

# Smoothies for Weight Loss

## 37 Delicious Smoothies that Crush Cavings, Fight Fat, and Keep Your Thin

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Smashwords Edition

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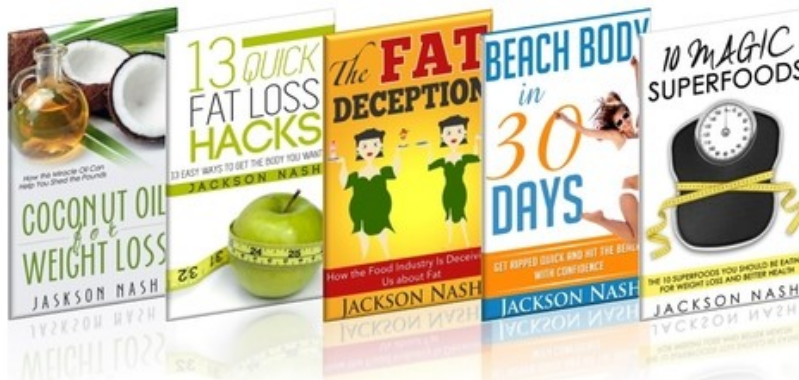
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## Why Use Smoothie Recipes for Weight Loss?

Smoothie recipes are a great tool for weight loss, but sadly most people don't realize that they are just a tool. You still need a healthy diet, and you will still need exercise. Living a healthy life is extremely important when it comes to making sure that you are maintaining a healthy weight. Though, if you need to slim down fast or just want to maintain your weight, this is the best way to do so.

Some of the smoothies that aid in weight loss most people wouldn't even guess about, and some of the ingredients don't seem like they would help at all. Though, you'll be able to tell when it's broken down. One of the reasons that smoothies can help so much in aiding with weight loss and maintaining a healthy weight is because you control everything that you put into it. This means that you can control everything that you are putting into your body.

Smoothie recipes can be loaded with nutrition, and you can make sure that they are low calorie if you want them to be. No matter what you want in your smoothie you can find that you control each ingredient, so it can be put in there without any problems at all. Ingredients can be combined to help you shed those pounds and feel great doing so.

However, if you want to lose those pounds, you need to make sure that you are balancing your smoothies properly. There is no need for extra calories, but sometimes those calories can be a little fun. You just need to make sure that what extra calories you do add are balanced as well. Powerful ingredients can also be used to help up the nutritional value of every smoothie you want to create. When you use these ingredients it'll even help add it without needing to add more calories than you want to take in. Smoothies, when done properly, can replace every meal of the day. Though, you do need to be careful.

### Do You Add Protein Powder?

Many people think that protein powder is a great thing to add to any smoothie that is supposed to help you shed the pounds and become healthy. However, that just isn't true. You don't really want to add protein powder because it can actually make you gain weight if you are not careful with what you're doing.

Protein powders specialize in helping people to bulk up and actually gain weight. Yes, protein is needed, but there are more natural ways to get it in a smoothie without adding a powder. Nuts, seeds, and anything else that can naturally give your protein is a much better option when it comes to getting the protein your body needs. With the right blender, adding nuts won't be a problem either.

### Remember That Sweeteners Aren't Always Needed:

If your smoothie tastes excessively sweet, you will find that you are adding too much sugar to your smoothies. Smoothies can taste great without being overly sweet, and if it is too sweet, then it probably isn't that good for a weight loss plan. Though low calorie sweeteners are also important if you are trying to make sure that you lose weight with these smoothies. Honey is also a natural way to help in smoothies without making it too sweet.

### Does This Mean Smoothie Diets?

Yes and no. you don't necessarily need to go on a smoothie diet. Though, you will find that sometimes a smoothie diet is hard to stick to. However, many people think that if you replace a few meals a day, such as breakfast and lunch, then you will be able to lose weight with smoothies without any problems at all.

Not everyone wants to live on a smoothie diet, as it is a liquid diet. It makes it hard, especially when you don't leave room for other things that you love. Though, going on a diet that you don't keep to for the rest of your life, as most people don't with diets, will actually hurt you in the long run. This is because you are losing weight with one method and then hoping to keep it off when you go back to eating normally.

Also, severely restricting your calories can become unhealthy, and that means it can cause more harm than it does good. In the long run with diets you will find that you gain more weight than you use. If you go back on the diet, you may find that you lose weight again, but then after coming off of it again you will find that once again you lose weight. It will go back and forth until you stay with one or another.

# Smoothie Recipes for the Coffee Lovers

When trying to lose some weight, it doesn't mean that you have to cut out what you love. For some people, what they love is coffee, and coffee shouldn't have to be cut out. It can be added to smoothies easily, and it gives a kick to you in the mornings that can get you moving. Caffeine is also known to help be a booster for energy so that you can actually get started with your daily routine and even workouts a little earlier. With these smoothie recipes for weight loss, coffee is still in the picture.

## 1. Sunrise Coffee Blend:

Ingredients:

1. One banana peeled
2. 1 Tablespoon of Chia Seeds (soak them for at least five minutes)
3. ½ Teaspoon of Vanilla Extract (vanilla protein powder can be substituted)
4. 1 Cup Coconut Milk (Unsweetened)
5. 5 Strawberries (Medium to Large)
6. ½ Teaspoon Instant Coffee Grounds

Directions:

Once you have peeled the banana it needs to be chopped up, and it will add a thicker consistency to your smoothie if you chill or freeze it before using it. You may also want to consider chilling your strawberries. Add the chia seeds, coffee grounds and vanilla extract and blend on high. Then add the vanilla extract, coconut milk, bananas and strawberries. Blend until it is to the consistency you desire. Add ice cubes if you want it to thicken.

Why These Ingredients:

### I. Bananas:

Bananas aren't known to have a lot of calories, and they do help to sweeten your smoothie. This helps you to curb sugar cravings that you may be going through. Bananas are also filled with Vitamin B and Potassium, not to mention that they boost your metabolism.

### II. Chia Seeds:

Chia seeds expand in your stomach, and this helps you to feel full. This means that you will be eating less over the course of the day, and this will help you to lose weight. They are also a great source of protein.

### III. Strawberries:

Strawberries are considered a natural weight loss food, and they help to curb sugar cravings as well, not to mention that they actually help to sweeten your smoothie. Strawberries are also a great source of fiber, and lack of fiber can cause your body to hold onto weight.

#### IV. Coconut Milk:

By using coconut milk to replace real milk you are cutting calories, which will help you to lose weight with your smoothies. The fats in coconut oil actually burn off quicker as well, so it is less likely to be stored as fat.

## 2. Iced Mocha to Go:

#### Ingredients:

1. 4-6 Small Ice Cubes
2. 1 Shot of Espresso (brand of your choice)
3. ½ Cup Vanilla Yogurt (Low Fat)
4. 2-3 Teaspoons Cocoa Powder (Dark is better)

#### Directions:

It is best to chill the espresso before using, and then add in the cocoa powder, vanilla yogurt and espresso together. Afterwards, blend on high with the ice cubes. Add more ice cubes if you feel that you want a thicker smoothie.

#### Why These Ingredients:

##### I. Cocoa Powder:

Cocoa powder contains some protein, so it will help you to stay fuller for longer. Also, cocoa powder is a known appetite suppressant, which will help you to eat less during the day as a whole. It's also not high in calories.

