

P E T E M A R T I A L



30 *Delicious*
**DETOX, CLEANSE,
AND GREEN
SMOOTHIE RECIPES**
for weight loss-diet book

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30 Delicious Detox, Cleanse, and Green Smoothie Recipes for Weight Loss-Diet book

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Wait! Before you continue... are you on a diet or want to lose pounds?

If you answered YES, be assured, you are not alone. Almost everyone wants to lose 10, 20, 30 pounds and more. Unfortunately, most of us have no idea how to do it. Yes, dieting can work, but starving yourself just leads to frustration and eventual failure.

If you've been searching for weight loss tips that really work - you've found the right place. Diets including smoothies are effective for weight loss; however, it is highly advised to combine smoothies with other weight loss recipes and programs to obtain optimal results.

Click below on the **links** to access **5 POWERFULL WEIGHT LOSS PROGRAMS** packed with full of weight loss secrets, myths, and hacks so you can easily and quickly create the body of your dreams.

- 1. Want a customized smoothy plan for weight loss? Try The Smoothie Diet: 21 Day Rapid Weight Loss Program. Get 22% off if you purchase now !!! 5 DAYS LEFT**
<https://d8382kybkn0y8xekufvirj15l.hop.clickbank.net/> (Smoothy diet: 21 Days Rapid weight loss)
- 2. Cut off belly fats and obtain a flat stomach. Save 72% on our best offer if you buy today. VALID FOR 6 DAYS ONLY**
<https://f5f19i5dponyw2wdecfs5n24u9v.hop.clickbank.net/> (Lanta Flat Belly Shake)
<https://f4995i82sqx2aweee5srbk8k5g.hop.clickbank.net/> (Flat Belly Fix)
- 3. Hight fat-burning tea. Get 50% off if your order today. JUST 6 PACKS REMAINING**
<https://8f992b39oq08bp2-0c5jii54nv.hop.clickbank.net/> (All Day Slimming Tea)
- 4. Get a 70% reduction on the ultimate health and fitness package. Get 74% off the whole package if you buy today !!!**
<https://jvz2.com/c/2420253/39889> (Ultimate Health and Fitness Package)

FREE Bonus Offer:

- 5. Click on the link below for FREE ACCESS to your Giveaway 7 Day Keto Meal Plan**
<https://3c28cb17lly52k8tqc3b9k6od1.hop.clickbank.net/?cbpage=7dp>
(Giveaway 7 Day Keto Meal Plan Free)

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BEFORE



AFTER

INTRODUCTION

Smoothies are considered amazing for the weight loss and health benefits they possess. A high-quality smoothie allows you to blend lots of nutrient-dense ingredients into one drink. We can think of a smoothie as a one-stop-shop for optimal health and fitness.

Smoothie recipes compiled in this e-book are geared towards boosting your energy level, metabolism and eventually burning fats. These smoothies also contain some of the most powerful antioxidants in the world. Matcha Green tea is known to contain very high concentrations of antioxidants in the world. Other smoothie constituents including blueberry, cranberry, blackberry, prune, raspberry, strawberry, apple, and plumb are listed among the top 20 antioxidant foods in the world by webmd.com.

Many of these smoothie recipes are very effective for muscle recovery after an intense resistance training session. By putting your muscles at work, you skyrocket your metabolism and burn fat simultaneously.

When you're thinking about boosting your overall health and losing weight, proper nutrition is an absolute prerequisite. Smoothies are high in essential vitamins and minerals and many contain "green" ingredients such as Spinach and Kale. These green ingredients should not stop you. In fact, mixing and blending with tropical fruit makes your smoothie delicious. Kale is one of the most nutrient-dense foods worldwide and its consumption is a great way to boost your immune system and burn fat.

The liquid bases for these smoothies are generally Green Tea (Proven Fat Burner and Metabolism Booster), Orange Juice (do not use concentrates), Almond Milk, and Coconut Milk (No Sugar added types have below 50 calories per serving). Also, do not use pomegranate and blueberry concentrate to replace the natural Juices.

Although fruits have sugar (fructose) and carbohydrates; it's healthy carbohydrates and with extremely high quantities of vitamins, minerals, and antioxidants – they can help in weight loss while yielding a huge boost in overall health. Fruits are some of the healthiest and most

nutrient-rich foods in the world, and they shouldn't be avoided even by people trying to lose weight.

Smoothie additives like ground flaxseed, chia seeds, and rolled oats provide tons of dietary fiber which will help keep you full and keep away those hunger attacks. Chia seeds and flaxseed are also high in omega 3's which are proven health boosters that can increase your energy levels and help you lose weight.

Coconut Oil is a smoothie additive of choice because it is what can be called a medium-chain fatty acid. It's going to be used by your body as an energy source – and won't be stored as fat. It also has tons of antioxidants and health benefits. Numerous publications on coconut oil, have been well elaborated by health professionals including a recently published book entitled “The Coconut Oil Miracle.” Coconut Oil gives smoothies a succulent and tropical addition.

Powder add-ins like Whey Protein and L-Glutamine are proven to be muscle builders and will help you recover from exercise and keep you full. The smoothies that contain whey protein can be used as meal substitute options for people seeking weight loss. A quality whey protein is generally very low in fat and carbohydrates and veritably high in muscle-building amino acids. L – Glutamine has anti cortisol properties and will help your body recover from exercise and will increase energy level.

Truvia is a natural sweetener and is a great add-in to smoothie recipes because it is a healthy sugar substitute. Stay away from Splenda and anything that contains aspartame. Truvia is a stevia extract and is an extremely healthy sugar substitute that will satisfy your sweet tooth without all of the calories.

