



Green Smoothies for PCOS

Emily Allen

<https://healthbyemily.com>

Hi! My name is Emily, and I am a Health Coach who specializes in helping women with PCOS (polycystic ovarian syndrome) and hormone imbalance to finally release those stubborn pounds, restore fertility, and relieve their PCOS symptoms.

In simplest terms, I help women eat well to increase their chances of getting pregnant and kick their PCOS symptoms to the curb.

I've helped many women along their hormone health and fertility journeys, and if there is one thing I know for sure, it is that understanding how to eat and exercise for PCOS is incredibly confusing! There are a million different suggestions out there, and none of them seem to work. That is exactly why I have put together these recipes, to give you one very quick and simple way to feed your body exactly what it needs to begin the hormone-balancing process.

Each of these recipes is specially formulated to balance your blood sugar first thing in the morning, which in turn balances your hormones, cuts cravings, and starts your day off on a healthy foot.

Simply replacing your breakfast with one of these smoothies could be enough to help you lose a few pounds and start to feel great in your own skin!

If you love this guide, then you will absolutely love my [5-day Eating for PCOS Relief Challenge](#), where I teach you how to optimize your nutrition for hormone balance and fertility!

[Click here to learn more about that.](#)

Enjoy these recipes, and please tag me in your PCOS smoothie creations! I am @healthbyemilya on Instagram.

Talk soon!

Emily

www.healthbyemily.com



Elvis Smoothie

1 serving

5 minutes

Ingredients

- 1 serving Vanilla Protein Powder
- 1 tbsp Sunflower Seed Butter
- 1 tbsp Sesame Seeds
- 1/2 Banana
- 1 cup Baby Spinach
- 1 cup Unsweetened Almond Milk
- 1 tbsp Chia Seeds (optional)

Directions

- 1 Mix all ingredients in a blender and enjoy!



Strawberry Basil Green Smoothie

1 serving

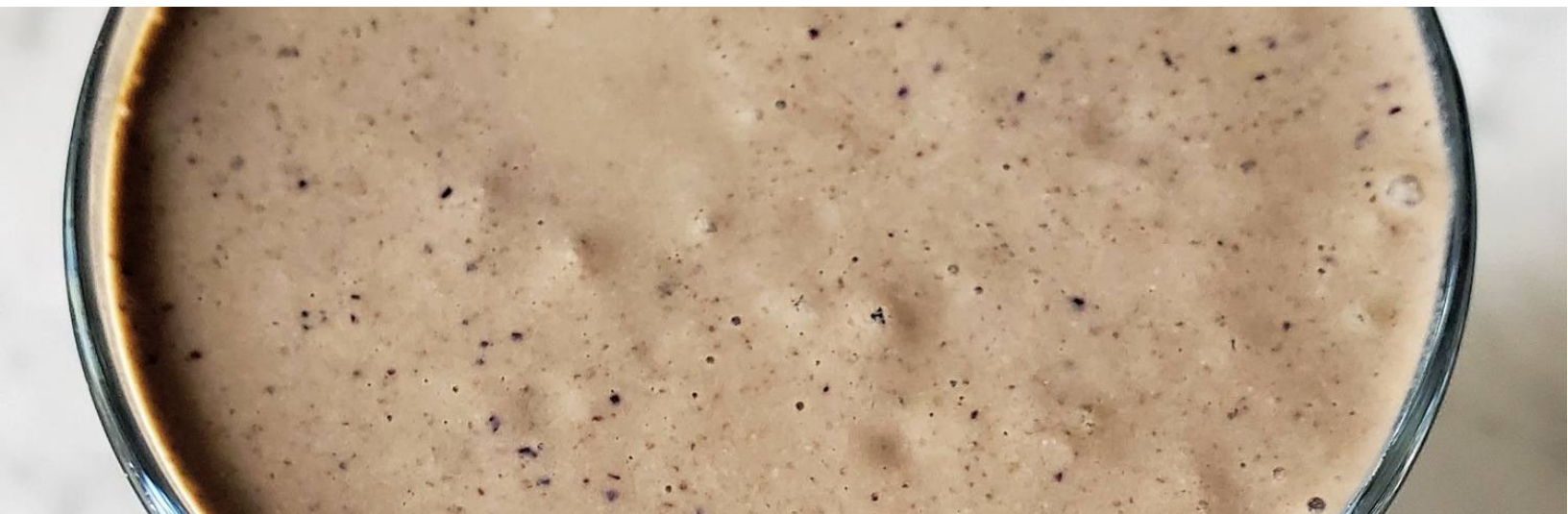
5 minutes

Ingredients

- 1 tbsp Whole Flax Seeds
- 1 serving Vanilla Protein Powder
- 1 tbsp Coconut Oil
- 1/4 cup Strawberries
- 1 serving Vanilla Protein Powder
- 1 cup Baby Spinach
- 1 cup Unsweetened Almond Milk

Directions

- 1 Blend all ingredients in a blender and serve.