##### II. Low Fat Yogurt:

Yogurt is known to help burn fat, and this is one reason it is added to a lot of smoothies. Though, low fat yogurt ensures that you are taking in less calories, as adding too much dairy to your smoothies can become counterproductive.

## 3. Coffee With a Splash:

#### Ingredients:

1. 1 Small Banana
2. ½ Teaspoon Instant Coffee

3. 1 Teaspoon Ginseng Powder
4. ½ Cup Chocolate Soy Milk
5. ½ Cup Unsweetened Almond Milk

Directions:

It is usually best if you peel, chop and freeze your banana before using it. This will help to thicken your smoothie. Then blend the banana, instant coffee, and ginseng together thoroughly. Then add the soy and almond milk after pre-chilling it. Blend on high. For a thicker consistency, add ice cubes.

Why These Ingredients:

I. Ginseng Powder:

Ginseng helps to fight off fatigue and boost your energy so that you can get your day started quickly, and this helps to give you the energy you need for weight loss as well. Ginseng also helps to regulate blood sugar, which can help in weight loss as well.

II. Banana:

Since bananas are known to help to aid in weight loss, they are a great choice for your smoothies, and they're also known for pairing well with coffee. You'll also get more of the vitamins that you need by using bananas, especially when you are replacing meals with smoothies.

III. Almond Milk:

Almond milk has less calories than cow's milk. This means that it won't affect your diet as badly as other dairy products. Some brands of almond milk will also have protein added in to help curb your appetite and give you what you need to stay full.

#### 4. The Green Mean Coffee Machine:

Ingredients:

1. 2 Teaspoons Honey (local is better)
2. 1 Teaspoon Flax Seed (ground)
3. 2 Teaspoons Instant Coffee
4. 1 Cup Spinach
5. ½ Cup Almond Milk
6. ½ Cup Low Fat or 2% Milk

Directions:

Mix the spinach and flax seed first, and using ground flax seed is recommended. Though, to make sure that it does not turn stringy it should be blended on high. Then add the almond milk, low fat milk,



honey and instant coffee. Make sure everything is chilled beforehand, as it will help to thicken your smoothie. Though, if you want your smoothie thicker you can always add ice cubes to the recipe.

Why These Ingredients:

#### I. Honey:

Honey helps to sweeten your smoothie with less calories than table sugar. It also has minerals and vitamins that are known to help with weight loss, as well as being known to increase your metabolism. It also helps with the digestive process which will help with weight loss over time.

#### II. Flaxseed:

Flaxseed absorbs fluid, which helps you to feel fuller for longer and faster. It also is high in fiber, which helps with the digestive problem. Flaxseed also has the added benefit of being chalk full of minerals and vitamins, as it is known as a superfood.

#### III. Spinach:

Spinach is full of nutrients, and it also helps to ease cravings. It also has antioxidant properties, and it has tons of minerals and vitamins. Spinach is also full of fiber, and fiber is extremely important when you are trying to lose weight in a healthy manner, as it keeps your digestive tract running smoothly.

#### IV. Almond Milk:

Using an alternative to traditional dairy helps to make sure that you aren't actually using dairy. This means that you are taking in less calories, and alternative milks usually have added benefits, such as added protein. Using dairy takes up too many calories, but it is still needed most of the time for various smoothies. Though, that doesn't mean that you need actual dairy.

### 5. Irish Coffee to Remember:

Ingredients:

1. 1 Teaspoon Cinnamon
2. ½ Cup Ice Cubes
3. 1 Cup Cabbage (pre-chopped)
4. 1 Cup Chilled Coffee (or 1 Teaspoon Instant Coffee)
5. 3 Tablespoons Honey

Directions:

It is best to blend the cabbage first, and it won't actually be better to chill it this time. The cabbage should be pre-chopped, and always blend it on high to avoid any stringiness. Then add in the teaspoon of cinnamon, honey, and coffee. Freezing the coffee will add an extra layer of thickness. Adding in the ice cubes will then add the thickness you want to your smoothie.

Why These Ingredients:

### I. Honey:

As stated before, honey is a great source of nutrients and minerals, and it is sure to keep you healthy. It is also a great way to cut off sugar cravings before they start, give you natural energy that lasts in two stages, and sweeten your smoothie without the need for sugar.

### II. Cabbage:

Cabbage is high in vitamin C which will help you to feel healthier in your day to day life while dieting. It is also high in fiber and helps your digestive system. Cabbage is also a wonderful filler that is high in various nutrients, and it doesn't add a lot of calories, making it perfect for weight loss smoothies. It also flavors easily.

### III. Cinnamon:

What most people don't know is that cinnamon can actually help you to lose weight as well. Cinnamon makes you feel full. It helps to make sure you store as little fatty acids as possible. It helps with alertness and boosts energy. Cinnamon also aids in digestion, and all of these make for a great weight loss aid.

## 6. The Morning Riser:

### Ingredients:

1. ½ Cup Fresh or Frozen Mangos
2. 2 Teaspoons Instant Coffee
3. ½ Cup Almond Milk
4. 1 Tablespoon Honey
5. 1/3 Cup Vanilla Yogurt

### Directions:

The mangos can be stringy depending on the variety, so make sure to chop them finely and chill them before using. Freezing them is recommended. Blend them with the instant coffee, almond milk, honey, and vanilla yogurt on high until it is blended thoroughly.

### Why These Ingredients:

#### I. Honey:

Honey is wonderful for weight loss because you won't have to deal with cravings anymore, and this helps to make sure that you won't be trying to eat during the day. Honey also gives you a bit of energy, and it is energy that has two levels. This means that you will feel better throughout the day and not fatigued. This will help you to exercise a little easier when you are trying to lose weight, as weight loss smoothies can only do so much.

#### II. Almond Milk:

Alternative milk makes sure that you aren't using normal dairy, as stated before. Sticking to alternative milk will make sure that your smoothies aren't too calorie rich. It will also help add more nutrients than milk can provide since it is enhanced. Almond milk also makes your smoothie a little sweeter, and this way you won't have to use table sugar.

### III. Mangos:

Mangos are also a natural weight loss food, and it'll help to make sure that you stay on the right track with your smoothies, even when adding fruit. It has a lot of nutrients, and it is known to help suppress your appetite so that you don't snack as much during the day. Not all smoothies can keep you full, but this type of smoothies makes sure that you stay full longer.

## 7. Berry Coffee Experience:

### Ingredients:

1. 1 Tablespoon Flaxseed
2. ½ Cup Blackberries
3. 1 Teaspoon Coffee
4. ½ Cup Low Fat Vanilla Yogurt
5. ½ Cup Ice Cubes

### Directions:

The flaxseeds are best if they are grounded, but if not you need to blend them on high. Then you can add in the blackberries, coffee, low fat vanilla yogurt and even ice cubes. Of course, it will help you to thicken your smoothie if you freeze the blackberries. However, you will get more nutrients if you use fresh blackberries.

### Why These Ingredients:

#### I. Flaxseed:

Flaxseed is a great way to stay full throughout the day, and it adds a bit of protein to your smoothies that would otherwise be lacking. Since it is a wonderful source of fiber it also keeps your digestive tract on the right track, meaning you won't hold on to unnecessary weight. Some people think it even gives you a boost of energy.

