



*Smoothie*

RECIPE EBOOK



We LOVE keeping our collagen and Sculpt recipes creative and fun! This E-book is a collection of all our favorite recipes for smoothies and smoothie bowls, using our products. Enjoy, and tag us in your smoothie pics!



# Watermelon kiwi smoothie



1 cup cubed watermelon

1 kiwi- peeled

2tbsp plain yogurt

1 cup milk/almond milk

1 serving Absolute  
collagen

1 serving Sculpt whey  
protein

ice

few sprigs mint



# Pomegranate berry smoothie

pomegranate juice  
1 cup fresh raspberries &  
blueberries  
2 tbsp plain yogurt  
1/2 cup milk/almond milk  
few sprigs mint  
1 serving Absolute collagen  
1 serving sculpt protein  
top with pomegranate  
seeds and mint.

pour the pomegranate  
juice into an ice tray and  
freeze. You will need 10  
cubes.

blend pomegranate cubes  
and the rest of ingredients  
until smooth.





1 scoop sculpt protein  
1 scoop absolute collagen  
1/2 cup spinach  
1/4 length of a cucumber  
few sprigs mint  
half green apple  
1/4 tsp cinnamon  
1/2 tsp fresh ginger  
1 tsp fresh lemon juice  
water  
ice

blend well!

*Green Detox Smoothie*

# Morning Glow Smoothie

1 scoop sculpt protein  
1 scoop absolute collagen  
1 cup freshly squeezed orange juice  
1 banana  
1 tablespoon plain yogurt

blend well, enjoy!



# Iced Coffee

1 shot coffee (dissolve coffee in hot water & allow to cool)  
1 cup milk  
1 scoop sculpt protein  
1 serving Absolute collagen  
ice

blend together!  
Ice can be added before or after blending.



# Chocolate Smoothie Bowl

Recipe:

1 scoop Sculpt Protein  
1 serving Absolute Collagen  
1/2 banana  
1/4 avo  
low fat milk/nut milk  
1 tbsp cacao powder  
blend into a thick consistency

top with toasted oats,  
almonds and dark  
chocolate bits 🥰



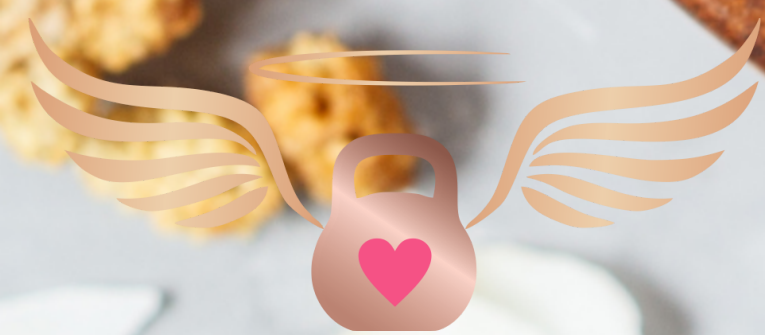


# Coconut Smoothie Bowl

1 scoop Sculpt Protein  
1 serving Absolute Collagen  
1/2 banana  
1/4 avo  
low fat or almond milk  
1/4 tsp cinnamon  
2 tbsp coconut yogurt  
blend into a thick consistency

top with fruit, nuts and coconut flakes!

high protein, fatburning  
collagen breakfast!



# No berry- berry smoothie

1 scoop berry  
collagen + Vit C  
1 serving Sculpt  
protein  
1 cup milk  
1 tablespoon plain  
yogurt

blend together.



# Just Peachy smoothie

1/2 cup peaches  
1/2 cup raspberries  
1tbsp plain yogurt  
1 cup milk/almond  
milk  
1 serving Absolute  
collagen  
1 serving sculpt  
protein  
  
blend well!



Experience the

*glow*

## *Collagen Benefits*

- ♡ Glowing skin
- ♡ Healthy hair
- ♡ Reduced hair fall
- ♡ Anti aging
- ♡ Reduces cellulite
- ♡ Immune support
- ♡ Joint & bone support
- ♡ Improved sleep
- ♡ healthy gut



# Sculpt

protein

## Benefits:

- ♡ Fatloss
- ♡ Supressed appetite
- ♡ Targets fat stores
- ♡ Tones & tightens
- ♡ Increased energy
- ♡ Low calorie
- ♡ Reduces cellulite
- ♡ Burns more calories
- ♡ Supports lean muscle

growth





FIT FORCE

# COLLAGEN

*Addicted to the Glow*

WITH ADDED VITAMIN C



SKIN  
HYDRATION



HEALTHY  
HAIR



JOINT  
MOBILITY



IMMUNE  
SUPPORT



ANTI-  
AGING

PURE MARINE  
COLLAGEN

*Berry Blast*

300g

[www.fitforce.co.za](http://www.fitforce.co.za)

[www.fitforce.co.za](http://www.fitforce.co.za)



FIT FORCE

*Absolute*

**COLLAGEN**

10 000mg PER SERVING



PURE MARINE  
COLLAGEN

*Unflavoured*

SMOOTHIES | HOT DRINKS | BAKING

250g



FIT FORCE

# Sculpt

PROTEIN

COLLAGEN  
INFUSED

**FAT LOSS SHAKE**

**SLIM • LEAN • STRONG**

- HIGH PROTEIN
- LOW CARB
- BURNS CALORIES
- BODY TONER
- SUPPRESSED APPETITE

**22g  
PROTEIN**

**1.5g  
CARBS**

**VANILLA  
ICE CREAM**



**900g**  
30  
SERVINGS

Dietary Supplement

