

For snacks, it is best to stay between 15-30 grams/carbohydrate (CHO). A good smoothie plan is

- 2-3 handfuls of dark leafy greens (~6 grams CHO) added to
- 8 oz water, coconut water (9 grams CHO) or unsweetened brewed tea
- 1 cup of fruit from berries, citrus, pineapple, or pear (~6-30 grams CHO)
- 1 cup nonfat yogurt (~9 grams CHO fat free Greek plain yogurt) or cottage cheese (~10 grams CHO for nonfat)
- 1 TB ground flaxseed or chia seed (~2-4 grams CHO)
- 1 TB nuts (~1-3 grams CHO)

¼- ½ of this per snack event, add more/less liquid to obtain a nectar consistency which is easily pourable, similar to a cream soup or apricot nectar.

For added sweetness, agave nectar has less than half the glycemic index (how much it causes your blood sugar to go up after eating) of sugar but is mainly processed through the liver and should not be consumed regularly. Honey has 1/2 the glycemic index of sugar, and artificial sweeteners have little to no glycemic index.