#### II. Blackberries:

Blackberries will help to naturally sweeten your smoothie, and they have weight loss benefits as well. They're also extremely high in antioxidants along with being low in calories. Blackberries also give you quick energy that can help you to work out a little earlier in the day and a little easier on top of it.

## 8. A Hazelnut Riser:

## Ingredients:

1. 1 Tablespoon Low Fat Hazelnut Creamer
2. Frozen Iced Coffee (About Six Large Cubes)
3. ½ Cup Frozen Raspberries
4. 2/3 Cup Vanilla Yogurt (Low Fat is better)

## Directions:

In this recipe it is best to blend everything together, and every ingredient should be chilled if not frozen to get the proper consistency. Over blending your smoothie can weaken it and make it watery. It is best to blend on medium until the right consistency is found to avoid over blending.

## Why These Ingredients:

### I. Raspberries:

Raspberries are also chalk full of antioxidants that can help keep you healthy, and just like blackberries they provide a great boost of energy as well. They also have a lot of nutrients which are important when you are drinking smoothies instead going the traditional diet route.

### II. Low Fat Yogurt:

Sometimes dairy is needed to thicken your smoothie, just like in this smoothie recipe. Though, that doesn't mean you have to use fatty dairy products. This is why low fat yogurt is great for this smoothie recipe, and it also wonderful for digestive help which helps with weight loss in the long run. Not all dairy can be avoided when you are trying to lose weight, since it is important that your body is running smoothly, which is why it is often added into weight loss smoothies.

# Great Vegan Smoothie Recipes for Weight Loss

Vegan smoothies are great for the vegan as well as the non-vegan, since they're still filled to the brim with nutrients. If you wish to add dairy to these smoothies, it is completely optional. However, by doing so it will mean that the recipe is no longer vegan. It may also add calories, which are unnecessary. Vegan smoothie recipes are great at reducing the calorie intake in the recipe as well packing the smoothie full of as many nutrients as possible.

## 9. A Blueberry Breakfast

Ingredients:

1. 1 Cup Frozen Blueberries
2. 1 Teaspoon Honey
3. ½ Cup Almond Soy Milk
4. ½ Banana (peeled and chopped)
5. 1 Teaspoon Chia Seeds
6. 4-6 Large Ice Cubes

Directions:

Make sure to blend the blueberries, banana, and chia seeds first. Then add in honey, soy milk, and ice cubes. It is recommended to blend on high. Chilling or freezing the banana beforehand is recommended if you are looking for a thicker smoothie, but like always adding ice cubes will also thicken the smoothie.

Why These Ingredients:

I. Blueberries:

Blueberries are wonderful for weight loss, and you will find that they actually are full of vitamins and antioxidants as well. They also contain catechins, which then activate fat burning genes. You will find that blueberries are both delicious and great for you, and they add a little bit of kick to this smoothie.

II. Chia Seeds:

Chia seeds expand in your stomach, and this is the reason that you find that consuming them will actually help you to stay full longer. Chia seeds are a wonderful source of protein as well. In weight loss smoothies it is important that you have some form of protein and way to keep full, and this is the main reason that chia seeds are used in weight loss smoothies.

III. Banana:

Bananas help to cut down on those dreadful sugar cravings, which is one reason they are added to many weight loss smoothies. The second reason is that it has various vitamins and minerals that are

great for your body. You will find potassium as well as various vitamins in bananas, making them great for a healthy body.

#### IV. Honey:

Honey is also wonderful for weight loss, but the main reason that it is added to most smoothies is because you don't need sugars in your smoothie. This means processed sugars such as table sugar, and honey cuts that out. Honey also provides energy throughout the day, which is great for workouts. Working out is also essential to making sure that you lose weight properly, but without eating right you'll be fighting fatigue throughout the day. Honey keeps that from happening.

#### V. Almond Milk:

Dairy is often added into smoothies, but it isn't the best dairy. Almond milk is a wonderful solution, and it provides more vitamins and even some protein that actual milk just can't provide. It's also low in calories, meaning that it goes in perfectly for low calorie smoothies while providing a smooth texture and sweeter taste.

### 10. A Green Paradise:

#### Ingredients:

1. ¼ Cup Avocado (peeled and chopped)
2. ¼ Cup Frozen Kiwi (peeled and chopped)
3. 1 Green Apple Chopped (peeled and chopped)
4. 2 Tablespoons Honey
5. 1 Teaspoon Lemon Juice
6. 1 Cup Ice Cubes
7. ½ Cup Honeydew (peeled, chopped, and chilled)

#### Directions:

Blend the avocado, honeydew, and apple first. Then add kiwi, honey, lemon juice and ice cubes. It is best to chill or even freeze any vegetable or fruit in the smoothie. This will help your smoothie to stay at a thick consistency for longer.

#### Why These Ingredients:

##### I. Honeydew:

Honeydew is actually a great fruit to choose to put in a weight loss smoothie, and this is because honeydew is low in calories, has some sugars but not too many sugars, and it has many nutrients that your body needs to keep going strong while you are on your diet.

##### II. Green Apples:

Green apples are rich in vitamins. Green apples are also low in calories naturally. It also has soluble fiber that will keep your body running in the right direction for weight loss, and the importance of fiber in weight loss shouldn't be forgotten.

### III. Kiwi:

You can eat a large amount of kiwis without a large amount of calories, but you will find that it has a large amount of fiber and nutrients in it as well. This is the right balance for weight loss, which is why it is added to weight loss smoothies often, especially if you want a tropical taste.

### IV. Lemon Juice:

Lemon juice is certainly going to help you get rid of weight, but you will mostly be getting rid of water weight, as it'll act as both a laxative and diuretic. Lemon juice can also jumpstart your digestive process, which will help to make sure that your metabolism is up and running.

### V. Avocado:

Avocado is full of the right types of fat to make your hunger levels drop off. This will help you to eat less during the day, and it will certainly help you to feel full quickly. This is what most people want from a weight loss smoothie, as you are sure to feel more satisfied. It also has fiber and protein.

### VI. Honey:

Honey is great in smoothies, and the main reason it has been added to this smoothie is because it needs a sweetener. Everything else is taken care of, but you will still find honey provides that wonderful boost of energy for a day.

## 11. Peach Supreme

### Ingredients:

1. ½ Cup Almond Milk
2. 1 Teaspoon Flaxseed Oil
3. 1 Teaspoon Honey
4. ½ Teaspoon Ginseng Powder
5. 2 Teaspoons Chia Seeds
6. 1 Cup Frozen Peaches (chopped)

### Directions:

It is best to add in everything at once when it comes to this smoothie, and blend it on high to get the right consistency. There isn't much to get stringy, so you can run the blender on medium if you want to make sure not to over process your smoothie, which would make it a little more liquidity than most people want.

### Why These Ingredients:

#### I. Flaxseed Oil:

Flaxseed is a great way to kick off your weight loss regime, and it mixes into a smoothie pretty well. Flaxseed is high in Omega3 fatty acids. It's also very low in carbohydrates. You will also stay full longer with flaxseed oil, as it does act as a mild appetite suppressor.

#### II. Chia Seeds:

Chia seeds are another ingredient in this smoothie that will help you to stay full longer, as it will expand in your stomach and offer a little bit of protein. Protein is essential when using smoothies in place of meals.

#### III. Peaches:

Peaches will help to naturally sweeten this smoothie, and it helps you to control your calorie intake since they aren't excessively high. It also has many vital nutrients for a healthy body and healthy weight loss.

