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION FACTS FOR BATCH:

00

g

g

g

PER SERVING:

00

g

g

g





GREEN PROTEIN ENERGY BITES



TOOLS



PREP TIME

INSTRUCTIONS

1. In a large bowl, combine all ingredients and stir until everything is well mixed and forms a dough texture
2. Roll the dough into bite-sized balls and place them on a baking sheet lined with parchment paper
3. Place baking sheet in the refrigerator and leave for at least one hour or until the energy bites have firmed up

INGREDIENTS

- 1 Scoop Prestige Greens
- 1 Scoop Prestige Fuel Protein Blend-Flavor of Choice
- 1 Cup Rolled Oats
- 1/2 Cup Almond Butter
- 1/3 Cup Honey or Maple Syrup
- 1/4 Cup Dark Chocolate Chips
- 1/4 Cup Chopped Nuts of Choice
- 1 tsp Vanilla Extract



CALORIES:



PROTEIN:



FAT:



CARBS:

TOTAL NUTRITION
FACTS FOR BATCH:

00

g

g

g

PER SERVING:

00

g

g

g



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MIGHTY GREENS CHIA PUDDING



TOOLS







PREP TIME

INSTRUCTIONS

1. Add all ingredients into a blender and blend until smooth.
2. Transfer chia mixture into a bowl and place in the refrigerator for two hours.
3. Remove from the refrigerator and top with any berries, nuts or seeds of your choice

INGREDIENTS

- 1 Scoop Prestige Greens
- 1/ Cup Milk of Choice
- 1/8 Cup Chia Seeds
- 1 Cup Spinach
- 1 tbsp Maple Syrup
- 1/2 tsp Vanilla Extract

	 CALORIES:	 PROTEIN:	 FAT:	 CARBS:
TOTAL NUTRITION FACTS FOR BATCH:	00	g	g	g
PER SERVING:	00	g	g	g

