



SUPERFOOD SMOOTHIES

Superfoods with Smoothies for Weightloss

Deborah Lopez with Tammy Walker

Table of Contents

<u>Title Page</u>
<u>Deborah Lopez and Tammy Walker</u>
<u>Introduction</u>
<u>Section 1: Smoothie Diet Cookbook</u>
<u>The Benefits of a Smoothie Diet, Fruits in Particular</u>
<u>Lose Weight and Fat on the Smoothie Diet</u>
<u>Fruit Smoothies</u>
<u>Blackberry Banana Smoothie</u>
<u>Spicy Banana Smoothie</u>
<u>Watermelon Banana Berry Smoothie</u>
<u>Mango Papaya Smoothie</u>
<u>Banana Coconut Smoothie</u>
<u>Fruit Spread Smoothie</u>
<u>Nothing But Fruit Smoothie</u>
<u>Creamy Strawberry Smoothie</u>
<u>Apple Spice Smoothie</u>
<u>Banana Berry Vanilla Smoothie</u>
<u>Refreshing Smoothie</u>
<u>Peachy Banana Berry Vanilla Smoothie</u>
<u>Extra Large Fruit Punch Smoothie</u>
<u>Raspberry Banana Smoothie</u>
<u>Mango Banana Smoothie</u>
<u>Vanilla Orange Banana Smoothie</u>
<u>Purple Smoothie</u>
<u>Fruit Milky Smoothie</u>
<u>Strawberry Pear Smoothie</u>
<u>Spicy Banana Smoothie</u>
<u>PB Banana Smoothie</u>
<u>Herbed Strawberry Mango Smoothie</u>
<u>Orange Berry All Fruit Smoothie</u>
<u>Berry Berry Smoothie</u>
<u>Blueberry Banana Protein Smoothie</u>
<u>Mango Blueberry Smoothie</u>
<u>Tapioca Chai Smoothie</u>
<u>Refreshingly Fruity Smoothie</u>
<u>Cherry Lemon Banana Smoothie</u>
<u>Berry Good Cherry Smoothie</u>
<u>Hot Chocolate Strawberry Smoothie</u>
<u>Hot Chocolate Blueberry Smoothie</u>
<u>Banana Cherry Cordial Smoothie</u>
<u>Simple Chocolate Peanut Butter Banana Smoothie</u>
<u>Acai Cinnamon Berry Smoothie</u>
<u>Spicy Pear Smoothie</u>
<u>Sweet Banana Nut Smoothie</u>
<u>Hot Chocolate Dessert Smoothie</u>

[Orange Berry Banana Smoothie](#)
[Fig Smoothie](#)
[Minty Melon-Umber Smoothie](#)
[Tangerine Smoothie](#)
[Sweet Mango Smoothie](#)
[Almond Banana Smoothie](#)
[Pumpkin Smoothie](#)
[Oatmeal and Fruit Smoothie](#)
[Pomegranate Smoothie](#)
[Melon Smoothie](#)
[Vegetable Smoothies \(Also known as green smoothies\)](#)
[Creamy Papaya Smoothie](#)
[Strawberry Mud Smoothie](#)
[Zucchini Orange Smoothie](#)
[Silly Sweet Zucchini Smoothie](#)
[California Delight Smoothie](#)
[Pineapple Kiwi Smoothie](#)
[Melon Cucumber Broccoli Smoothie](#)
[Truly Green Smoothie](#)
[CocoCranNut Smoothie](#)
[Gingered Veggie Fruit Smoothie](#)
[Rhubarb Fruit Smoothie](#)
[Banana Chocolate Mint Green Smoothie](#)
[Spicy Tomato Smoothie](#)
[Broccoli Smoothie](#)
[Orange Carrot Cantaloupe Smoothie](#)
[Avocado Maple Smoothie](#)
[Spicy Vegetable Smoothie](#)
[Kale Smoothie](#)
[Vanilla Yam Smoothie](#)
[Sweet Potato Banana Smoothie](#)
[Banana Kale Orange Smoothie](#)
[Eat Your Vegetables Smoothie](#)
[Tofu Smoothies](#)
[Banana Berry Tofu Smoothie](#)
[Apple Strawberry Banana Smoothie](#)
[Apple Peach Banana Smoothie](#)
[Banana Raspberry Tofu Smoothie](#)
[5 Day Sample Menu](#)
[Day One](#)
[Day Two](#)
[Day Three](#)
[Day Four](#)
[Day Five](#)
[Section 2: Smoothie Diet](#)
[Liver Detox and You](#)
[Smoothies And Weight Loss](#)
[Part 1: Fruit Smoothies](#)