#### IV. Ginseng:

Ginseng is in this smoothie to give you an energy boost, but it also helps you to fight fatigue, which is important when you are getting accustomed to a new daily diet. Best of all, it doesn't add that many calories.

#### V. Almond Milk:

Almond milk is here to even out everything that you are taking in with this smoothie recipe, since it helps you with a little protein and nutrients that only a dairy-like product can provide.

#### VI. Honey:

Honey, in this smoothie, is mainly there to provide energy and a bit of sweetness to the smoothie. Though, the almond milk helps with that too. The energy is vital, as you need the energy to get through the day and exercise.

## 12. The Citrus Circus

#### Ingredients:

1. 1 Cup Soy Milk
2. 1 Teaspoon Lemon Juice
3. 1 Teaspoon Lime Juice
4. 1 Orange (peeled, in sections, and chilled)
5. 1 Teaspoon Flaxseed Oil
6. 6-7 Ice Cubes

#### Directions:



You can use pre-bought lime and lemon juice, but it is usually best to squeeze them fresh. Mix everything together in the blender until smooth, and then add the ice cubes until you get to the thickness of your choice. Stop adding ice cubes after you reach the desired thickness.

Why These Ingredients:

#### I. Oranges:

Oranges provide a significant amount of vitamins, which helps your body to remain healthy during the weight loss process. It also keeps your regular, which will make sure you aren't keeping on unwanted weight or bloating. Better yet, oranges has very few calories, so not many calories are added to this smoothie.

#### II. Flaxseed Oil:

Flaxseed oil is going to help provide the fiber that you need as well as start your digestive system. This will help your metabolism, and it does actually help you to stay full a little longer, which is why it has been added into this smoothie.

### 13. The Power Punch

Ingredients:

1. ½ Cup Frozen Raspberries
2. 1 Small Avocado (peeled and pitted)
3. ½ Cup Oranges
4. 2 Tablespoons Honey
5. ½ Cup Frozen Soy Milk

Directions:

Chilling your avocado is recommended for a thicker mixture, same with your oranges. Though, it is not necessary. Just mix everything on medium until blended properly. This will usually take a few minutes since it will take time to blend the frozen fruit as well as the oranges.

Why These Ingredients:

#### I. Raspberries:

Raspberries are full of antioxidants and the vitamins that we need to stay healthy. When fighting against fat you need something that is high in fiber and not packed full of calories, and this is exactly what you get with raspberries, making it wonderful for weight loss smoothies.

#### II. Avocado:

Avocados are the right sort of fats to put into your body since they will act as an appetite suppressant, which is the main reason they were put into this weight loss smoothie. Avocados also has a lot of fiber and nutrients that are required for healthy weight loss and general health.

### III. Honey:

Honey provides a kick of energy and sweetness to this smoothie that was actually needed, and you will find that the energy that honey can give you is welcome. It will help to fight fatigue and help get you up and moving.

## 14. Shake It Up Spinach Spin

### Ingredients:

1. 1 Cup Frozen Raspberries
2. ½ Cup Fresh Spinach
3. ¼ Cup Dried Oatmeal
4. 12-15 Ice Cubes
5. 8 Baby Carrots
6. 2 Teaspoons Flaxseed Oil

### Direction:

Spinach is hard to actually blend properly, so it is best that you blend your spinach and carrots first. Having both chilled will help. Then you can add in your raspberries and oatmeal, and then finally your flaxseed oil and ice cubes. Only use as many ice cubes as you want to get the proper consistency that matches your tastes.

### Why These Ingredients:

#### I. Raspberries:

As stated before, raspberries are the right combination to make sure that you are getting what you need for weight loss. You won't be consuming many calories, they're naturally sweet, and they are high in fiber. It's the perfect combination.

#### II. Oatmeal:

Oatmeal is great for weight loss because it is high in fiber, and it will help keep you full. That's one of the reasons that oatmeal is usually used for breakfast, and staying full is extremely important when you are dealing with weight loss smoothies. Otherwise, you will end up snacking and eating more than you really should.

#### III. Carrots:

Carrots are considered to be a natural weight loss food, and that is why it was added into this smoothie. They are full of nutrients, beta-carotene, and even fiber that is all needed for weight loss. Better yet, they don't have that many calories, so they will do very little damage to your weight loss regime.

#### IV. Flaxseed Oil:

Flaxseed oil is full of Omega-3 and Omega-6 fatty acids, which will help you to melt those pounds away. This means that it will give you the energy you need without adding too many calories, it is also high in fiber and will help your digestive system.

#### V. Spinach:

Spinach is known to decrease cravings, provide the fiber you need, and provide nutrients that are sure to help you with your goal of shedding those unwanted pounds. This is why spinach was added to this weight loss smoothie.

## 15. Almond Smooth Smoothie

#### Ingredients:

1. 1 Banana (sliced and frozen)
2. 1 Tablespoon Flaxseed Oil
3. ½ Cup Almond Milk
4. 1 Tablespoon Honey
5. ½ Teaspoon Vanilla Extract

#### Directions:

Mix the vanilla extract, honey, flaxseed oil, and almond milk first. All of these liquids should be chilled, as it will help the consistency of your smoothie. Then add in the frozen and sliced banana. Be careful not to over blend, as it will make your smoothie weaker if you do. If so, just add more frozen banana or ice, depending upon your preference. Do not exceed one and a half bananas.

#### Why These Ingredients:

##### I. Banana:

Sugar cravings are a problem when trying to lose weight, but adding the banana to this smoothie will help you to cut down on the cravings, and when paired with honey it will make sure that your smoothie stays sweet while you get the minerals and vitamins that you need.

##### II. Honey:

Honey is going to provide you energy, which is one of the main reasons that you are going to want honey in this smoothie. It will also give you nutrients that are needed for proper weight loss.

##### III. Flaxseed Oil:

The flaxseed oil in this smoothie is sure to help, as it will help your digestive system and give you energy with its Omega-3 and Omega-6 fatty acids. This is the right kind of fat to keep in your diet.

##### IV. Almond Milk:

Dairy isn't your friend when you are trying to lose weight, and that is why almond milk was added to this weight loss smoothie. It will provide you protein and nutrients as well as thickening your smoothie.

## 16. Cantaloupe Crazyiness

Ingredients:

1. 8-10 Lettuce Leaves (Romaine is recommended)
2. 2 Cups Chopped Cantaloupe
3. 1 Cup Frozen Strawberries
4. 5-8 Ice Cubes

Directions:

Lettuce leaves should be blended on high, as it will help to decrease the chances of stringiness. Then the chopped, and hopefully chilled, cantaloupe, strawberries, and ice cubes can be added. Blend until the thickness desired has been reached.

Why These Ingredients:

I. Lettuce Leaves:

Lettuce leaves are more of a filler than anything else in this weight loss smoothie recipe, but they do provide a lot of fiber. Fiber is important to healthy weight loss and control.

II. Cantaloupe:

Cantaloupe also provides much needed fiber for weight loss, and it is low in calories while still remaining sweet. There is no abundance in sugar, but you will find some vitamins that can also help to aid in weight loss.

III. Strawberries:

Strawberries are also considered to be a great way to melt away any unwanted pounds, and that is why they were added into this smoothie. Not only do they help to sweeten the smoothie, but they add much needed sugars and add fiber and potassium. Potassium is essential to workouts to avoid cramps.

