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BOOST PORTABLE BLENDER



Fast, Fresh and On the Go Recipes



BOOST

Quick Start Guide

1 Liquids First

Add your base: water, milk, or juice.
Max Liquid Level: 450 ml

3 Hard Ingredients Last

Add frozen fruits or nuts.

2 Soft Ingredients Next

Add fruits, greens, or protein powder.

4 Secure the Lid and Flip

Shake gently mid-blend for the best texture.

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Refreshing SMOOTHIES



AVOCADO SMOOTHIE ENERGIZER



Nutritional Value

320 kcal

Carbohydrates 22g

Proteins 12g

Fats 21g

Ingredients

180 ml (180 g) Unsweetened Almond Milk (or Water/Coconut Water)
1/2 Ripe Avocado (75 g), Pitted and Peeled
1 Small Banana, Frozen (100 g) (for Creaminess and Chill)
1 Scoop (30 g) Vanilla Protein Powder (Optional)
1 Tablespoon (12 g) Chia Seeds
Handful of Spinach (20 g) (Optional, for Added Nutrients)

Directions

1. Pour almond milk into the BOOST Portable Blender.
2. Add spinach, avocado, and banana.
3. Add protein powder, chia seeds, and honey.
4. Blend until smooth and creamy. Add a splash more liquid if needed for desired consistency.
5. Enjoy as a nourishing breakfast or pre-workout energiser.

BANANA SMOOTHIE REFRESHER



Nutritional Value

220 kcal

Carbohydrates 36g

Proteins 4g

Fats 5g



Ingredients

200 ml (200 g) Milk (Dairy or Non-Dairy)
1 Ripe Banana (100 g), Fresh or Frozen
1/2 Teaspoon (2 g) Vanilla Extract
Pinch of Cinnamon (Optional)
3 to 4 Small Ice Cubes (if Using Fresh Banana)

Directions

1. Add milk to the BOOST Portable Blender.
2. Add banana, vanilla extract, and cinnamon.
3. Add ice cubes and honey, if using.
4. Blend until smooth and creamy.
5. Enjoy chilled as a quick breakfast smoothie or mid-afternoon refreshment.



MANGO BANANA SMOOTHIE BLISS



Nutritional Value

280 kcal

Carbohydrates 45g

Proteins 5g

Fats 5g

Ingredients

150 ml (150 g) Orange Juice (or Coconut Water)
1/2 Cup (75 g) Frozen Mango Chunks
1/2 Ripe Banana, Frozen (50 g)
1 Tablespoon (15 g) Greek Yoghurt (Optional, for Extra Creaminess and Protein)
1/2 Inch (2 cm) Fresh Ginger, Peeled (Optional, for a Kick)

Directions

1. Pour the orange juice or coconut water into the BOOST Portable Blender.
2. Add the Greek yoghurt and fresh ginger.
3. Add the frozen mango and banana.
4. Blend until perfectly smooth and creamy.
5. Serve immediately for a refreshing, tropical boost

DRAGON FRUIT GLOW BOWL



Nutritional Value

355 kcal

Carbohydrates 33g

Proteins 21g

Fats 13g



Ingredients

150 ml (150 g) Unsweetened Almond Milk (or Coconut Water for a Tropical Twist)

1 Scoop (30 g) Vanilla or Berry Protein Powder

1/2 Cup (75 g) Frozen Dragon Fruit (Pitaya) Chunks

1/2 Banana (50 g), Frozen

1/4 Cup (40 g) Frozen Mango

1 Tablespoon (15 g) Almond Butter

1/2 Tablespoon (5 g) Chia Seeds

Toppings (Optional but Recommended)

Sliced Kiwi • Fresh Berries • Granola
• Coconut Flakes • Drizzle of Honey or Agave Syrup

Directions

1. Pour almond milk into the BOOST Portable Blender.
2. Add protein powder, dragon fruit, banana, and almond butter.
3. Add frozen mango and chia seeds.
4. Blend until thick and creamy.
5. Pour into a bowl and top with kiwi, berries, granola, and coconut flakes for a bright, refreshing boost.



