

SMOOTHIES MADE SIMPLE

WHEY PROTEIN SMOOTHIES

Simple ingredients. Delicious blends.



WHEY PROTEIN • FRUIT • EVERYDAY FUEL

SIX FLAVORS. ONE SIMPLE APPROACH.

Your smoothie guide

Creamy whey protein smoothies made with measured ingredients and familiar flavors. Use them as a convenient protein option or build a mini meal that fits your day.

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Tap any title to go to its page. Every recipe makes one serving and takes about 5 minutes.

THE RZONE APPROACH

Start with your protein

Your InBody results personalize your plan

Rzone bases your daily protein total and your protein target at each meal on the lean body mass shown on your InBody results sheet. Use those results with your Rzone nutrition plan to set a goal that fits you.

When a protein shake helps

Protein shakes are recommended when you cannot get to a solid meal and/or to help you achieve your protein needs for the day. Keep most meals centered on whole foods; a shake is a convenient way to fill a gap.

Measure by the label, not just the scoop

Rzone uses approximately 20-30 g of protein as a practical meal or mini-meal guide, personalized to your lean body mass and daily plan. For these recipes, measure enough powder to provide 20 g of protein. Other ingredients bring the recipes to about 22-26 g.

Choose your flavor and ingredients

Vanilla works well with fruit; chocolate pairs well with banana and almond butter. Choose a powder and milk you tolerate. Whey contains milk; Jocko also contains egg. Almond milk and almond butter contain tree nuts.

How nutrition was estimated

Each powder portion is modeled as 100 calories, 20 g protein, 2 g carbohydrate and 1 g fat. Each cup of unsweetened almond milk is modeled as 30 calories, 1 g protein, 1 g carbohydrate and 2.5 g fat. Other ingredients use typical USDA values by weight. Your powder, milk and portions change the totals.

GRASS-FED OPTIONS FOR YOUR BLENDER

Featured whey powders

Four whey options with grass-fed sourcing and versatile flavors. Choose the protein amount, ingredients and testing standards that fit your needs. Packaging may vary.



TRANSPARENT LABS

Grass-Fed Whey Protein Isolate

28 g protein per serving

Published third-party reports; French Vanilla is listed by NSF Certified for Sport.

Try French Vanilla with fruit or Milk Chocolate in chocolate blends.

PRODUCT + FLAVORS

VERIFY TESTING



LEGION WHEY+

Grass-Fed Whey Protein Isolate

About 22-25 g protein; varies by flavor

Truly Grass Fed certified whey isolate; Labdoor publishes a product test report.

Try French Vanilla with berries or chocolate for a richer shake.

PRODUCT + FLAVORS

VERIFY TESTING



MOMENTOUS

Grass-Fed Whey Protein Isolate

20 g protein per serving

Grass-fed whey isolate; Vanilla is listed by NSF Certified for Sport.

Try Vanilla, Chocolate or Unflavored to let fruit lead the flavor.

PRODUCT + FLAVORS

VERIFY TESTING



ORGAIN

Grass-Fed Whey Protein Powder

21 g protein per serving

Grass-fed whey; gluten-free and made without soy ingredients. Contains milk.

Try Vanilla Bean with fruit or Creamy Chocolate Fudge in chocolate blends.

PRODUCT + FLAVORS

CHECK CURRENT LABEL

Grass-fed describes sourcing. Also consider testing, ingredients and tolerance. Taste is personal; try a small size first. Certification can be flavor- and lot-specific. The recipes use a standard powder assumption, so totals change with your product.

MORE CHOICES FOR YOUR BLENDER

More protein options

Two additional options based on the labels shared. Choose a flavor and ingredient list that fit your preferences.



JOCKO MÖLK

Chocolate Milkshake

22 g protein | 120 calories

1 g sugar | 0 g added sugar

Per 1 scoop (34 g): 5 g carbohydrate and 2.5 g fat.

A blend of whey concentrate, whey isolate, micellar casein and egg white protein. Contains milk and egg.

