

SNACK TO KETOSIS

OVER 60 IRRESISTIBLE KETOGENIC DESSERT SMOOTHIE RECIPES



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Snack to Ketosis

**Over 60 Irresistible Ketogenic Dessert Smoothie Recipes For Weight
Loss**

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Snack To Ketosis: Over 60 Irresistible Dessert Smoothie Recipes

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Introduction

For years we were told that fats are bad for us and to be healthy we should eat more carbs. But as our knowledge of science and nutrition advanced, we now know fats aren't as bad as we once thought! This is where the Ketogenic Diet comes in. Scientific studies now show the dangers and risks associated with simple carb diets. At the same time many there are many studies that show the health benefits of a high fat low carb diet, including:

- **Increased Energy and Focus**
- **Increased Weight Loss**
- **Lowered Blood Sugar Levels**
- **Decrease in Hunger**
- **Lowered Bad Cholesterol Levels**
- **Reduction in Acne and Skin Inflammation**

One of the biggest challenges I face while on the Ketogenic Diet is snacking between meals. This is especially true when first starting out! Before our bodies start using fat as its main source of energy, our hunger levels are at its highest. That's why it's important to have healthy alternatives to our usual unhealthy impulses.

The Ketogenic friendly smoothies in this book are all quick and easy to make. You can drink them right away, or store them some place cold to have while you're at work. Either way, they will help keep you full until your next meal.

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The book is divided into two sections. The first half is filled with nutrient dense drinks that's designed to give your body a jolt of vitamins and minerals. The other half consists of tasty keto-friendly snack drinks. Think of these drinks as little treats to congratulate yourself for sticking to the diet!

Thank you for reading the book, if you have any questions or comment I would love to hear them!

You can reach me by email at elevatecan@gmail.com or on Twitter at [@JeremyStoneEat](https://twitter.com/JeremyStoneEat)

Bonus Free E-Book: 134 Delicious Salad Recipes



As a special thank you to my readers, I am giving away a free copy of 134 Delicious Salad Recipes! More than any other dish, the unique flavors of a salad is the perfect accompaniment to an elaborate dinner or can be enjoyed on its own. The simple combination of fresh ingredients in a salad can be more impressive than even the most elegant dish. 134 Delicious Salad Recipes gives you easy-to-follow recipes, including both classic favorites and fresh new ideas that you can include in your new Ketogenic Diet.

Subscribe today and get instant access to 134 Delicious Salad Recipes E-book and more awesome resources, click the link below:

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A Quick Overview of the Ketogenic Diet

Have you ever wanted to have more energy in your day, feel better and look better? Many people have found a way to achieve a better life with a simple diet. I know, it sounds too good to be true. Yet, it is really possible to gain more energy, feel better and look better by changing the way you eat. There is no magic pill, rather it is as simple as developing an eating plan that gives your body the nutrients it needs.

What is this magic eating plan? It is known as a Ketogenic Diet. This method of eating is not so new and has been around for thousands of years. Unfortunately, modern society is selecting convenience foods generally loaded with carbohydrates and refined sugars. Today, eating is often done on the run.

Convenience is what sells and manufacturers satisfy consumers' demands. These convenience foods come with preservatives, dyes, added refined sugar, salt and processed grains. While it may be convenient to our schedule, these foods are not convenient for our body to process.

The Ketogenic Diet may sound complex and technical; but simply put, this diet is feeding your body foods that it can process more easily. The human body is made to function using food for fuel, which in turn gives us energy. The Ketogenic Diet optimizes this process with the result of giving us more energy. There are four sources of fuel for the body: carbohydrates, fat, protein and ketones.

But what are ketones? Ketones occur when fat in the body is broken down. The result of a Ketogenic Diet is that fat and ketones become the main source of fuel for the body. The key to eating a Ketogenic Diet is to consume more fats, some protein and little carbohydrates. This allows the body to be in a state of nutritional ketosis.

Before starting any diet, you need to discuss the benefits/risks with your doctor. It is important to understand the impact a diet may have on your body and your medical conditions. This will help you choose a diet that will be safe and give optimal results.

Eating a Ketogenic Diet is not just eating a low carbohydrate diet. Rather than counting carbohydrates, consider being aware of your body and how it is responding to the foods you consume. Are you giving yourself the nutrients that you need? A Ketogenic Diet is a change in both lifestyle and mindset.

When the body uses carbohydrates to convert glucose to energy, blood sugar levels can drop fast. The results are hunger and cravings for sugar and carbohydrates. On a Ketogenic Diet, drops in blood sugar are minimized. This is because fats and ketones serve as fuel rather than quick burning carbohydrates.

Weight loss is hindered by foods that cause cravings for sugar, salt and fats. These addictive foods cause over consumption of food that never give a true feeling of satisfaction. Most often, processed foods are the culprits.

On a Ketogenic Diet, these foods can be avoided and so are the resulting junk food cravings and hunger. Instead of calorie counting, stick to foods found in nature and that are simple to pronounce.

Foods such as grains, dairy and refined sugar cause inflammation in the body. Inflammation hinders weight loss and causes toxins to build up in your body. After starting the Ketogenic Diet, the toxins will be removed and inflammation will decrease.