COLD BREW SMOOTHIE KICKSTART



Nutritional Value

220 kcal

Carbohydrates 20g

Proteins 6g

Fats 10g

Ingredients

80 ml (180 g) Cold-Brew Coffee, Chilled
60 ml (60 g) Milk, Dairy Or Non-Dairy
1/2 Ripe Banana, Frozen
1 Tablespoon Unsweetened Cocoa Powder
Sweetener To Taste (e.g., 1–2 Teaspoons Maple Syrup Or A Few Drops Stevia)

Directions

1. Pour cold brew coffee and milk into the BOOST Portable Blender.
2. Add cocoa powder and sweetener.
3. Add frozen bananas and ice cubes.
4. Blend until smooth and frothy.
5. Adjust sweetness as desired.



Immunity **BOOSTER** Juices



CRANBERRY JUICE IMMUNITY BOOST



Nutritional Value

180 kcal

Carbohydrates 42g

Proteins 0g

Fats 0g



Ingredients

250 ml (250 g) Unsweetened Cranberry Juice
50 ml (50 g) Water or Sparkling Water
1/2-inch Fresh Ginger, Peeled (about 3 g)
1/2 Lemon, Juiced (about 15 ml (15 g))
1 Tablespoon Honey (21 g) or Maple Syrup (13 g), Optional for Sweetness

Directions

1. Pour cranberry juice and water into the BOOST Portable Blender.
2. Add lemon juice and honey/maple syrup.
3. Add fresh ginger.
4. Blend until ginger is fully incorporated (strain if desired for a smoother consistency).



ORANGE JUICE SUNRISE SHOT



Nutritional Value

210 kcal

Carbohydrates 48g

Proteins 2g

Fats 1g

Ingredients

250 ml (250 g) Fresh Orange Juice
1/2 Carrot (40 g), Peeled and Chopped
1/4 Red Bell Pepper (30 g), Deseeded and Chopped (for a Vitamin C Boost)
Pinch of Turmeric Powder
Small Piece (1 g) of Black Pepper (to Activate Turmeric)

Directions

1. Pour orange juice into the BOOST Portable Blender.
2. Add turmeric powder and black pepper.
3. Add chopped carrot and red bell pepper.
4. Blend until smooth. Strain if a pulp-free juice is preferred.
5. Strain if a pulp-free juice is preferred, or enjoy with the fibre for extra nutrition.

PRUNE JUICE POWER BLEND



Nutritional Value

220 kcal

Carbohydrates 56g

Proteins 1g

Fats 0g

Ingredients

250 ml (250 g) Prune Juice

50 ml (50 g) Water

1 Tablespoon (15 g) Lemon Juice

1 Tablespoon (15 g) Apple Cider
Vinegar (Optional)

Pinch of Cayenne Pepper (Optional,
for Metabolism Support)

Directions

1. Pour prune juice, water, and lemon juice into the BOOST Portable Blender.
2. Add apple cider vinegar and cayenne pepper.
3. Blend briefly until well combined.
4. Serve immediately for a light, tangy digestive boost

FRUIT JUICE VITALITY MIX



Nutritional Value

180 kcal

Carbohydrates 42g

Proteins 0g

Fats 0g



Ingredients

150 ml (150 g) Apple Juice

100 ml (100 g) Grape Juice

1/2 Cup (75 g) Mixed Berries,
Fresh or Frozen

1/4 Cup (15 g) Spinach Leaves

1 Tablespoon (10 g) Flax Seeds

Directions

1. Pour apple juice and grape juice into the BOOST Portable Blender.
2. Add spinach and flax seeds.
3. Add mixed berries.
4. Blend until smooth.
5. Strain if preferred, or enjoy as a nutrient-rich, fibre-packed vitality drink

POMEGRANATE JUICE GLOW TONIC



Nutritional Value

210 kcal

Carbohydrates 48g

Proteins 1g

Fats 0g

Ingredients

250 ml (250 g) Pomegranate Juice (100%)

50 ml (50 g) Water or Sparkling Water

1/2 Cup (75 g) Red Grapes, Frozen

1 Tablespoon (15 g) Lime Juice

Small Piece (2 g) Fresh Mint Leaves

Directions

1. Pour pomegranate juice and water into the BOOST Portable Blender.
2. Add lime juice and mint leaves.
3. Add frozen red grapes.
4. Blend until smooth. Garnish with extra mint if desired.
5. Garnish with fresh mint for a cooling, antioxidant-rich refreshment.



Energizing PROTEIN Shakes

The background image is a collage of healthy ingredients and protein shakes. It features several glasses of light-colored protein shakes with red straws, some with apple slices on the rim. In the top left, there's a cinnamon stick and a small bowl of fruit. The bottom left shows a stack of whole grain cereal and a cinnamon stick. The bottom right has a red apple. The collage is set against a light, textured background.





