Canelith

NUTRITION COLLECTION

FREE SAMPLE









FREE SAMPLE · GREEN JUICES AND SMOOTHIES

Green juices and smoothies

4 sample recipes from the full book, which has 78. Try them and, if you like them, get the book at canelith.com/en/shop.

4 sample recipes | Free | Nutrition facts

INSIDE

1 Green and fruit juices from all over Latin America
2 Smoothies for cutting and for bulking
3 Smoothie bowls and hydrating drinks
4 Build your own gym bar
5 What each drink gives you, no false promises
6 Nutrition facts per serving



Canela shows you how to read each recipe in two minutes.

How to use this recipe book

Every recipe has what you need to make it well and to know how much you're eating.

THE LABEL ON EVERY RECIPE

Just like on supermarket products: calories, protein, carbs, fat and fiber **for one serving**. If you eat two servings, multiply by two.

The values come from the grams of each ingredient, using data from the US Department of Agriculture (USDA FoodData Central). They're approximate: they change a little with the brand, the size and how you cook.

PER SERVING	
649	**kcal**
Protein	**44 g**
Carbs	**74 g**
Fat	**22 g**
Fiber	**8.1 g**

IF YOU'RE CUTTING

You want to lose fat without losing muscle: you eat a little less than you burn and keep protein high. Every recipe tells you what to remove or change to cut calories without going hungry.

IF YOU'RE BULKING

You want to build muscle: you eat a little more than you burn, with enough protein and carbs to train hard. Every recipe tells you what to add.

THE TAGS

VEGAN · VEGETARIAN · GLUTEN-FREE · HIGH PROTEIN · KETO-FRIENDLY · NO-BAKE · COLOMBIAN · QUICK

High protein: 20 g or more per serving. **Low carb:** 15 g or less. **Gluten-free:** no wheat, barley or rye; if it has oats, use certified gluten-free oats. **Vegan:** nothing from animals (no eggs, dairy or honey). **Vegetarian:** no meat or fish; may include eggs and dairy. **Keto-friendly:** 8 g or less of net carbs (carbs minus fiber) per serving; if you follow keto, watch your daily total, which is usually 20 to 50 g.

THE MEASURES

1 cup	240 ml
1 tablespoon (tbsp)	15 ml
1 teaspoon (tsp)	5 ml
1 scoop of protein	about 25 to 30 g (check the one in your tub)
Oven	°C with °F in brackets

Next to each ingredient you'll find its weight in grams (28 g = 1 oz). If you have a kitchen scale, use it: it's the most accurate way.

ABOUT PROTEIN POWDER

You can use the protein you already have or the one we recommend based on what you're after. If a recipe uses it and you don't have any, the recipe tells you what to swap it for (Greek yogurt, eggs or cheese).

Want a recommendation made for you? Book your coaching session at canelith.com.

WHAT ABOUT "DETOX", OR CLEANSING YOUR SKIN OR HAIR?

No juice "detoxes" or "cleanses": your liver and kidneys already do that every day. What juices and smoothies do give you is water, fiber and vitamins. That's why each recipe tells you, when it applies, whether it gives you **vitamin C** (helps form the collagen in your skin and supports your immunity), **vitamin A** (helps keep your skin normal) or **zinc** (helps keep your hair, skin and nails normal). For skin and hair, sleeping well, drinking water, eating enough protein and wearing sunscreen count too.

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Green juices

Canela: Leafy greens with fruit, better blended with their fiber than strained.



Tropical green juice with pineapple, spinach and mint

Vegan · Vegetarian · Gluten-free · No-bake · Quick

The perfect green juice to start with: pineapple masks the spinach flavor and mint makes it super fresh.