[Recipe #1: The Basic Fruit Smoothie:](#)
[Recipe #2: The Frozen Banana Smoothie](#)
[Recipe #3: The Banana Berry Colada](#)
[Recipe #4: The Basic Grape Smoothie](#)
[Recipe #5: Raspberry-Orange Smoothie](#)
[Recipe #6: Kiwi-Apple Smoothie](#)
[Recipe #7: Apple-Lemon Smoothie](#)
[Recipe #8: Pear-Nut Smoothie](#)
[Recipe #9: Nutty Creamy Apple Smoothie](#)
[Recipe #10: Apple-Blueberry Smoothie](#)
[Recipe #11: Cherry Apple Smoothie](#)
[Recipe #12: CranBananaSmoothie](#)
[Recipe #13: Plum-Apple-LemonSmoothie](#)
[Recipe #14: Plum-Banana Smoothie](#)
[Recipe #15: Kiwi-Banana Smoothie](#)
[Recipe #16: Kiwi-Mint Smoothie](#)
[Recipe #17: Cantaloupe Strawberry Smoothie](#)
[Recipe #18: Cantaloupe-Apple Smoothie](#)
[Recipe #19: Pumpkin-Apple Smoothie w/ Cinnamon](#)
[Recipe #20: Basic Sweet Grapefruit](#)
[Recipe #21: Watermelon-Banana Smoothie](#)
[Recipe #22: Watermelon-Pear Smoothie](#)
[Recipe #23: Tangerine-Coconut Smoothie](#)
[Recipe #24: Tangerine-Pineapple Smoothie](#)
[Recipe #25: Pineapple-Vanilla Smoothie](#)
[Part 2: Green Smoothies](#)
[Recipe #1: Banana-Papaya Smoothie](#)
[Recipe #2: Dandelion Smoothie](#)
[Recipe #3: Romaine Lettuce and Avocado Smoothie](#)
[Recipe #4: Fuji-Apple Avocado Smoothie](#)
[Recipe #5: Rainbow-Chard Smoothie](#)
[Recipe #6: Spinach-Banana Smoothie](#)
[Recipe #7: Young Coconut-Pineapple Smoothie](#)
[Recipe #9: Bell Pepper-Avocado Smoothie](#)
[Recipe #10: Tomatocado](#)
[Recipe #11: Red 'n Green](#)
[Recipe #12: Celery-Banana Smoothie](#)
[Recipe #13: Kale-Banana Smoothie](#)
[Recipe #14: Blueberry-Spinach Smoothie](#)
[Recipe #15: Lovely Tomato](#)
[Recipe #16: Purple Rainbow](#)
[Recipe #17: The Monster](#)
[Recipe #18: Basic Green Smoothie](#)
[Recipe #19: Green Grape Smoothie](#)
[Recipe #20: Pomegranate-Blueberry](#)
[Recipe #21: Acai Special](#)
[Recipe #22: Cucumber-Pear](#)
[Recipe #23: Citrus Sweet Potato Smoothie](#)

[Recipe #24: Banana and Broccoli Smoothie](#)

[Recipe #25: Celery-Red Grape Smoothie](#)

[Recipe #26: Mango-Tomato Smoothie](#)

[Part 3: Breakfast Smoothies](#)

[Recipe #2: Oatmeal-Strawberry Smoothie](#)

[Recipe #3: Basic Berry Smoothie](#)

[Recipe #4: Banana Crunch Smoothie](#)

[Recipe #5: Raspberry-Peach Smoothie](#)

[Recipe #6: Basic Protein Smoothie](#)

[Recipe #7: Cherry Vanilla Smoothie](#)

[Recipe #8: Basic Apricot Breakfast Smoothie](#)

[Recipe #9: Pomegranate Smoothie](#)

[Recipe #10: Coffee-Banana Tofu Smoothie](#)

[Part 4: Energy Smoothies](#)

[Recipe #1: Basic Energy Smoothie](#)

[Recipe #2: All Day Energy Smoothie](#)

[Recipe #3: Blueberry-Soy Smoothie](#)

[Recipe #4: Super Energy Smoothie](#)

[Recipe #5: Cocoa-Peanut Butter Smoothie](#)

[The Five Day Meal Plan](#)

Superfood Smoothies

Superfoods with Smoothies for Weightloss

Deborah Lopez and Tammy Walker

Copyright © 2013 Deborah Lopez and Tammy Walker
All rights reserved.

