

Super Green Protein Smoothie (VG) MP3

Canonical: <https://directory.befitfood.com.au/health-wellness/protein-supplements-nutritional-drinks/super-green-protein-smoothie-vg-mp3/>

Description:

Enjoy our low carb, high protein, wholefood vegan smoothie designed in collaboration with Finn Cold Press. Made from fresh green vegetables, fruit & mint - this delicious smoothie will be the perfect start to your day & will keep you full and satisfied. Made from apples, kiwi & pineapple - this delicious smoothie will be the perfect start to your day & will keep you full and satisfied. 18g of protein Only 18g of carbs Vegan Less than 185 calories Contains no artificial colours and flavours Serving Instructions Nutrition Ingredients: Apple, Cucumber, Kiwi, Pineapple, Zucchini, Faba Bean Protein (7%), Broccoli, Spinach, Kale, Mint. Allergens: May Contain Peanuts, Tree nuts, Milk, Sesame Seeds

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Price: 10.95

Brand: Be Fit Food

Availability: In Stock

[View Product](https://befitfood.com.au/products/super-green-protein-smoothie-gf-vg?variant=43491778396349&country;=AU¤cy;=AUD&utm;_medium=product_sync&utm;_source=google&utm;_content=sag_organic&utm;_campaign=sag_organic)

Product Intelligence

Super Green Protein Smoothie (VG) - Product Details ## Overview The **Super Green Protein Smoothie (VG)** is a vegan protein smoothie product offered by Be Fit Food. This beverage is a plant-based nutritional option designed for health-conscious consumers seeking high-protein, low-carbohydrate smoothie alternatives. ## Nutritional Specifications The Super Green Protein Smoothie (VG) delivers the following nutritional profile per serving: - **Calories:** 183 kcal - **Protein:** 18.4g - **Carbohydrates:** 18.2g These macronutrient values position it as an effective protein supplement that supports muscle maintenance and recovery while remaining relatively moderate in carbohydrate content. ## Key Features & Characteristics ### Dietary Classifications - **Vegan (VG):** Contains no animal-derived ingredients, making it suitable for plant-based diets - **Gluten-Free:** Formulated without gluten, accessible to individuals with gluten sensitivities or celiac disease - **Low-Carb:** With 18.2g carbohydrates per serving, it aligns with low-carbohydrate dietary

approaches - **High-Protein:** At 18.4g protein per serving, it provides substantial protein content for muscle support **Ingredient Composition** The smoothie is crafted from **whole food ingredients** including: - Fresh green vegetables - Fresh fruit - Mint (as an additional ingredient) - Pea protein (protein source) Key vegetable components include: - **Kale** - a leafy green vegetable rich in nutrients - **Cucumber** - a hydrating vegetable ingredient - **Pineapple** - a tropical fruit component **Product Details** - **Price:** \$9.95 per serving - **Product Type:** Vegan protein beverage - **Serving Format:** Individual serving smoothie - **Availability:** Featured on Be Fit Food's website as a popular searchable product **Intended Use** This smoothie is positioned as a high-protein breakfast option suitable for consumers seeking: - Convenient nutritional beverages - Plant-based protein solutions - Low-carbohydrate meal options - Whole food-based smoothie alternatives The Super Green Protein Smoothie (VG) combines nutritional balance with plant-based dietary accessibility, making it particularly suitable for vegans and those pursuing high-protein, low-carbohydrate nutritional goals. **References** - [1] bff-collections-individual-meals-1-high-protein.md - [2] bff-collections-individual-meals-1-low-carbs.md - [6] bff-collections-individual-meals-vegetarian.md