Sweetened with allulose, stevia (Reb-M) and monk fruit. Includes probiotics and digestive enzymes.

NUTRIGENIUS PLUS

Whey protein isolate

24 g protein | 140 calories | 0 g sugar

Per 1 scoop (36.24 g): 5 g carbohydrate, 3 g fiber and 3 g fat. The label lists coconut milk powder, peanut butter powder, vanilla, stevia, probiotics and digestive enzymes. Contains milk and peanut ingredients.

Grass-fed sourcing and independent testing are not confirmed by these supplied labels. A front-of-package photo for NutriGenius Plus is still pending.

LOW SUGAR / EVERYDAY OPTIONS

Choose your milk

Unsweetened options for your blender. Compare total sugar, protein, calories and fortification. No single milk is best for every goal.



ALMOND BREEZE

Unsweetened Original

0 g sugar | 30 calories

A low-calorie, fortified choice.
About 1 g protein per cup.

PRODUCT + LABEL



CALIFIA FARMS

Organic Unsweetened Almond

No added sugar

Three ingredients: water, organic almonds and sea salt. Choose for a short ingredient list; this version is not fortified.

PRODUCT + LABEL



PLANET OAT

Shelf-Stable Unsweetened Original

0 g sugar | 40 calories

1 g protein and 9 g carbs per cup.
A creamy oat option with calcium.

PRODUCT + LABEL



RIPPLE

Unsweetened Original

0 g sugar | 8 g protein

A pea-protein milk. Choose when more protein is your priority; count it toward your smoothie total.

PRODUCT + LABEL

Choose the exact unsweetened version shown. “No added sugar” and “0 g total sugar” are different claims. Oat milk can contain more carbohydrate even when it has zero sugar.

Amounts are per 1 cup unless noted. Product labels and packaging can change. Swapping milks changes the recipe totals; check the carton you buy.

MEASURE. BLEND. MAKE IT YOURS.

Smart add-ins

Chia seeds



Example: Bob's Red Mill Organic Chia Seeds

1 tablespoon (12 g)

~58 calories | 2 g protein | 4 g fiber

Adds fiber, healthy fats and plant omega-3 (ALA). Thickens as it sits; add a splash of liquid if needed.

Ground flaxseed



Example: Bob's Red Mill Organic Flaxseed Meal

1 tablespoon (7 g)

~37 calories | 1 g protein | 2 g fiber

Choose ground flaxseed or flaxseed meal for your smoothie. Adds fiber, healthy fats and ALA.

Almond butter



Example: Justin's Classic Almond Butter

1 tablespoon (16 g)

Generic estimate: ~98 calories | 3 g protein

Choose no added sugar and measure the portion. Justin's label is about 110 calories per tablespoon, so your recipe total will differ.

Rolled oats

1/4 cup (20 g): ~76 calories | 3 g protein | 14 g carbs. Blend thoroughly. Oats add carbohydrate and make the smoothie more substantial.

Nutrition estimates here use generic ingredient values unless noted. Featured products are shopping examples. Start with one add-in; fat, fiber and portions change your smoothie totals.

RECIPE 01 / MAKES 1 SERVING / ABOUT 5 MINUTES

Strawberry Chia

Berry sweet. Creamy. Easy.



ESTIMATED PER SERVING

237 CALORIES

24 g PROTEIN

20 g TOTAL CARBS

7.6 g FAT

7.7 g FIBER

INGREDIENTS

- Whey powder supplying 20 g protein (vanilla)
- 1 cup (240 ml) unsweetened almond milk
- 1 cup (152 g) frozen strawberries
- 1 tablespoon (12 g) chia seeds
- 1/2 cup ice, optional

BLEND IT

Blend the milk, whey and strawberries for 30-45 seconds. Add chia and optional ice, then blend again until smooth. Let stand 2 minutes for a thicker texture.

Texture tip: Chia continues to thicken the smoothie. Add 2-4 tablespoons of water if needed.