## 17. Power Up Tea Smoothie

Ingredients:

1. 1 Cup Frozen Blueberries
2. ½ Cup Acai Berries
3. 1 Tablespoon Hemp Seeds
4. 1 Teaspoon Chia Seeds

5. ½ Banana

6. 5-6 Ice Cubes

7. 2 Cups Green Tea Chilled

#### Directions:

Make sure to blend your chia seeds and hemp seeds first, as they should be properly blended to go into your smoothie. Blend on high. Then you can add the rest of the ingredients, such as green tea, frozen blueberries, chilled acai berries, banana and ice cubes. Blend until you reach the consistency desired.

#### Why These Ingredients:

##### I. Green Tea:

Green tea is loaded with catechins, which will help your body to actually burn off fat relatively quickly. It also has some mildly energetic effects, due to the small level of caffeine it contains. Green tea is also known to help boost the metabolism.

##### II. Chia Seeds:

Chia seeds will help to expand in your stomach and suppress your appetite, keeping you fuller for longer. This is why they were added, since you won't have to snack during the day after eating them in your smoothie.

##### III. Hemp Seeds:

Hemp seeds are also a powerful ingredient for weight loss. They are high in protein, expand in your stomach, and are packed full of nutrients, making them perfect for any weight loss smoothie. Hemp seeds have almost the same purpose as chia seeds except for the extra protein.

##### IV. Acai Berries:

Acai berries are known to reduce the appetite and increase energy, which is the perfect combination for weight loss. They are also full of rich vitamins and antioxidants. They are perfect at making the fat just melt away when used properly.

##### V. Banana:

Bananas help to sweeten this smoothie without adding too many calories, and it is sure to cut down on sugar cravings as well.

##### VI. Blueberries:

Being high in antioxidants is only one of the ways in which blueberries are perfect for weight loss smoothies. They also make sure that the calorie count is kept low, and add fiber and nutrients.

## A Little Spice in Your Weight Loss Smoothies

This may seem strange to some people, but to others adding spice into your smoothies is the perfect way to mix it up. When you are using smoothies for weight loss, you will find that it is hard to stomach the same smoothie over and over, which makes having a variety essential.

### 18. The Spicy Mango

Ingredients:

1. 1 Teaspoon Freshly Squeezed Lime Juice
2. ½ Cup Frozen Mango
3. 1 Tablespoon Flaxseed
4. 2 Tablespoons Hemp Seeds
5. ¼ Jalapeño (chopped)
6. ½ Banana
7. ½ Cup Almond Milk

Directions:

Start by blending the hemp and flaxseeds until they are to the proper consistency. Add in a little almond milk and blend more. Then the rest of the ingredients can be added, such as banana, the rest of the almond milk, jalapeño, mango, and the lime juice. Blend until thoroughly mixed together and at the desired consistency.

Why These Ingredients:

#### I. Mango:

Mango has various nutrients, which makes it essential when limiting your calorie intake. It also helps to make sure that your smoothie is sweetened without the need for artificial sweeteners.

#### II. Hemp Seeds:

Hemp seeds are a powerful source of protein, which is needed when you are substituting meals for smoothies. They also make sure that you are getting the nutrients and fiber required for weight loss.

#### III. Jalapeño:

Jalapeños are great for starting a weight loss regime, as they help to boost your metabolism. They also aren't that high in calories, so it makes sure that you're sticking to a low calorie diet.

#### IV. Flaxseed:

Flaxseed is great for fiber, appetite suppressant, and the Omega-3 and Omega-6 fatty acids that will help you to lose weight over time.

#### V. Banana:

The banana has been added to make sure that you have a bit of sweetness and potassium to this smoothie. Banana, when used properly, will also make sure you aren't snacking as much as usual since it curbs cravings that might occur.

#### VI. Almond Milk:

This is to make sure that you don't add dairy yet get a creamy texture, and with the right brand it will add protein. Almond milk also sweetens your smoothie a little, which means less sweetener is needed overall.

## 19. Maple Tree Tea Smoothie

#### Ingredients:

1. 1 Cup Maple Flavored Tea (Frozen)
2. 1 Frozen Banana (chopped)
3. ½ Cup Vanilla Greek Yogurt
4. ¼ Cup Chopped Pecans
5. 1 Teaspoon Cinnamon

#### Directions:

Make sure to blend the pecans and Greek yogurt first, then you can add the rest of the ingredients, such as cinnamon, banana, and flavored tea. Blend until it reaches the proper consistency. You should not have pecan bits in your smoothie.

#### Why These Ingredients:

##### I. Banana:

The banana is mainly in this smoothie to sweeten it, and it also adds needed potassium for workouts and other nutrients. This is why the banana is perfect for many weight loss smoothies.

##### II. Maple Flavored Tea:

This all depends on the base of your tea, just avoid a black tea and this will really help. You will find that white, herbal, and other teas will provide nutrients and sometimes antioxidants that are needed for healthy weight loss.

##### III. Pecans:

Pecans help to add much needed protein to this smoothie, and it will help give you natural protein so that you don't bulk up. This is a better alternative to protein powders.

#### IV. Cinnamon:

Cinnamon is great for your digestive system, helping you to process food a little better. It also makes sure that you aren't storing more fatty acid than necessary as well as keeping you feeling full.

#### V. Greek Yogurt:

Greek yogurt keeps you regular and your digestive tract working properly. This is the reason that it is great for weight loss smoothies, as you can't lose weight if you are having problems with irregularity, bloating, and gastronomical distress.

## 20. Celestial Cinnamon

#### Ingredients:

1. ½ Cup Butternut Squash
2. ½ Cup Freshly Squeezed Orange Juice (chilled)
3. 2 Teaspoons Hemp Seeds
4. 1 Teaspoon Cinnamon
5. 5-8 Ice Cubes

#### Directions:

Butternut squash should be done first, as it is harder to blend. It should be blended with hemp seeds. Then add the cinnamon, orange juice, and ice cubes. It is best to make sure that everything is chilled and precut before you put it into the blender. Blend on high for the butternut squash and hemp seeds, and then switch to medium for the rest of the ingredients.

#### Why These Ingredients:

##### I. Butternut Squash:

Butternut squash is high in fiber, and that is one of the main reasons that it is great for weight loss smoothies. You will find that it is also full of the much needed nutrients for weight loss smoothies, making it an excellent choice to go into the blend.

##### II. Oranges:

Oranges are pack full of nutrients and vitamins that will help to make sure that your health stays balanced while you are working on losing weight. They also have small amounts of fiber which will help as well, and they add an extra layer of natural sweetness to the smoothie.

##### III. Hemp Seeds:

Hemp seeds are actually a wonderful source of protein, and that is why they are used in many weight loss smoothie shakes, as you should avoid protein powder. Though, with the protein they also come with a few nutrients that can help with weight loss as well.



#### IV. Cinnamon:

Cinnamon will help you to stay fuller longer, and it will also help your digestive tract. This helps to speed up your metabolism, and over time, when cinnamon is used at least semi-regularly, then you will find that it is a great addition for weight loss while giving your smoothie a kick.