⏱ 5 min · Easy · 1 serving

INGREDIENTS

- **1 cup** spinach 30 g
- **1 cup cubed** pineapple 150 g
- **1/3 medium cucumber** 100 g
- **juice of 1/2 lime (1 tbsp)** 15 g
- **8 to 10** mint leaves 3 g
- **3/4 cup (180 ml)** water, ice-cold 200 g
- **3 or 4 ice cubes** 50 g

METHOD

1. Wash the spinach and mint well under running water.
2. Peel the pineapple, cut it into cubes and chop the cucumber, skin on if it's thin.
3. Put the water and lime juice in the blender first; then the spinach, mint, pineapple and cucumber.
4. Blend for 60 seconds on high, until you can't see any green bits.
5. Add the ice, blend for 10 more seconds and serve right away.

PER SERVING

102	**kcal**
Protein	**2.5 g**
Carbs	**26 g**
Fat	**0.4 g**
Fiber	**3.5 g**

What it gives you: Vitamin C (pineapple and lime), folate and vitamin K (spinach), fiber because it isn't strained, and hydration from the cucumber and water.

Skin, hair and immunity: vitamin C (89 mg): collagen for your skin and immunity · **vitamin A**: skin

Swaps · If you don't have... If you don't have pineapple, use 1 green apple or 1 cup of mango. · If you can't find mint, use basil or a small piece of ginger.

IF YOU'RE CUTTING

It's already light; swap half the pineapple for more cucumber if you want less fruit sugar.

IF YOU'RE BULKING

Have it with a full breakfast or add 1 tbsp chia seeds and a handful of oats for more energy.

Tip: Blend the water and leaves first: they break down finer and you don't need to strain.

Fruit juices

Bella: Fruit from all over Latin America, with little or no sugar.



Guanábana and milk with cinnamon

Vegetarian · Gluten-free · No-bake · Quick · Colombian

Creamy, naturally sweet and with no sugar. Guanábana (soursop) is pure silkiness.

⏱ 5 min · Easy · 1 serving

INGREDIENTS

- **1 cup pulp** Guanábana (soursop), seeds removed 150 g
- **1 cup (240 ml)** skim milk 240 g
- **1 pinch** cinnamon 0 g
- **4 ice cubes** 60 g

METHOD

1. If you're using fresh soursop, remove the skin and all the black seeds (they're not edible).
2. Blend the pulp with the milk for 30 seconds.
3. Taste: ripe soursop is sweet and doesn't need sugar.
4. Add the ice and cinnamon, blend for a few seconds and serve.

PER SERVING

182	**kcal**
Protein	**9.7 g**
Carbs	**38 g**
Fat	**0.7 g**
Fiber	**5.2 g**

What it gives you: Vitamin C and fiber from the soursop, plus protein and calcium from the milk.

Skin, hair and immunity: vitamin C (32 mg): collagen for your skin and immunity

Swaps · If you don't have... If you can't find fresh soursop, use unsweetened frozen pulp. · For a vegan version, use unsweetened soy milk.

IF YOU'RE CUTTING
Make it with water or almond milk: it drops to about 100 kcal.

IF YOU'RE BULKING
Use whole milk and add a scoop of vanilla protein.

Tip: Remove the seeds before blending: they shouldn't be crushed.

Cutting smoothies

Minchu: Under 250 kcal, with protein to keep you full.



Papaya, Greek yogurt and cinnamon

Smooth, sweet and creamy. A classic light breakfast.

Vegetarian · Gluten-free · No-bake · Quick

⏱ 5 min · Easy · 1 serving

INGREDIENTS

- **1 cup cubed** papaya 150 g
- **3/4 cup** plain unsweetened Greek yogurt (0 %) 170 g
- **1 pinch** cinnamon 0 g
- **1/4 cup (60 ml)** water 60 g
- **4 ice cubes** 60 g

METHOD

1. Peel the papaya, remove the seeds and cut it into cubes.
2. Blend the papaya with the water for 20 seconds.
3. Add the yogurt and cinnamon and blend for 10 seconds.
4. Serve with the ice.