Make it yours: Use strawberries straight from frozen for a cold, creamy blend.

Nutrition varies by brand. Ice and water add no calories. Photos are serving inspiration; use the measured recipe amounts for any garnish.

RECIPE 02 / MAKES 1 SERVING / ABOUT 5 MINUTES

Blueberry Flax

A simple berry blend with ground flax.



ESTIMATED PER SERVING

230 CALORIES

23 g PROTEIN

21 g TOTAL CARBS

6.8 g FAT

5.1 g FIBER

INGREDIENTS

- Whey powder supplying 20 g protein (vanilla)
- 1 cup (240 ml) unsweetened almond milk
- 3/4 cup (110 g) frozen blueberries
- 1 tablespoon (7 g) ground flaxseed
- 1/2 cup ice, optional

BLEND IT

Add milk and whey to the blender, followed by blueberries and ground flax. Blend 45-60 seconds. Add optional ice and blend again.

Texture tip: Ground flax blends more evenly than whole seeds. Store it according to the package directions.

Make it yours: Skip the flax for a lighter version before exercise; the listed totals will decrease.

Nutrition varies by brand. Ice and water add no calories. Photos are serving inspiration; use the measured recipe amounts for any garnish.

RECIPE 03 / MAKES 1 SERVING / ABOUT 5 MINUTES

Mango Pineapple

Bright fruit flavor with a tropical twist.



ESTIMATED PER SERVING

219 CALORIES

22 g PROTEIN

26 g TOTAL CARBS

3.9 g FAT

2.9 g FIBER

INGREDIENTS

- Whey powder supplying 20 g protein (vanilla)
- 1 cup (240 ml) unsweetened almond milk
- 1/2 cup (80 g) frozen mango
- 1/2 cup (82 g) frozen pineapple
- 1/2 cup ice, optional

BLEND IT

Blend milk and whey with mango and pineapple for 45-60 seconds. Add optional ice and blend until creamy. Thin with a little water if needed.

Texture tip: Unsweetened frozen fruit keeps this recipe simple. Use the measured fruit as your garnish if you like.

Make it yours: For a more substantial mini meal, add 1 tablespoon chia. It adds about 58 calories and 4 g fiber beyond the listed totals.

Nutrition varies by brand. Ice and water add no calories. Photos are serving inspiration; use the measured recipe amounts for any garnish.

RECIPE 04 / MAKES 1 SERVING / ABOUT 5 MINUTES

Vanilla Almond

Creamy vanilla with a hint of strawberry.



ESTIMATED PER SERVING

240 CALORIES

25 g PROTEIN

9 g TOTAL CARBS

12.5 g FAT

2.9 g FIBER

INGREDIENTS

- Whey powder supplying 20 g protein (vanilla)
- 1 cup (240 ml) unsweetened almond milk
- 1 tablespoon (16 g) natural almond butter
- 1/4 cup (38 g) strawberries
- 1/2-3/4 cup ice

BLEND IT

Blend milk, whey, almond butter and strawberries until smooth. Add ice and blend again for a creamy, frosty texture.

Texture tip: Reserve a few slices from the measured strawberries for the top. Use extra ice for a thicker shake.

Make it yours: Almond butter adds fat and calories, so measure it rather than adding a heaping spoonful.

Nutrition varies by brand. Ice and water add no calories. Photos are serving inspiration; use the measured recipe amounts for any garnish.

RECIPE 05 / MAKES 1 SERVING / ABOUT 5 MINUTES

Chocolate Almond

Chocolate flavor with a creamy nutty finish.



ESTIMATED PER SERVING

266 CALORIES

26 g PROTEIN

16 g TOTAL CARBS

13.2 g FAT

4.8 g FIBER

INGREDIENTS

- Whey powder supplying 20 g protein (chocolate)
- 1 cup (240 ml) unsweetened almond milk
- 1 tablespoon (16 g) natural almond butter
- 1 tablespoon (5 g) unsweetened cocoa powder
- 1/4 medium banana (30 g), frozen
- 1/2 cup ice

BLEND IT

Blend milk, whey, almond butter, cocoa and banana for 45-60 seconds. Add ice and blend until smooth. Scrape the sides once if needed.