## 21. The Beet This Smoothie

#### Ingredients:

1. ¼ Cup Beets (chopped)
2. 2 Teaspoons Cinnamon
3. 8-10 Ice Cubes
4. ½ Cup Frozen Strawberries
5. ¼ Cup Carrots
6. 1 Teaspoon Honey

#### Directions:

Even though the beets have been chopped, they should be blended first on high to avoid stringiness. Then you can add the carrots, and keep blending on high. Add frozen strawberries, cinnamon, honey and ice cubes next. Continue to blend on medium until the desired consistency has been reached.

#### Why These Ingredients:

##### I. Beets:

Beets are considered to be a natural weight loss food, and so they are a great addition to any weight loss smoothie. Beets are also a source of a lot of fiber, which can help as well. You will also find that they are full of calcium, folic acid, and even iron. These are great to keep your body in balance while dieting.

##### II. Cinnamon:

The reason cinnamon was added to this weight loss smoothie was because it helps you to increase your metabolism in a natural way and suppress your appetite. It is important to avoid overeating and snacking when trying to lose weight, and cinnamon helps.

##### III. Strawberries:

Strawberries help to add a sweetness to this smoothie, which allows you to cut out the table sugar. Though, they also have some amounts of fiber, antioxidants, and nutrients which are also important.

##### IV. Carrots:

Carrots are very nutritious, which makes them a fantastic addition. They have various vitamins and beta-carotene which will help you to melt the fat away and become a healthier you.

## V. Honey:

Honey is mainly added in this weight loss smoothie for the energy boosting benefits, and it will help you to keep up your immune system while you try to shed those pounds in a healthy manner.

## 22. Coconut Fiesta

### Ingredients:

1. 1 Cup Coconut Milk
2. 1 Frozen Banana
3. ¼ Cup Dates
4. 1 Teaspoon Cinnamon
5. 1 Cup Greek Coconut Yogurt
6. ½ Teaspoon Chia Seeds

### Directions:

The chia seeds should be blended for about a minute on high before adding in the other ingredients. Then you can add the rest of the ingredients, such as coconut yogurt, cinnamon, dates, banana and coconut milk as you blend on medium.

### Why These Ingredients:

#### I. Coconut Milk:

If you grab the right type of coconut milk it is low in calories and very high in nutrients. Which make it perfect for a weight loss smoothie. It adds a little bit of flavor without the need for the extra calories that traditional milk can provide.

#### II. Banana:

Bananas in this smoothie are mostly added for their taste, but it is also a great way to ensure that you are getting the vitamins and potassium that you need in your daily diet. Not to mention that it will help to make sure that you don't crave sugar throughout the day.

#### III. Dates:

Dates are a great way to make sure that hunger doesn't come knocking, and it has a large amount of nutritional value. That is the main reason that they are added into weight loss smoothies, and of course it helps that they have few calories associated with them as well.

#### IV. Cinnamon:

The reason cinnamon was added to this weight loss smoothie is because it will add a boost to your metabolism and make sure that you stay full for longer, when most of the fruit may burn off relatively quickly.

#### V. Greek Yogurt:

Greek yogurt will help with nutrients, and it is a better source of dairy than just regular milk. It will also keep your digestive system running smoothly while you thicken your smoothie.

#### VI. Chia Seeds:

Chia seeds will help to expand in your stomach, and this will make sure that you stay full, just like the cinnamon in this smoothie recipe. It will also add a layer of needed protein.

### 23. A Bite Of Envy Green

#### Ingredients:

1. 1 Green Bell Pepper
2. 1 Teaspoon Flaxseed
3. ¼ Teaspoon Cayenne Pepper
4. ¼ Avocado (fresh and chilled)
5. 1 Teaspoon Chili Powder
6. 1 Green Apple (chilled and in chunks)
7. 10-12 Ice Cubes

#### Directions:

Everything should be chilled, and the green apple and bell pepper should be blended on high for one minute first. Then the blender can be turned on low and the avocado, cayenne pepper, flaxseed, chili powder and ice cubes can be added. Blend until it is of the right consistency, it may take about five minutes.

#### Why These Ingredients:

##### I. Green Bell Pepper:

Green bell peppers can aid in weight loss by providing the proper nutrients at a low calorie level, which helps you to cut out other food. It also is full of vitamins that will help to keep your body running strong.

##### II. Flaxseed:

Flaxseed is full of Omega-3 and Omega-6 fatty acids, as stated before, and that is the reason it was added to this smoothie. It will provide you the proper type of fat without going overboard on your calories. In fact, it is the best way to cut down on the calories you are taking in.

##### III. Cayenne Pepper:

Cayenne pepper is also good for weight loss, as it works to fire up the metabolism. This will help you to shed the pounds a little faster.

#### IV. Avocado:

Avocado is the right sort of fat, and you will find by taking in the right form of fat you won't have cravings for fats that can actually hurt you. This makes it go great in this particular weight loss smoothie.

#### V. Chili Powder:

Chili powder, just like cayenne is both hot and able to fire up your metabolism so that you burn more weight off. When taken with caffeine, it's even known to help you feel fuller.

#### VI. Green Apple:

Green apple is also wonderful for weight loss, as stated before, and that is why it is in this smoothie. It will help provide the nutrients necessary while adding very little calories. It is also sweet without being too sweet, making it perfect for this smoothie.

## 24. Maca You Happy

#### Ingredients:

1. 1 Cup Ice
2. 1 Teaspoon Cinnamon
3. 1 Teaspoon Maca Powder
4. 1 Frozen Banana (chopped)
5. ½ Cup Almond Milk

#### Directions:

It is best to make sure that your almond milk is chilled before you use it. This will help to thicken your smoothie. Then you can blend all the ingredients together, such as cinnamon, maca powder, frozen banana, almond milk and ice. Blend on medium until smooth.

#### Why These Ingredients:

##### I. Cinnamon:

Cinnamon is one of the more filling ingredients when it comes to this weight loss smoothie, and this is because it is meant to keep you full. It will also help your digestive system, which in turn is supposed to help your metabolism. These are the reasons that it was added to this weight loss smoothie recipe.

##### II. Maca Powder:

Maca powder is supposed to help keep up your stamina as well as increase the chances of weight loss. Not to mention that maca powder is full of nutrients, and it is sure to help weight loss for that reason as well. It even can fix some hormone imbalances.

##### III. Banana:

Bananas are great to sweeten your smoothie and make sure that you do not crave the sugar that just isn't good for weight loss. It will also give you the needed nutrients and potassium that is a great asset to your weight loss regime.

#### IV. Almond Milk:

Almond milk sometimes has protein, and it is best for this recipe that you get one that does. Though, it is not exactly necessary, just recommended. In this smoothie, the point is to replace cow's milk and lower the calories.

## 25. The Coconut Bomb

#### Ingredient:

1. ½ Tablespoon Honey (Local is recommended)
2. ½ Tablespoon Coconut Oil
3. ¼ Teaspoon Chili Powder
4. ½ Cup Coconut Milk
5. ¼ Cup Frozen Blueberries
6. ½ Cup Medium Avocado (Chilled)
7. 5-8 Ice Cubes
8. 1 Tablespoon Spinach

#### Directions:

This smoothie can be blended together, and it doesn't have to be blended in stages to get the right consistency. Add in all the ingredients and blend on medium, but make sure that all the ingredients are at least chilled if you want to get the right consistency. Do not over blend, as it is easy to do with this smoothie.

#### Why These Ingredients:

##### I. Honey:

The honey was added to this smoothie for the nutritional value that it adds, as well as the energy that it can provide as well. Feeling fatigued is detrimental to trying to make sure that you have the energy to stick to your diet as well as the exercise regime that you've picked out for yourself, and that is what honey is supposed to help with.