ICED COFFEE PROTEIN SHAKE



Nutritional Value

240 kcal

Carbohydrates 8g

Proteins 23g

Fats 12g

Ingredients

180 ml (180 g) Cold Brew Coffee (or Strong Chilled Espresso)
120 ml (120 g) Oat or Almond Milk (for a Smooth, Creamy Texture)
1 Scoop (30 g) Chocolate Protein Powder (or Vanilla for a Lighter Taste)
1 Teaspoon (5 g) Unsweetened Cacao Powder (Optional, for a Rich Mocha Flavour)
Sweetener to Taste (Stevia, Honey, or Agave Syrup)
3 to 4 Small Ice Cubes

Directions

1. Pour cold brew coffee and milk into the BOOST Portable Blender.
2. Add protein powder, cacao powder, and sweetener.
3. Add ice cubes.
4. Blend until frothy and smooth.
5. Enjoy chilled as your mid-morning power-up or post-workout recharge.

APPLE JUICE ENERGY SHAKE



Nutritional Value

280 kcal

Carbohydrates 25g

Proteins 20g

Fats 12g



Ingredients

150 ml (150 g) 100% Apple Juice
100 ml (100 g) Water or
Unsweetened Almond Milk
1 Scoop (30 g) Vanilla Protein Powder
1/2 Small Apple (50 g), Cored and
Chopped
1/2 Cup (15 g) Spinach Leaves
1 Tablespoon (15 g) Almond Butter
1/4 Teaspoon (1 g) Ground Cinnamon
(Optional, for Warm Flavour and An-
tioxidants)

Directions

1. Pour apple juice and water or almond milk into the BOOST Portable Blender
2. Add protein powder, spinach, and almond butter.
3. Add chopped apple and cinnamon.
4. Blend until smooth and creamy.
5. Enjoy as a light meal replacement or energising morning shake.



BEETROOT JUICE RECOVERY SHAKE



Nutritional Value

250 kcal

Carbohydrates 20g

Proteins 22g

Fats 7g

Ingredients

150 ml (150 g) Beetroot Juice (Pre-made or Freshly Juiced)
100 ml (100 g) Coconut Water
1 Scoop (30 g) Unflavoured or Berry Protein Powder
1/2 Cup (75 g) Mixed Berries, Frozen
Small Piece (3 g) Fresh Ginger, Peeled (Optional, for a Zesty Kick)
1/2 Teaspoon (2 g) Lemon Juice (Optional, for Balance)

Directions

1. Pour beetroot juice and coconut water into the BOOST Portable Blender.
2. Add protein powder, mixed berries, and ginger.
3. Add lemon juice for brightness, if desired.
4. Blend until smooth and velvety.
5. Enjoy post-workout for an antioxidant-rich recovery boost.

LIME JUICE POWER PROTEIN SHAKE



Nutritional Value

230 kcal

Carbohydrates 6g

Proteins 21g

Fats 10g

Ingredients

200 ml (200 g) Water

50 ml (50 g) Fresh Lime Juice

1 Scoop (30 g) Vanilla Protein Powder

Sweetener to Taste (Stevia, Agave Syrup, or Honey)

3 to 4 Small Ice Cubes

A Few Mint Leaves (Optional) (for a Fresh Finish)

Directions

1. Pour water and lime juice into the BOOST Portable Blender.
2. Add protein powder and sweetener.
3. Add ice cubes and mint leaves, if using.
4. Blend until smooth and frothy.
5. Serve chilled for a crisp, hydrating post-workout refreshment.

COCONUT JUICE PROTEIN BOOST



Nutritional Value

260 kcal

Carbohydrates 18g

Proteins 20g

Fats 12g



Ingredients

250 ml (250 g) Unsweetened Coconut Water
1 Scoop (30 g) Vanilla or Unflavoured Protein Powder
1/2 Cup (80 g) Pineapple Chunks, Frozen
1 Tablespoon (10 g) Shredded Coconut (Unsweetened)
1/4 Teaspoon (1 g) Lime Zest (Optional, for a Refreshing Kick)

Directions

1. Pour coconut water into the BOOST Portable Blender.
2. Add protein powder and shredded coconut.
3. Add frozen pineapple chunks and lime zest.
4. Blend until smooth and creamy.
5. Enjoy immediately for a light, tropical post-workout boost or midday refresher.



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