Chocolate Cherry Green Smoothie

1 serving

5 minutes

Ingredients

- 1 serving Chocolate Protein Powder
- 1 tbsp Chia Seeds
- 1/4 cup Frozen Cherries
- 1 cup Baby Spinach
- 1 tbsp Coconut Oil
- 1 cup Unsweetened Almond Milk
- 1 tbsp Pumpkin Seeds
- 1 tbsp Whole Flax Seeds

Directions

- 1 Blend all ingredients in a blender and serve.



Chocolate Mint Green Smoothie

1 serving

5 minutes

Ingredients

- 1 serving Chocolate Protein Powder
- 1 tbsp Coconut Oil
- 1 tbsp Whole Flax Seeds
- 1/4 Avocado
- 2 stalks Mint Leaves
- 1 cup Baby Spinach
- 1 1/2 cups Unsweetened Almond Milk

Directions

- 1 You can use any kind of high-quality milk that you prefer
- 2 Blend all ingredients in a blender and enjoy!



PB&J Green Smoothie

1 serving

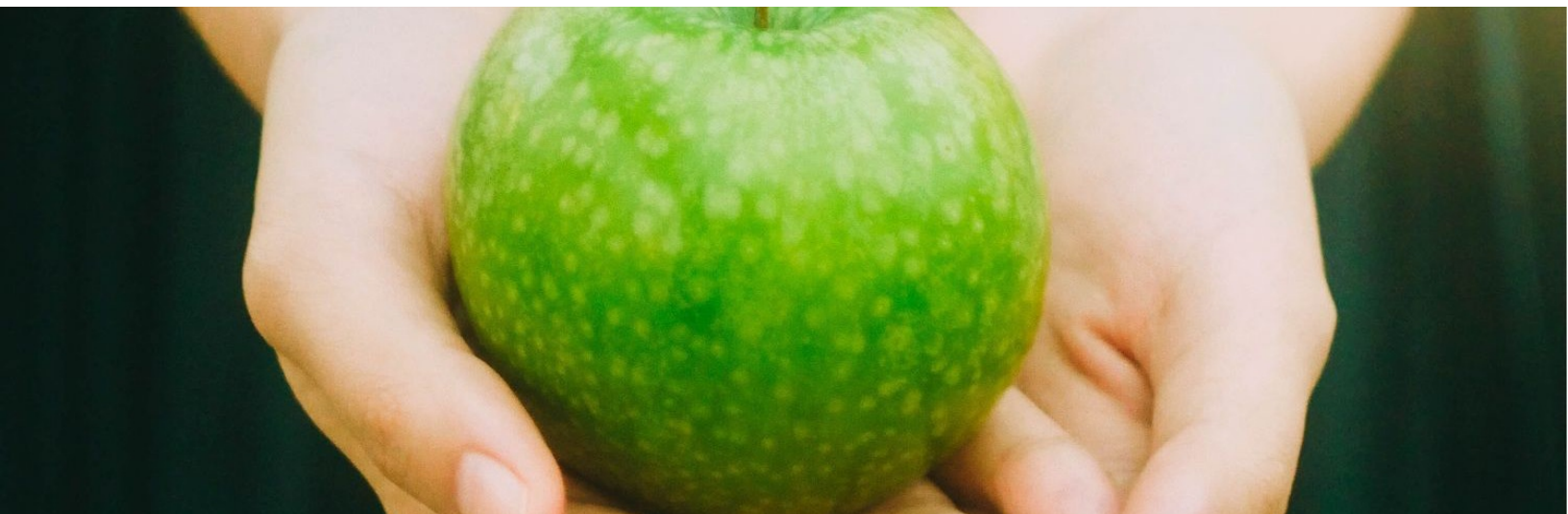
5 minutes

Ingredients

- 1 serving Vanilla Protein Powder
- 1 tbsp All Natural Peanut Butter
- 1 tbsp Whole Flax Seeds
- 1/4 cup Frozen Berries
- 1 cup Baby Spinach
- 1 cup Unsweetened Almond Milk

Directions

- 1 Blend all ingredients in a blender and enjoy!



Green Apple Green Smoothie

1 serving

5 minutes

Ingredients

- 1 serving Vanilla Protein Powder
- 1 tbsp Whole Flax Seeds
- 1/2 Green Apple
- 1/4 Avocado
- 1 cup Baby Spinach
- 1 cup Unsweetened Almond Milk

Directions

1

Blend all ingredients in a blender and enjoy!



Pumpkin Pie Green Smoothie

1 serving

5 minutes

Ingredients

- 1/4 cup Pureed Pumpkin
- 1 tbsp Whole Flax Seeds
- 1/4 cup Frozen Banana
- 1/4 cup Plain Greek Yogurt
- 1 tbsp Coconut Oil
- 1/2 tsp Cinnamon
- 1/4 tsp Ground Cloves
- 1/4 tsp Ground Nutmeg
- 1 cup Baby Spinach
- 1 cup Unsweetened Almond Milk (Any type of quality milk will work in this recipe)

Directions

- 1 Blend all ingredients in a blender and enjoy!