



fitbride®

Detox

FREE RECIPES | [FITBRIDE.COM](https://fitbride.com)

BANANA & OATS SMOOTHIE

SERVES 3 • CALORIES: 179 • PROTEIN: 17g • CARBS: 21g

INGREDIENTS

¼ cup old-fashioned rolled oats	2 tsp. peanut butter
½ cup plain low-fat yogurt	¼ tsp. ground cinnamon
1 banana, cut into thirds	1 scoop chocolate fitbride protein powder
1 cup fat-free milk	

DIRECTIONS

1. In a blender, combine all ingredients and puree until smooth.
2. Serve immediately.



Banana & Oats Smoothie

© fitbride

STEAK SKEWERS

SERVES 6 • CALORIES: 427 • PROTEIN: 26g • CARBS: 10g

INGREDIENTS

½ cup olive oil	3 red bell peppers, seeded and cut into 1-inch pieces
½ cup reduced sodium soy sauce	1 red onion, cut into 1-inch pieces
3 cloves garlic, minced	5 cups leafy greens
1 tsp. black pepper	8 (12-inch) metal skewers
2 lbs sirloin steak, cut in 1-inch cubes	

DIRECTIONS

1. In a medium bowl, whisk together olive oil, soy sauce, garlic and pepper. Add the cubed sirloin steak to marinade and toss to coat. Cover with plastic wrap and let marinate for 30 minutes or up to 1 hour.
2. Once the meat has marinated, thread it onto the skewers alternating with pieces of bell pepper and red onion.
3. Grill kebabs over medium heat, turning often, until all sides of the meat are well browned and vegetables are tender (about 12 to 15 minutes).



Steak Skewers

© fitbride

BLUEBERRY AND GREEN TEA SMOOTHIE

SERVES 2 • CALORIES: 140 • PROTEIN: 10g • CARBS: 25g

INGREDIENTS

1 cup water	½ medium banana
1 green tea bag	¾ cup light vanilla soy milk
1½ cup frozen blueberries	½ scoop vanilla fitbride protein

DIRECTIONS

1. Microwave water on high until steaming hot in a small bowl. Add tea bag and allow to brew 3 minutes. Remove tea bag.
2. Stir fitbride protein powder into soy milk then add to blender. Add tea, berries, banana and water to blender.
3. Blend ingredients on highest setting until smooth. Pour smoothie into fitbride shaker and enjoy!

TOAST AND AVOCADO

SERVES 1 • CALORIES: 143 • PROTEIN: 4g • CARBS: 21g

INGREDIENTS

1 slice whole wheat bread	½ heirloom tomato, sliced
¼ avocado, sliced	½ lemon, juice only
	pepper to taste

DIRECTIONS

1. Toast bread.
2. Layer avocado and tomato on toasted bread. Add a dash of pepper and spritz of lemon.



© fitbride

Blueberry and Green Tea Smoothie



© fitbride

Toast and Avocado