

Smoothie Power Weight Loss Plan

# **SMOOTHIE POWER** **WEIGHT LOSS** **PLAN**

**A Complete Action Plan for Losing Weight  
and Cleansing Your Body with Smoothies In 7 Days**



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***By Emmanuel Joatham***

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## **Resources**

If you are in a hurry and want to quickly take a look at the best programs for losing weight, then check out these links below:

1. [How to Lose Belly Fat Fast](#)
2. [How to Lose Weight with a Secret Fat Melting Tea – Start Your Morning Right](#)
3. [How to Lose Weight in Fortnight or Less](#)

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## **Introduction**

Are you tired of trying diet after diet without getting any results? What if you could lose weight by drinking delicious homemade beverages? With a selection of tasty smoothie recipes, you can achieve your weight loss goals. Stop wasting your time and energy on fad diets. You are about to find out why smoothies offer a healthy alternative to traditional dieting options.

### **Discover the Cleansing Power of a Smoothie Detox**

In the following pages, you will discover the power of cleansing with smoothies. By sticking to a list of carefully chosen smoothies, you can perform a healthy detox. This will get your digestive system moving and help promote weight loss.

### **Cardiovascular and Strength Training Exercises for Any Fitness Level**

This guide will also provide you with easy to follow exercises that can increase your chances of success. Along with a healthy diet, you should incorporate moderate exercise into your routine.

### **Learn How to Lose Weight with Delicious Smoothie Recipes**

Anyone can get started on a smoothie diet, with the help of the Smoothie Weight Loss Action Plan. Step by step instructions will explain how to combine a smoothie detox, regular exercise, and smoothie replacement meals to reach your ideal weight as soon as possible. You will also find a great selection of 16 delicious smoothie recipes that you can easily whip together in just minutes.

Keep reading to learn how to lose weight with delicious smoothie recipes.

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## **Chapter #1: The Power of Cleansing with Smoothies**

You have probably heard of detoxes and cleanses, without fully understanding how they work. A cleanse is not a cure-all solution to help you lose weight, but it can jump start your weight loss goals. Let us explore the actual power of cleansing with smoothies.

### **What is a Detox?**

A detox, also known as a cleanse, is a way of ridding your body of harmful toxins and substances. When applied to food, a detox can help you to flush waste products. These detoxes generally last between 3 and 7 days, depending on your current health. During this period, you will eliminate solids from your diet, replacing your meals with healthy smoothies. When combined with proper hydration, you can cleanse your digestive system of waste that could be interfere with your weight loss goals.



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## How Can a Detox Help You Lose Weight?

The main benefit of performing a detox is to give you a clean slate before starting a diet. Here is a breakdown of how this works:

- Speed up digestion by consuming liquid meals
- Eliminate unhealthy fats and unnecessary sugars
- Supply your body with proper hydration and nutrients
- Cleanse your liver and kidneys
- Improve your digestion and promote weight loss



Essentially, you could perform a detox with any health foods and proper hydration. Though, receiving your nutrition in liquid form, such as from a smoothie, is easier on your digestive system. When you consume solids, your digestive system has to break down the foods before the nutrients in the food can be absorbed. Once the food is broken down, waste is sent to your colon. Consuming a liquid

meal speeds this process along, as your body does not have to break down the meal before sorting out the nutrients and the waste.

Also, by eliminating unhealthy fats and sugars, you are ensuring that your body receives optimal nutrition. There is less waste for your body to process when you eliminate processed foods and other unhealthy substances.



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When performing a detox, it is important to stay hydrated. Drinking plenty of water helps the cleansing process. Many people notice a reduction in the frequency of headaches and fatigue when performing a detox. Another benefit that people often experience is regular bowel movements. These benefits are not actually the result of the detox, but the result of proper hydration.