##### II. Coconut Oil:

A bit of coconut oil can go a long ways in trying to make sure that you lose the pounds that you want to. It is a fat that is very friendly when it comes to helping you lose weight. It is also known to decrease any cravings that you may be prone to having. Coconut oil is also low in calories, and this is why it was added to this weight loss smoothie recipe.

### III. Chili Powder:

Chili powder is a spice that melts away the pounds, and it helps to keep you full a little longer. This is why it has been added to this smoothie.

### IV. Coconut Milk:

Coconut milk is a great way to cut out actual dairy, and that is the reason that it has been added to this smoothie. It even adds an extra layer of sweetness which is needed when you are trying to avoid table sugar.

### V. Blueberries:

Blueberries are rich in antioxidants and nutrients, and it is important that as many antioxidants and nutrients are packed into your smoothies as possible when you are using them for weight loss. They also add a level of fiber to the smoothie and sweeten it.

### VI. Avocado:

Eating the right kind of fat will make sure that you don't eat the wrong type of fat, and this is what the avocado in this recipe does for you. With its fatty acids being the right kind, it will make sure you don't have cravings for what can really hurt your weight loss regime.

### VII. Spinach:

Spinach is going to be the nutrient packed fiber that you need in this smoothie recipe, and it is the icing to the cake on this weight loss recipe.

## A Few of the Stranger Smoothie Recipes for Weight Loss

Repetition is your worst enemy when it comes to using smoothies for weight loss, as it will break your resolve to stay on a diet that involves weight loss smoothies daily. This is why mixing it up with a few stranger smoothies is also important, as it will keep you wanting more without feeling like you've fallen into a rut.

### 26. The Eccentric Cayenne

Ingredient:

1. 2 Garlic Cloves
2. 1 Whole Lime
3. 1 Cup Avocado (chilled and chopped)
4. ½ Cup Carrot (chilled and chopped)
5. ½ Cup Greek Yogurt (Low Fat)
6. 2 Tablespoons Honey
7. ½ Teaspoon Cayenne Pepper
8. 6-8 Ice Cubes

Directions:

First, make sure all of your ingredients are chilled, including but not limited to the garlic. Then make sure to blend your carrots and garlic on high for about one minute. Afterwards, add all other ingredients and blend on medium until you reach the desired consistency.

Why These Ingredients:

I. Garlic Cloves:

Garlic is a great asset for weight loss, but many people don't add it to smoothies. However, it makes sure this smoothie packs a punch, and it even lowers bad cholesterol, and this is known to help prevent heart disease as well.

II. Lime:

Lime is a great addition to even out various smoothies, and you will find that this smoothie recipe is no exception. Lime can help to raise your metabolism, but not a great deal. Though, it is low calorie and packed with nutrients.

III. Avocado:

Avocado is the right kind of fat that you should put into your weight loss smoothies, and that is the very reason it was added. You will find that is the food that cuts down your cravings and therefore you intake.

#### IV. Carrot:

Carrots are known to be packed full of nutrients, and that is the main reason they were added to this weight loss smoothie. They're also a great source of fiber that will make sure this smoothie keeps you regular and not retaining unneeded weight.

#### V. Greek Yogurt:

Even though dairy is often high in calories, Greek yogurt has fewer calories than other yogurts. It also helps your digestive system, which is important to a healthy weight loss schedule.

#### VI. Honey:

Even in a smoothie that is packed full of nutrition, you will find that an energy boost will be needed as well. This is exactly what honey provides to your smoothie, not to mention it sweetens a smoothie that would be very bitter otherwise.

#### VII. Cayenne Pepper:

Cayenne pepper is also known to help speed up your metabolism and curb cravings, which is why it was added.

## 27. Minty Green & Minty Fresh

#### Ingredients:

1. 2 Cups Spinach
2. ¼ Cup Mint Leaves
3. 1 Teaspoon Parsley
4. ¼ Orange (frozen in sections)
5. ¼ Lime (frozen)
6. ½ Cucumber (chilled and chopped)
7. Three Small Carrots
8. 1 Teaspoon Chia Seeds
9. 1/3 Cup Greek Yogurt
10. 2 Tablespoons Honey

#### Directions:



Always blend the chia seeds, mint, spinach and parsley first to make sure that it doesn't ruin the consistency of your smoothie. Blend on high for about one or two minutes, and then add the orange, lime, cucumber, carrots, Greek yogurt, and honey. Blend on medium until the consistency is right. Add ice cubes if necessary.

Why These Ingredients:

#### I. Spinach:

Spinach adds the nutrients and fiber that this smoothie needs, and it makes it great for weight loss. Though, it will take time. It is also known to decrease the frequency of cravings, which is necessary in weight loss smoothies.

#### II. Mint Leaves:

Mint leaves have many health benefits, but they're great for weight loss as well, while adding that extra something that your smoothie needs. It's low in calories and limits the amount of sugar that is necessary to make your smoothie sweet.

#### III. Parsley:

Many people think parsley is just a garnish, but it can help with weight loss as well. It's extremely high in nutrients and low in calories, giving your body exactly what it needs while it is trying to lose weight, which is why it's made an appearance in this smoothie.

#### IV. Orange:

Oranges add a level of sweetness to the smoothie, which will cut down on the amount of sugar or sweetener needed. It is also high in nutrients, which is important for any weight loss smoothie.

#### V. Lime:

Lime is known to help boost your metabolism a little, but it also makes sure that you are getting the nutrients you need without a lot of calories along with it.

#### VI. Cucumber:

Cucumber is exceedingly low in calories, making it great for any weight loss plan. Cucumbers are mild in taste and will help work as filler in this smoothie recipe.

#### VII. Carrots:

Carrots are high in nutrients and they add a new level of fiber to this smoothie, which is sure to help with your weight loss goal overall. That's why they were added to this recipe.

#### VIII. Chia Seeds:

Chia seeds help by expanding in your stomach, and this will make sure that you feel fuller. It will cut down on you eating during the day, just like the cucumbers in this smoothie, but they have an added benefit of a little protein as well.

#### IX. Greek Yogurt:

The Greek yogurt was added for thickness, but it also keeps your digestive system working properly which is important to losing weight in a timely manner. Greek yogurt is a great dairy product to add into your weight loss smoothies because it doesn't have the usual calorie count that is associated with dairy, since it has less calories than actual milk.

X. Honey:

Honey gives you the needed energy boost, and it will help to fight fatigue throughout the day, which is why it was a wonderful addition. Honey is also great at calming your stomach, calming cravings, and boosting your digestive system so that it stays healthy.

## 28. The Peanut Butter Kick

Ingredients:

1. 2 Tablespoons Peanut Butter
2. 1 Frozen Banana
3. 1 Teaspoon Cinnamon
4. 1 Cup Greek Yogurt
5. 1 Tablespoon Honey
6. 2 Teaspoons Cocoa Powder

Directions:

All of the ingredients can be put in together with this smoothie, and it needs to be blended on medium until it hits the right consistency. Over blending this smoothie can make it appear watery in texture.

Why These Ingredients:

I. Peanut Butter:

Protein is important, and it's important that you use natural protein when you are trying to lose weight as well. This is why peanut butter was added. Protein is essential when you are trying to lose weight because without it you will find that you are hungry and fatigued throughout the day. Peanut butter remedies those problems.