Smoothie #1: TROPICAL WEIGHT LOSS RECOVERY



When you are working out to lose weight you need to make sure that you are feeding your body the proper “recovery formula.” This smoothie is high in vitamins with oranges, pineapple, and bananas.

Whey Protein and L-Glutamine will combine to give your body a great boost of amino acids and protein and help to keep you full without the addition of carbohydrates. This smoothie has under 400 calories and is delicious after an intense cardio session or summer day.

INGREDIENTS

1 Cup Orange Juice
½ Cup Pineapple
½ Frozen Banana
1 Scoop Whey Protein
3 Grams L-Glutamine
Powder (optional)

DIRECTIONS

1. Add all ingredients into a blender and whiz
2. Enjoy!

Smoothie #2:

TROPICAL CARROT ANTIOXIDANT



Carrot Juice is extremely rich in vitamin A and is a perfect choice for many smoothie bases. This smoothie is extremely rich in vitamins A and C making it a perfect health-boosting snack at any time of the day. Blend smooth and enjoy the wonderful health boost.

INGREDIENTS

1 Cup Carrot Juice (Never from Concentrate)
¼ Cup Frozen Mango
½ Frozen Banana
¼ Cup Frozen Pineapple
¼ cup Strawberries

DIRECTIONS

1. Add all ingredients into a blender and whiz
2. Enjoy!

Smoothie #3: MORNING SMOOTHIE TART



This tart and delicious smoothie will pep you right up in no time! The delicious tastes of orange juice, strawberry, banana, and lime make this a healthy start to any day. Limes are very healthy and help to “alkalize” the body, which is key for optimal health. Chia seeds give you some dietary fiber to keep you full until lunchtime. This smoothie is delicious and less than 300 calories. A perfect start to any day.

INGREDIENTS

1 cup Orange Juice (Never from Concentrate)
½ Cup Frozen Strawberry
½ Frozen Banana Juice from
½ a lime 2 Tbsp. Chia Seeds

DIRECTIONS

1. Add all ingredients into a blender and whiz
2. Enjoy!

Smoothie #4: KIWI COLADA



Coconut Oil is a great source of energy and antioxidants. Ground Flaxseed in the recipe blends great and is a vital source of important Omega 3's. Cranberry is rich in vitamins and antioxidants and blends deliciously with pineapple. Enjoy this unique and tangy smoothie and cheers to your health!

INGREDIENTS

1 cup Coconut Milk
½ Kiwi
2 Tbsp. Coconut Oil
½ Cup Frozen Pineapple
1 tbsp Ground Flax Seed

DIRECTIONS

1. Add all ingredients into a blender and whiz
2. Enjoy!

Smoothie #5:

CUCUMBER LIME REFRESHER



An extremely easy and delicious drink to enjoy on a hot day. This drink will stimulate weight loss through its green tea base, and optimal health with alkalizing cucumber and lime. One of my favorite smoothies to enjoy on a hot summer day.

INGREDIENTS

1 Cup Green Tea
½ Cucumber
1 Squeezed Lime
4-5 Ice Cubes

DIRECTIONS

1. Add all ingredients into a blender and whiz
2. Enjoy!

Smoothie #6:

CHOCOLATE PEANUT BUTTER WEIGHT LOSS



For all of us who are on a diet and craving the combination of peanut butter and chocolate – finally a delicious and healthy alternative!

Believe it or not, this smoothie has under 400 calories! Peanut butter and low-fat chocolate whey protein make this a delicious combination that will keep you full for long periods. L-Glutamine is a great recovery aid for keeping your health and energy levels high when you are training to lose weight.

INGREDIENTS

1 cup Almond Milk
2 Tbsp Peanut Butter
½ Frozen Banana
1 Scoop Whey Protein
(Chocolate)
5 Grams L –Glutamine Powder

DIRECTIONS

1. Add all ingredients into a blender and whiz
2. Enjoy!

Smoothie #7: BANANA'S GONE WILD



This is a rich and delicious smoothie that will keep you full and provide tons of vitamins and minerals. Banana's gone wild has a rich and tropical taste and has an almost ice cream-like consistency with its frozen banana, almond milk, and frozen mango. An incredibly healthy smoothie recipe that also packs in fiber and omegas with chia seeds as well as healthy fats with coconut oil.

INGREDIENTS

1 cup Almond Milk
1 Frozen Banana
1 Tbsp Coconut Oil
¼ Cup Frozen Mango
2 Tbsp Chia Seeds

DIRECTIONS

1. Add all ingredients into a blender and whiz
2. Enjoy!

Smoothie #8:

HEALTH BOOSTER



Could this be the perfect combination of weight loss and antioxidants? Combining three of the richest antioxidant sources in the world with metabolism-boosting green tea, the health booster is a smoothie you can enjoy at any time of the day. I have this smoothie 2-3 days a week and my body thanks me each and every time!

INGREDIENTS

1 cup Pomegranate Juice
¼ Cup Strawberries
¼ Cup Wild Blueberry
1 Tbsp Matcha Green Tea

DIRECTIONS

-
1. Add all ingredients into a blender and whiz
 2. Enjoy!

Smoothie #9:

TROPICAL NUTRITION PHENOMENON



This is one of my favorite smoothie recipes because it packs in a ton of Vitamin A and K along with tropical and delicious fruits. Kale and spinach are two of the most nutrient-dense foods in the world, and the somewhat bitter taste of this is covered up perfectly by the pineapple and mango. This is one delicious and nutrient-dense tropical treat.

INGREDIENTS

1 cup Coconut Milk
¼ Cup Spinach
¼ Cup Kale
¼ Cup Frozen Pineapple
¼ Cup Frozen Mango

DIRECTIONS

1. Add all ingredients into a blender and whiz
2. Enjoy!

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