After years of eating a diet full of processed foods, your liver and kidneys are working overtime. As harmful toxins and unhealthy substances build up in your kidneys and liver, these organs have more difficulty filtering waste. This can slow down your digestive process, making it more difficult to lose weight. A detox gives your kidneys and liver a break and cleanses them of these unhealthy substances.



The combination of the effects described leads to improved digestion. The liquid smoothies are easier for your body to digest and allow your digestive process to flush out harmful toxins that could slow down your ability to lose weight.

The bottom line is that a detox gives you a good starting point for your diet. You should experience a substantial drop in weight after completing your detox. The

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average person loses between 2 and 5 pounds by performing a detox. Essentially, you can think of a detox as a reset for your digestive system.

## Using Smoothies for a Detox

There are many different ways to cleanse your system, but a smoothie cleanse offers a healthy solution. Smoothies provide you with nutrition, as long as you select the right ingredients. If you want to detox your body, you can use smoothies as a meal replacement for several days – or up to a week.

There are 5 steps for using smoothies to cleanse your body:

1. Choose Your Smoothies
2. Prepare for the Detox
3. Drink 4 to 6 Smoothies Per Day
4. Drink Plenty of Water
5. Monitor Your Results

## Choose Your Smoothies

First, you will need to choose your smoothies. Towards the end of this guide, you will find a selection of healthy smoothie recipes. It is a good idea to include a large variety of smoothies in your diet while cleansing your system. You will be drinking between 4 and 6 smoothies per day.

If you are pressed for time, you could make 2 to 3 batches during the day, with each batch containing 2 servings. Just remember to store your second serving in an airtight container in your fridge. You may need to stir leftovers smoothies before serving.

## Prepare for the Detox

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About one week before starting your detox, you should prepare your body for the changes. Suddenly going from a diet full of processed foods to a diet containing only smoothies can be a shock to your system.

Prepare your body by replacing one meal per day with a smoothie. For example, one week before you start your detox, you could begin replacing your breakfast with a healthy smoothie from the selection of recipes provided later in this guide.

### Drink 4 to 6 Smoothies Per Day



Once you are ready to get started on the cleanse, you will be drinking between 4 and 6 smoothies per day. It is important to include a variety of recipes so that your body receives proper nutrition. This also helps keep you from getting tired of drinking the same smoothies over and over again.

You should start your smoothie cleanse in the morning. Keep track of the day that you started and pay attention to your body. If you experience fatigue or weakness, you should return your normal diet. This is a rare occurrence and is

often the result of eating a diet that primarily consists of starches and refined sugars.

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Start your morning with a smoothie. The first smoothie of the day should include more fruit than vegetables. Fruit contains more sugar than vegetables, which gives your body energy for the day. Have another smoothie for lunch, and another in the early evening. You can have your fourth smoothie when you would normally eat supper. You choose any of the smoothies provided later in this guide.

If 4 smoothies per day do not keep you full, then you can increase your daily smoothie count to 6. Several of these smoothies should contain blueberries, blackberries, or strawberries. Berries contain antioxidants which help promote the detoxification process.

### **Drink Plenty of Water**

When performing a detox, it is important to stay hydrated. Drink at least 8 glasses of water throughout the day, in addition to your 4 to 6 smoothies. Drinking water will help you stay full between meals and also aid the cleansing process.

### **Monitor Your Results**

The final step in performing a smoothie detox is to monitor your results. After the first couple of days, you should begin to notice some changes. You may experience more regular bowel movements and clearer urine. The length of detox will depend on your needs. Again, pay attention to your body. You should start to notice an increased energy, along with better focus and mental clarity. After several days, if you have



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not experienced any improvements or changes to your body, then you should continue with the detox. Continue drinking 4 to 6 smoothies per day for up to 7 days.

You may have trouble staying away from solids during your detox – especially during work. Snacking on some fresh fruit or vegetables during the day will not detract from your detox. You could snack on an orange, an apple, a banana, or any other fresh produce to keep you away from processed foods during the detox.