PER SERVING

166	**kcal**
Protein	**18 g**
Carbs	**23 g**
Fat	**1.1 g**
Fiber	**2.8 g**

What it gives you: Protein from the yogurt, vitamins A and C from the papaya, fiber and calcium.

Skin, hair and immunity: vitamin C (92 mg): collagen for your skin and immunity

Swaps · If you don't have... If you don't have papaya, use cantaloupe or mango. · If you don't have Greek yogurt, use 1 cup plain yogurt and half a scoop of protein.

IF YOU'RE CUTTING
It's ideal as is.

IF YOU'RE BULKING
Add 3 tbsp oats and 1 tbsp peanut butter.

Tip: If the papaya is very ripe, freeze it in cubes and use it instead of ice.

Bulking smoothies

Wilson: More calories and 30 g or more of protein, easy to drink.



Peanut butter, banana and oat shake

Vegetarian · High protein · No-bake · Quick

The classic bulking shake, done right: about 650 kcal and over 40 g of protein.

⏱ 5 min · Easy · 1 serving

INGREDIENTS

- **1 1/4 cups (300 ml)** whole milk 300 g
- **1/2 cup** rolled oats 40 g
  Use certified gluten-free oats if you need it to be gluten-free.
- **1 large banana** 120 g
- **1 tbsp** unsweetened peanut butter 16 g
- **1 scoop** whey protein powder 30 g
  Use your own or the one we recommend for your goal; ask for your consultation.
- **4 ice cubes** 60 g

METHOD

1. Put the milk and oats in the blender and blend for 20 seconds so the oats don't stay lumpy.
2. Add the banana in chunks and the peanut butter.
3. Blend for 30 seconds.
4. Add the protein and ice and blend for 10 more seconds. Serve.

PER SERVING

649	**kcal**
Protein	**44 g**
Carbs	**74 g**
Fat	**22 g**
Fiber	**8.1 g**

What it gives you: Protein to build muscle, carbs from the oats and banana to refuel, potassium, and healthy fats from the peanuts.

Skin, hair and immunity: zinc: hair, skin and nails

Swaps · If you don't have... If you don't have peanut butter, use 15 g roasted peanuts. · If you don't have protein, use 200 g Greek yogurt.

IF YOU'RE CUTTING

It's not meant for cutting; for a light version, use skim milk, half a banana and no peanut butter.

IF YOU'RE BULKING

For more calories, add another tbsp peanut butter (+94 kcal) or 2 more tbsp oats.

Tip: If eating a lot is hard for you, drink it between meals, not instead of one.

Canela has more for you at canelith.com.

LIKED THEM? GET THE FULL BOOK

Green juices and smoothies has **78 recipes** with the same nutrition facts, how to adjust them if you're cutting or bulking, cheap swaps and an index by way of eating (vegan, vegetarian, gluten-free, keto, high protein).

6 USD at **canelith.com/en/shop** · or every recipe book in the **Nutrition Pack**.

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Find it all in the shop at **canelith.com/en/shop**. Follow us on Instagram: **@canelith_**.

TRAINING GUIDES



Core with Canela



Glutes with Bella



Strong legs



Upper body with Minchu



Full body



Lighter, stronger



High performance with Zapote

TO EAT BETTER

Protein and nutrients — FREE
How much protein to eat, macros, evidence-based supplements and hydration.

Healthy recipes: the basics — FREE
20 easy recipes to get started.

Healthy recipes: complete — SHOP
Over 180 recipes for training.

Keto and low carb — SHOP
Keto recipes with easy ingredients.

Make your bar — SHOP
Protein bars and bites.

COACHING WITH OUR TRAINER

Live class, initial assessment or a custom plan. We can also recommend protein and supplements based on what you're after. Book it at **canelith.com/en**, in the Training section, through the form or on WhatsApp.

This recipe book is for information only and doesn't replace a visit to a dietitian or doctor, especially if you have a health condition or allergies, are pregnant or take medication. Approximate nutrition values calculated with USDA FoodData Central.