The above is an over view of the Ketogenic Diet. If you would like to learn more I have a beginner's guide to the Ketogenic Diet where we go more in-depth with the mechanics of the diet and give you proven strategies to help you lose weight for good!

You will also learn...

- How to live a Ketogenic lifestyle
- Awesome Tips To Help You Stay On Track

- Over 40 Easy Recipes For All Meals - Breakfast, Lunch, Dinner and Snacks
- Macro and Micro Nutritional Information For Each Recipe!



[Get your copy at Amazon here](#) or visit <http://amzn.to/1XLLnwH>

Heavenly Nutritious Smoothies

These recipes are nutrient dense concoctions that will fill you up and keep you going throughout the day. These shakes are not only good for you but taste great too!

Avocado-Blueberry Smoothie

This smoothie is not green so even kids will love it. The avocado makes the consistency of the smoothie creamier and richer. The blueberries pack it with fiber and antioxidant, which helps fight off free radicals and heart disease.. I find that even without the added sweetener, the blueberries sweeten the smoothie enough.



Serves: 2

Prep. Time: 3 minutes

Blend Time: 2 minutes

Nutritional Facts

Serving Size: 219 g

Calories: 226

Total Fat: 14.4 g

Saturated Fat: 3.9 g

Trans. Fat: 0 g

Cholesterol: 10 mg

Sodium: 123 mg

Potassium: 361 mg

Total Carbohydrates: 12 g

Dietary Fiber: 4.3 g

Sugar: 6.1 g

Protein: 13.7 g

Vitamin A: 4%

Vitamin C: 13%

Calcium: 17%

Iron: 6%

Ingredients:

- 1/4 cup frozen blueberries, unsweetened
- 1/2 avocado, peeled, pitted, sliced
- 1 cup unsweetened almond milk, vanilla
- 1 scoop vanilla isolate protein or 2 tablespoons gelatin
- 1 tablespoon heavy cream
- 1 pack Stevia or 2 teaspoons Splenda

Directions :

1. Put everything in a blender. Blend for until smooth. Pour in a glass. Enjoy!

Energizing Smoothie

Not only is this thick smoothie delicious, the cranberries pack it with anti-bacterial properties that help prevent kidney ulcers. Cranberry juice is also known to help prevent kidney and urinary tract infections. Recent studies also show that cranberries help reduce bad cholesterol (LDL) and increases the level of good cholesterol (HDL).

Serves: 2

Prep. Time: 3 minutes

Blend Time: 2 minutes

Nutritional Facts

Serving Size: 223 g

Calories: 192

Total Fat: 8.4 g

Saturated Fat: 1 g

Trans. Fat: 0 g

Cholesterol: 0 mg

Sodium: 33 mg

Potassium: 130 mg

Total Carbohydrates: 13.7 g

Dietary Fiber: 3.5 g

Sugar: 9.2 g

Protein: 13.2 g

Vitamin A: 0%

Vitamin C: 29%

Calcium: 2%

Iron: 9%

Ingredients:

- 1 cup berries, frozen
- 1 cup water
- 2 teaspoons Splenda or 1 packet Stevia
- 1 scoop vanilla whey isolate powder or 2 tablespoons gelatin plus 1 teaspoon vanilla extract

- 1 tablespoon flaxseed oil
- 1 tablespoon ground flaxseed
- 1 teaspoon unsweetened cranberry juice
- 2 teaspoons lemon juice
- 8 ice cubes

Directions :

1. Put everything in a blender except the ice cubes. Blend for until smooth. Add in the ice cubes. Blend again. Pour in a glass. Enjoy!

Green and Blue Smoothie

Whenever I want to add greens into my smoothie, spinach is definitely my favorite green. It is not as bitter as other greens, such as kale, and they blend easy to create delicious smoothies. Blueberries and spinach also combine to make a smoothie that's packed with Vitamin K, which is important in bone health maintenance, and also rich in vitamin A, folate, manganese, iron, and magnesium.



Serves: 1

Prep. Time: 3 minutes

Blend Time: 2 minutes

Nutritional Facts

Serving Size: 382 g

Calories: 229

Total Fat: 4 g

Saturated Fat: 2 g **Trans. Fat:** 0 g

Cholesterol: 6 mg

Sodium: 182 mg

Potassium: 440mg

Total Carbohydrates: 12.1 g

Dietary Fiber: 1.9 g **Sugar:** 8.8 g

Protein: 38 g

Vitamin A: 57% **Vitamin C:** 24%

Calcium: 27% **Iron:** 10%

Ingredients:

- 1/4 cup frozen blueberries
- 1/3 cup unsweetened almond milk
- 1/2 cup Greek or Fage yogurt (plain or full-fat)
- 1 scoop vanilla isolate protein or 2 tablespoons gelatin plus 1 teaspoon vanilla extract
- 1 cup spinach, loosely packed
- 1/3 cup ice

Directions :

1. Put everything in a blender except the ice cubes. Blend for until smooth. Add in the ice cubes. Blend again. Pour in a glass. Enjoy!

Blueberry Bliss

This simple low carb smoothie is both nutritious and delicious. Aside from the sweet taste, blueberries are considered as a superfood because its high antioxidant content.. Numerous studies also show that blueberries help lower blood pressure and contain anti-diabetic effects. Like cranberries, blueberries also have anti-bacterial properties.



Serves: 2

Prep. Time: 3 minutes

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