When the 3 to 7 days are up, you can resume your regular diet or use the Smoothie Weight Loss Action Plan provided later in this guide. If you are serious about weight loss, you should definitely consider using the easy-to-follow action plan.

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## **Chapter #2: Exercises to Help Promote Weight Loss**

If you ask any doctor to describe the best method for losing weight they will likely tell you to eat a balanced diet and get regular exercise.

When you want to lose weight, you might focus solely on your diet. While eating healthy can help promote weight loss, you should make additional changes to your lifestyle and daily routine. Along with a healthy diet, you should include regular exercise.

You do not need to begin an intense workout to reach your ideal weight. But, it is a good idea to include some form of exercise. You can keep it simple. In the next chapter, you will create a 7-day workout schedule that you can use to promote weight loss, along with your smoothie diet.

So, which exercises should you use to lose weight? This will depend on your current fitness level and health. Workouts can be divided into two separate categories – cardiovascular exercises and strength training exercises.

### **Cardiovascular Exercise**

It is recommended that everyone gets 30 minutes of cardiovascular exercise at least 5 times per week. If you are not used to working out, this can seem like a lot of work. You can start off slowly. Choose a cardiovascular activity, such as:

- Walking
- Jogging
- Running
- Cycling
- Indoor cycling
- Swimming

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For those that have not worked out in a while, you may want to start with walking. Whichever activity you choose you can start by performing 10 minutes of exercise Monday through Friday, for the first week. During your second week of exercise, increase your workout time to 20 minutes. When you reach the third week, switch to 30 minutes of exercise.



Cardiovascular exercise improves heart health and gets your blood pumping. You will burn additional calories, without engaging in a strenuous activity, and begin improving your overall health.

### **Strength Training Exercises**

Cardiovascular exercise is a good place to start. If you really want to lose weight quickly and efficiently, then add strength training exercises to your routine. Again, you can start off slowly.

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Strength training helps you build muscle. While you do not need to develop large, bulging muscles, building some muscle definition will help you lose weight. The more muscle you have the more energy your body requires. Adding muscle increases your metabolism, allowing you to burn additional calories.

Perform a handful of strength training exercises after you complete your cardiovascular exercises for the day. By performing the cardio workouts first, you will improve blood circulation, which makes your strength training exercises more effective.

Spending 10 minutes performing strength training exercises will not take too much time out of your day. You could even shorten your cardio workout to 20 minutes so that your total workout only lasts 30 minutes.

## 5 Strength Training Exercises

Here are 5 strength training exercises that you can perform for about 10 minutes after your cardiovascular exercises:

- Dolphin Plank
- Single-Leg Dumbbell Row





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- Squat to Overhead Press
- Step-Up with Bicep Curl
- Curtsy Lunge

Performing one set of each of the following exercises should take between 7 and 10 minutes. Depending on how long it takes to complete each exercise, you should include additional sets. Though, for the first few days, you should perform one set of each exercise to get a better sense of how long these strength training exercises take.

### **Dolphin Plank**

Lie face down on an exercise mat. Keep your toes tucked and your forearms on the floor next to your chest. Lift your belly button and raise your hips until you are in a plank position.

Inhale and lift your hips until your body forms the shape of an inverted V. Hold this pose for 1 second and then slowly return the starting plank position. Perform 15 repetitions to complete a set, which should take about 1 minute.

### **Single-Leg Dumbbell Row**

The single-leg dumbbell row will work your shoulders, abs, biceps, quadriceps, and hamstrings. Stand up with a 5-pound weight in your left hand. Lean forward, with your right hand on a chair or structure for support. Continue leaning forward until your back is nearly parallel to the floor. As you lean forward, keep the weight in your left hand brought up towards your chest. After your back is mostly parallel, lower your left arm towards the floor. Lift your left leg behind you. Try to stretch your leg out in a straight line. This is the starting position.

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