Introduction

Why go on a superfood smoothie diet? Smoothies are a great way to lose weight and to catapult you into a healthier dieting lifestyle. Superfoods are highly nutritious and can help the body to both treat and prevent health conditions like heart disease, diabetes, and even cancer. The nutrient in the superfoods is easily assimilated by the body by eating them rather than having to take supplements. If you get sick you may have to go on prescription medications and don't you think it is healthier to first prevent this from happening through your diet? Nature knows how to take proper care of the body if we allow it. Superfoods are easy to find in every grocery store and they are cost effective, especially if you consider the doctor bills you will save if you just stay healthy.

A healthy person can increase their chances of staying healthy and grow even stronger by going on a superfood smoothie diet. If a person has any health issue, they may can turn it around by going on the diet. It is a great "side effect" of the diet to help overcome certain health conditions. Some health conditions if left unchecked can be very grave in the outcome. It is as simple as eating healthy to help prevent a heart attack. Just knowing that alone should encourage more people to change their diets to a better healthier one.

What is it about superfoods that help our body to treat and prevent ill health conditions? It is because of the nutrients packed in the superfoods, nutrients like anti-oxidants. Beta carotene, vitamin A, C, E and selenium are anti-oxidants and so are CoQ10, ligand, lycopene, flavonoids, lutein, and polyphenols which are all found in abundance in superfoods. These nutrients are responsible for helping the body to build strong bones, strong immune system, which helps to fight off bad infections caused from free radicals.

Superfoods include many different food choices, which make going on the superfood diets so easy because you have a big variety to choose from for your meals. It does not matter which of the superfoods you eat, you can gain the nutrients from all of them. So if there is one you do not particularly

care for you can eat of the other choices. You will not find as high a quality of the nutrients derived from the superfoods on any processed foods because you cannot spray on nutrients and it be the same as what nature provides. Nature provides the highest in quality of nutrients in the food.

The list of superfoods includes chocolate, tea, tomatoes, walnuts, yogurt, spinach, beans, kale, pumpkin, oranges, blueberries, broccoli, salmon, turkey, and oats. Most of the recipes within this book will call for these ingredients. If they are not in the recipes, you should include them with your meal plans.

You can find good protein as well as nutrients in fish. Cold water fish like salmon, mackerel, sardines, and herring contain high levels of omega 3 fatty acids and give the diet a well-rounded dose of nutrients. Omega 3 fatty acids are beneficial in fighting high cholesterol, brain issues, arthritis, and heart disease. You should include fish in your menu at least two or three times a week, but no more than that. Omega 3 fatty acids are also found in walnuts, eggs, and flax seeds.

You also need to include plenty of fiber in your diet, which works well along with the superfoods. Even some of the superfoods are also high in fiber like beans, fruits and vegetables, but it is good to include extra fiber in the menu. Fiber helps with weight loss too because it helps the body to feel full faster stopping you from eating more. Other foods high in fiber are whole grains.

Help the body to be even stronger and add calcium to your diet. Dairy foods including yogurt (which is a superfood) are high in calcium. Calcium helps to strengthen the bones. Bone issues are common with older adults and they need the calcium. It helps as a preventative to make sure you get plenty of calcium before the bones are brittle. But it can be a good treatment as well.

Chocolate is a favorite of many. The wonderful fact about chocolate and dark chocolate in particular is that it is a superfood and high in anti-oxidants. Many people struggle with a chocolate addiction and perhaps you do not have to give it all up. If you love it, have a little, because a little will give you some very beneficial nutrients.

A diet of superfoods will give your body a huge boost in helping it to be and stay healthy and strong. The nutrients in the superfoods are like giving your immune system muscles to fight off damage caused by free radicals

and it even helps the body to treat and prevent conditions like high cholesterol, high blood pressure, and high blood sugar. Superfoods are safe for the whole family to consume because they are the best foods from nature. All the recipes in this book contain ingredients that include most of the superfoods listed above. All the recipes are delicious and nutritious and the smoothies offer a great way to lose weight.

Before going on the superfoods smoothie diet make sure you check with your health care provider. Go over the diet plan and make sure your body can handle a smoothie diet. You may wish to go on a complete smoothie diet and drink smoothies for all your meals and snacks, or go on a modified smoothie diet and include solid foods in with the plan. Ask your health care provider about adding exercise to your routine too especially if weight loss is your goal. Dieting and exercise are two of the best ways to lose weight fast and effectively. Make up your mind once you lose the weight to continue to eat superfoods to help manage your weight and health.

