

### Disclaimer:

By reading this book you are agreeing that you are doing it on your own free will and the author is not responsible for health issues, allergies, or anything else that may occur. Please consult with a doctor before attempting to try a new diet or new procedures for weight loss. If you are under the age of 18 please consult with your parents before attempting to partake in these recipes. To make sure you're getting the exact calories please use measuring cups. All recipes must be blended in a blender.

### Banana Kiwi Smoothie

1 banana peeled and cut

1 kiwi peeled and cut

1 cup of low fat plain yogurt

1 teaspoon of sugar

6 ice cubes

### Ultimate Banana Smoothie

1/2 of a banana

1/2 cup fat free plain yogurt

2 tablespoons of peanut butter

1/3 cup of fat free milk

1 teaspoon of honey

6 ice cubes

### Blueberry Citrus Smoothie

2 cups of frozen blueberries

1 cup of orange juice (not from concentrate)

1/2 cup of fat free vanilla yogurt

8 ice cubes

### Peach Strawberry Smoothie

2 fresh peaches sliced

2 cups of frozen strawberries

4 tablespoons of fat free vanilla yogurt

6 ice cubes

### Blueberry Apple Smoothie

1 apple peeled and sliced

1/2 cup of frozen blueberries

3 tablespoons of fat free vanilla yogurt

1/3 cup of low fat milk

6 ice cubes

### Black and Blue Banana Smoothie

1/2 cup of almond milk

3/4 cup of low fat vanilla yogurt

1 banana

1 cup of frozen blueberries

1 cup of frozen blackberries

### Blueberry Banana Smoothie

2 cups of frozen blueberries

3/4 cup of plain yogurt

1/2 cup of apple juice (not from concentrate)

1 banana peeled and cut

2 teaspoons of honey

6 ice cubes

### Mixed Fruit Extravaganza Smoothie

1 banana peeled and cut

1/3 cup of frozen strawberries

1/4 cup of frozen blackberries

1/3 cup of frozen blueberries



1/2 cup of fat free vanilla yogurt

1/2 cup of grape juice or pomegranate juice (not from concentrate)

3/4 cup of almond milk

### Orange Banana Smoothie

1 banana peeled and cut

1/2 cup of fat free plain yogurt

1 cup of orange juice (not from concentrate)

2 teaspoons of honey

1/2 cup of crushed ice

### Blueberry Mango Smoothie

1/2 cup of frozen mango

1/2 cup of frozen blueberries

1/2 cup of fat free plain yogurt

1 banana peeled and cut

1/4 cup of fat free milk

### Strawberry Pineapple Smoothie

1 cup of frozen strawberries

3/4 cup of pineapple juice (not from concentrate)

3/4 cup of low fat milk

1 tablespoon of sugar

1/2 cup fat free vanilla yogurt

6 ice cubes

### Ultimate Mango Smoothie

1/2 cup of frozen mangos

3 tablespoons of low fat plain yogurt

2/3 of skim milk

1/2 teaspoon of sugar

4 ice cubes

### Blueberry Mango Smoothie

1 cup of frozen blueberries

1 cup of frozen mangos

1/4 cup of almond milk

1 cup of plain yogurt

1/4 of crushed ice

### Apple Strawberry Smoothie

1/2 cup of frozen strawberries

1/2 of frozen blueberries

1/4 cup of low fat plain yogurt

3/4 cup of apple juice (not from concentrate)

2 cups of crushed ice

### Apple and Mixed Berry Smoothie

1 cup of frozen blueberries

1 and 1/2 cups of fresh raspberries

2 apples peeled and cut

3 tablespoons of sugar

1 and 1/2 cups of crushed ice

1/2 cup of low fat vanilla yogurt

### Banana Shake Smoothie

1 banana peeled and cut

1 cup of milk

1/4 cup of plain fat free yogurt

1/4 cup of crushed ice



### Blueberry Pear Smoothie

1 pear peeled and cut

1 cup of frozen blueberries

1 cup of plain fat free yogurt

1 teaspoon of sugar

6 ice cubes

### Strawberry Peach Mango Smoothie

1 cup of frozen strawberries

1 cup of frozen peaches

1 cup of frozen mangos

1/4 cup of milk

1 cup of plain fat free yogurt

### Mango Strawberry Smoothie

1 cup of frozen mangos

1 cup of frozen strawberries

1/2 cup of fat free vanilla yogurt

1/4 cup of low fat milk

### Banana Kiwi Smoothie

1 banana peeled and cut

1 kiwi peeled and cut

1/2 cup of low fat plain yogurt

6 ice cubes