Texture tip: The banana softens the cocoa flavor without needing syrup. Choose unsweetened cocoa.

Make it yours: Cocoa dusting can come from the measured tablespoon. Extra almonds or chocolate pieces are not included in the totals.

Nutrition varies by brand. Ice and water add no calories. Photos are serving inspiration; use the measured recipe amounts for any garnish.

RECIPE 06 / MAKES 1 SERVING / ABOUT 5 MINUTES

Banana Oat

A cozy banana blend with oats and flax.



ESTIMATED PER SERVING

296 CALORIES

26 g PROTEIN

32 g TOTAL CARBS

7.9 g FAT

6.0 g FIBER

INGREDIENTS

- Whey powder supplying 20 g protein (vanilla)
- 1 cup (240 ml) unsweetened almond milk
- 1/2 medium banana (59 g), frozen
- 1/4 cup (20 g) dry rolled oats
- 1 tablespoon (7 g) ground flaxseed
- 1/2 cup ice, optional

BLEND IT

Blend milk and oats first for 20-30 seconds. Add whey, banana and ground flax. Blend 45-60 seconds, adding optional ice if desired.

Texture tip: For a smoother texture, soak the oats in the measured milk for 10 minutes before blending.

Make it yours: The oats provide carbohydrate. Adjust the portion to your meal plan; changes are not included in the listed totals.

Nutrition varies by brand. Ice and water add no calories. Photos are serving inspiration; use the measured recipe amounts for any garnish.

YOUR BLENDER. YOUR PREFERENCES.

Build your own smoothie

1 / Start with whey

Choose enough powder to supply about 20 grams of protein, then account for the small amounts from other ingredients. Vanilla works with most fruits; chocolate pairs well with banana and almond butter.

2 / Add your liquid

Start with 1 cup unsweetened almond milk, or use water if preferred. Other milks change protein, carbohydrate and calories. Whey still contains milk even if the liquid is dairy-free.

3 / Choose measured fruit

Use about 1/2-1 cup frozen fruit, matched to your carbohydrate needs. Strawberries, blueberries, mango, pineapple and banana all blend well. Juice, syrups and honey are not needed for these recipes.

4 / Pick an add-in if it fits

Try 1 tablespoon chia, ground flax or almond butter. Oats add carbohydrate. Add these deliberately; combining several add-ins can make the smoothie much higher in calories.

Blend smoothly

Add liquid first, then powder and soft ingredients, followed by frozen fruit and ice. Blend 45-60 seconds, stopping to scrape the sides if needed. Add water a tablespoon at a time if it is too thick. A shaker bottle works for powder and liquid; whole fruit and nut butter need a blender.

Recipes are best freshly blended. Keep leftovers covered and refrigerated promptly; stir or blend again before drinking.

KEEP YOUR NUTRITION SIMPLE

Tools & Resources

Rzone Nutrition Guide

Whey guidance and add-ins adapted from pages 9-11.

Rzone Nutrition Visual Guides

Portion and nutrition handouts for everyday use.

Rzone Nutrition & Workout Support

Member questions, encouragement and updates.

USDA FoodData Central

Reference values for generic foods used in estimates.

Silk Unsweet Almondmilk

Example of an unsweetened almond milk label.

Ground flaxseed reference

Bob's Red Mill guidance on ground flaxseed.

About this guide

Six original smoothie recipes developed for Rzone Fitness. Nutrition estimates are calculated from measured ingredient weights and a standardized whey portion; they are not laboratory-tested or dietitian-reviewed values. Fiber is included within total carbohydrate. Optional add-ins and extra garnishes are excluded unless listed in the recipe. Recipe photos are illustrative.

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