Section 1: Smoothie Diet Cookbook

Smoothies are a delicious way of enjoying nature's best in fruits and vegetables. They are a great way to eat a meal in a glass, offering a fast and easy means to preparing and eating. Many people today do not get enough proper nutrition due to busy lifestyles and fast convenient foods are their mainstay. A smoothie offers a fast and convenient way to consume fresh fruits and vegetables without the added preservatives and processed sugars. Even if a person does not like the taste of vegetables, the smoothie will be covered by the flavor of the added fruit, making it easy and pleasant to consume the food.

A smoothie is a drink created from fresh fruits and vegetables with a liquid, from either water or dairy or something similar. Other flavors and textures can be added if desired and it helps to make the smoothie a complete meal to add proteins.

The Benefits of a Smoothie Diet, Fruits in Particular

The smoothies included on the smoothie diet are high in nutrients. It gives the body a good amount of vitamins and minerals and even healthful essential fatty acids when certain ingredients are included. This combination is a good way to receive the nutrients necessary to give the body energy. It takes energy to be able to move about and moving about, or exercising, is vital to a healthy body. If the desire it so lose weight, then exercising while going on the diet will help to facilitate both weight and fat loss. Smoothies offer a way to gain all the nutrients necessary in one glass, making it an easy diet to follow without a lot of prep work.

Being dehydrated is a major concern for some people. They do not take the time needed to drink the water their body needs each day. Or they drink junk food drinks that do not give the body any nutritional benefit. Being on the smoothie diet insures the body will stay well hydrated, since the smoothies are primarily liquid created from healthy foods like fruits and vegetables. Even if the main liquid of the smoothie is milk or yogurt, those are primarily made from water, so the body derives plenty of water from the drinks.

Many smoothie recipes contain dairy foods, which makes the smoothie recipe high in calcium. Calcium is a vital nutrient and is responsible for helping the body to have strong bones. Adding milk to the recipes helps to add this nutrient to the body. When the recipe calls for yogurt, there are added benefits in the form of good probiotics, which aids the digestive system. Using whole dairy over low fat will provide a higher level of the nutrients.

The smoothie diet is one of the easiest diets to create and follow. It does not take rocket science to concoct smoothie recipes and pour them into a glass to drink. It takes significantly less time than it does to prepare food and cook a meal. Adding ingredients to the smoothies allows the offering of extra nutrients. Adding a tablespoon of extra virgin coconut oil gives a good dose of healthy fatty acids as well as antioxidants.

Breakfast is the most important meal of the day. This meal gives the energy to face the rest of the day. If we eat junk for breakfast, the result will be a

sluggish feeling, and weight gain. If we eat a nutritious meal we will have energy to burn, we will want to get up and move around. Often, breakfast is overlooked due to time restraints. Busy lifestyles have us getting up late and running, unable to stop and cook a healthy breakfast. A smoothie for breakfast makes it possible to have a nutritious and quick breakfast. It only takes a few minutes to fix and drink. Much of the ingredients can be prepped the night before, so it will be ready to go the morning of. Some smoothies will allow for fixing ahead of time and storage in the refrigerator.

One of the best breakfast foods are fruit. These are packed with nutrients and have enough sweetness to them to satisfy our sweet tooth. By pairing fruit with nutritious oils and dairy, the result is a drink that will give the body energy and satisfaction. No hunger pangs, just a good feeling of wellness. Pick and choose ingredients that offer the highest level of nutrition and ones that work well together to help give the body an energy boost, which is the most important aspect of a breakfast food.

Most of the smoothie recipes do contain fruit a few contain vegetables. Fruits are high in carbohydrates. Good carbs are what gives the body the energy needed to move. Fruits contain natural sweeteners, which the body assimilates faster and easier than processed sweeteners. Caution should be made when looking to drink a prepackage smoothie over one that is home made. Prepackaged smoothies may contain added sugar and calories, which will not facilitate weight and fat loss, but will instead add to it.

The smoothie diets give the body a high amount of antioxidants, which are vital nutrients. Antioxidants are vitamins like A, C and E. These help the body to fight off free radicals. Free radicals are agents that attack the cells in the body and can lead to detrimental diseases like cancer. If the body has enough of these antioxidants, it can fight off these illnesses because it boosts and strengthens the immune system.

In addition to antioxidants, healthy smoothies also contain high levels of vital vitamins and minerals that come from the fresh foods added. All fruit is healthy, containing good levels of vitamins and minerals. Each fruit varies in the content of the nutrition; it helps to include a big variety of fruits while on the smoothie diet. For example, oranges and strawberries contain vitamin C. Cantaloupe, papaya, and peaches contain vitamin A, and B vitamins are found in bananas and cantaloupes. Bananas are known for containing potassium. Ever hear of the advice to eat a banana to keep from getting muscle spasms? Cantaloupe also contains potassium. Copper is

found in kiwi, peaches, and pineapple. Bananas, blueberries, and strawberries contain manganese.

Fiber is a valuable substance in food for the body. Without fiber the body would stop up, the digestive system would become sluggish and unable to absorb all the nutrients needed to be healthy. Fruit provides a natural source high in fiber, especially if the peels and skins of the fruit are eaten (like pears, apples and even on berries.) The meat of the fruit also contains fiber, especially kiwi, bananas and papayas and even cherries and strawberries. When eating a healthy smoothie diet be ready for a good digestive system cleanse.

A good healthy smoothie needs an added protein because fruit by itself is not too high in protein. Adding dairy, like milk or yogurt helps to provide the needed protein. Even a spoon of powdered milk will give the smoothie a nice protein boost. Protein is needed along with carbohydrates to help the body. While the carbs give energy, proteins give the cells substance, to build muscles, to move.

One of the major benefits of the smoothie diet is the low fat content in the food. Some fat is needed, so do not feel bad by choosing to use whole dairy foods. However, if you want to go lowest possible fat, choose the low fat versions of milk and yogurts.

The Benefits of Drinking Green Smoothies

Not all smoothies are made with fruit only. There is a line of smoothies that add vegetables, in particular, green veggies, thus the term "green smoothies." Going on the smoothie diet insures the body will get plenty of fruit, which is good because as discovered above, fruit contains many good nutrient. However, vegetables are just as good and contains added nutrients, some even higher in antioxidants than fruits. Many people though may turn their nose up at the thought of drinking a pureed vegetable, thinking it will not taste good. Or perhaps they feel only the diehard nutrition 'freaks' are the only ones to drink such smoothies. But the truth is vegetables are a great addition to the ingredient list for smoothie recipes. They do add their own flavors, but often, the fruit and dairy will overpower the vegetable. This allows the benefit of eating their vegetables but only tasting the fruits.

Raw vegetables are the most nutritious. When we cook vegetables, they lose some of their nutrition. Since creating smoothies requires raw ingredients, the nutrition derived from vegetables is high. The benefits of drinking a diet smoothie made with vegetables are powerful. Again, there are pre-packaged green smoothies, but often the veggies included in these are processed and pasteurized, and this causes the vegetable to lose its nutritional benefits. It is better to stick with making all smoothies from scratch to derive the most nutrition.

The diets of today, or lack of good diet, means that people are not gaining the full benefit from the foods they eat. If a person eats a lot of processed foods and junk foods, then it is likely they are not receiving any fresh fruits and vegetables. This causes a host of problems in the body starting with deficiencies of the essential vitamins and minerals we need in order to stay healthy. People think they can gain their nutrients from swallowing supplements, but the benefit is not the same. The best way for the body to get these vital nutrients are from eating highly nutritious whole foods, mainly from fruits and vegetables. Consuming green smoothies, smoothies with vegetables gives the body added vitamin A, B, C and K as well as folate, fiber, omega 3 fatty acids, iron, and zinc.

Vegetables help with weight loss and maintenance. The added vegetables in the smoothies makes them more satisfying and thus people are not as hungry after consuming them and are able to make it to their next snack or meal without being too hungry in between. A really good green smoothie will have sixty-percent fruit with forty percent vegetables. This combination makes the food easier to digest and the body gains the benefit of the nutrients as a result. Junk foods go through the body faster and thus hunger comes on faster, but also because of junk food, the body is not able to absorb all the nutrients from the foods. Eating fruits and vegetables, especially in raw form, slows down the digestive process just enough that the body is able to absorb all the proper nutrients. It also gives a fuller feeling longer, curbing the hunger and stopping the need to graze and snack. In essence, the more junk food you eat, the hungrier you will be and you will keep eating more to try to satisfy the hunger.

Smoothies are actually very good to taste. This is why so many enjoy making smoothies for quickie breakfasts and snacks regardless of their main diet. So many people do not like the taste of vegetables and smoothies, especially green smoothies, given the opportunity to include vegetables

without the worry of the taste hindering the enjoyment of it. Because smoothies are more fruit, the fruit flavor overpowers the vegetable flavor.

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