II. Banana:

Bananas help to ease up those dreadful sugar cravings, while pairing with the peanut butter wonderfully. Not to mention that it has the nutrients and minerals that you need to keep on your weight loss schedule.

III. Cinnamon:

Cinnamon will boost your metabolism, and it will help you to stay full for the rest of the day, which is needed for these smoothies. It is also great at helping to make sure that your digestive system stays on the right track.

#### IV. Greek Yogurt:

Greek yogurt may be a bit of dairy that isn't needed, but it will make sure that your body is working in the right manner, as it will help to keep your regular and keep your stomach healthy.

#### V. Honey:

A boost of energy is all needed, and you will find it with honey in this smoothie recipe. It also acts as a natural sweetener. You will find that it also has various nutrients which will help to make sure that you are healthy, making it easier to lose weight.

#### VI. Cocoa Powder:

Cocoa powder is great for weight loss. It actually has a lot of nutrients in it, and it keeps you feeling full longer. This will help satisfy hunger that you may usually find during the day.

### 29. The Vicarious Vitamin

#### Ingredients:

1. 1 Cup Frozen Papaya
2. 1 Tablespoon Hemp Seeds
3. ½ Cup Spinach
4. ½ Cup Green Apple (frozen and chopped)
5. ½ Banana (frozen and chopped)
6. ½ Cup Kale
7. 5-8 Ice Cubes

#### Directions:

It is best to put the hemp seeds, spinach, and kale in first. Blend on high for about a minute or two, and then add in the papaya, green apple, banana, and ice cubes. Blend on medium until it reaches the desired consistency.

#### Why These Ingredients:

##### I. Papaya:

Papaya is a wonderful fruit that also makes sure that your metabolism is running correctly, and there is a proven correlation between the two. That is why it has been added into this smoothie. It also contains a lot of vitamin A and vitamin C, which helps as well.

##### II. Hemp Seeds:

Hemp seeds are a great source of protein, and they help to keep you feeling a little less hungry.

##### III. Spinach:

Spinach is a great addition, as it makes sure that you have the vitamins and fiber that you need. Which is why it was added.

#### IV. Green Apple:

Green apples are also nutritious, but just make sure that they are peeled for your smoothie. They are low in calories as well, which makes them perfect.

#### V. Banana:

Bananas make this smoothie a little sweeter, and it will cut down on any sugar cravings that you may have later. It also has vitamins and other nutrients, such as potassium, which will help you to work out without cramps. That is why it was a perfect addition.

#### VI. Kale:

Kale is full of various nutrients that are vital if you are replacing meals with your smoothies. That is the main reason that you'll find that it adds to this smoothie. It also provides a little more fiber.

### 30. Berried in Vitamins

#### Ingredients:

1. ¼ Cup Frozen Blueberries
2. ¼ Cup Strawberries (frozen and chopped)
3. ¼ Cup Kale
4. 1 Cup Almond Milk
5. ¼ Cup Raspberries (frozen and chopped)
6. ¼ Cup Vanilla Greek Yogurt

#### Directions:

Blend the kale first to make sure that it isn't stringy. Then add in the blueberries, strawberries, almond milk, raspberries and vanilla Greek yogurt. Blend until it is of the right consistency, and it should take about five minutes.

#### Why These Ingredients:

##### I. Blueberries:

Blueberries are full of antioxidants, which are a wonderful way to help you lose weight while still remaining healthy, and the other nutrients help as well. Blueberries also have a decent amount of fiber.

##### II. Strawberries:

Strawberries are also extremely nutritious, which can help in weight loss as well. This is because it will make sure to keep you healthy while you replace your meals with smoothies.

### III. Kale:

Kale is full of the various nutrients that a body needs for long term, and it is almost a superfood because of it. You'll find that adding it into a smoothie will help to make sure that you have all the nutrients you need.

### IV. Almond Milk:

Almond milk is a great substitute for dairy, and it adds a little extra protein as well if you know which brand to pick. It's less calories than actual dairy as well.

### V. Raspberries:

Raspberries are a wonderful source of vitamins, and it will help keep you healthy as well. That's why it was added in.

### VI. Greek Yogurt:

Greek yogurt was mostly added for thickness, but it makes sure that your digestive tract is also running smoothly so that it doesn't keep you from losing weight.

## 31. A Peachy Day

### Ingredients:

1. 1 Cup Almond Milk
2. 1 Cup Frozen Peaches (sliced or chunks)
3. 2 Tablespoons Flaxseed
4. 1/3 Cup Peach Greek Yogurt

### Directions:

Blend the flaxseeds on high for one or two minutes. Then add in the almond milk, frozen peaches, and peach Greek yogurt. Blend on medium until you have the right consistency. Over blending can cause it to become watery in texture, in this case add ice cubes until you reach the desired consistency.

### Why These Ingredients:

#### I. Almond Milk:

Almond milk is a wonderful way to keep the calories low, and it helps to thicken your smoothie as well. Just make sure to get the right brand, as you will find traces of protein.

#### II. Peaches:

Peaches were a great way to sweeten this smoothie, but you'll find that they're relatively low in calories as well. Controlling your calorie consumption is very important when you are trying to lose weight.

#### III. Flaxseed:

Flaxseed will make you feel satisfied even with this calorie light smoothie, and it also provides a certain amount of nutrients and protein.

#### IV. Greek Yogurt:

Greek yogurt in this smoothie helps to get it to the right consistency while making sure that your digestive tract stays healthy as well.

## Weight Loss Smoothies for Chocolate Lovers

Just because you are trying to lose weight doesn't mean that you want to give up chocolate completely. With these weight loss smoothies you may not have to. Chocolate, when raw, has some health benefits as well, and with the right pairing it is even able to help you with weight loss while put into a blender and made sweet.

### 32. A Berry Chocolate Craving

Ingredients:

1. ½ Cup Soy Milk
2. 1/3 Cup Vanilla Greek Yogurt
3. ¼ Cup Cocoa Powder
4. 1 Cup Fresh Raspberries

Directions:

Blend everything together, but blend it on medium. You don't want to blend it on high. Otherwise, this smoothie will become too watery. You will need to make sure that you do not blend it too long.

Why These Ingredients:

I. Soy Milk:

This is a great substitute for dairy, as normal dairy has too many calories and not enough benefits. With soy milk you will have enough of the nutrients and not have to worry about the high level of calories that dairy usually brings.

II. Greek Yogurt:

Greek yogurt is the little bit of dairy that you will find here, but it still has light calories. It'll help to make sure your digestive tract stays on track as well.

III. Cocoa Powder:

Cocoa powder actually helps you to burn the calories away while helping you remain full. It cuts off cravings as well, including sugar cravings. Not to mention that it provides that chocolate taste that is desired.

IV. Raspberries:

Raspberries are low in calories, making them a perfect way to sweeten up this smoothie. Though, the nutrients they carry will give you better overall health as well. You'll find that they are also low in fat and contain some helpful fiber.

### 33. Chocolate Heaven

#### Ingredients:

1. 1 Frozen Banana (chopped)
2. 1 Tablespoon Chia Seeds
3. 2 Tablespoons Cocoa Powder
4. 1 Cup Almond Milk
5. ¼ Cup Vanilla Extract
6. 1 Tablespoons Raw Chocolate Chips
7. 2 Teaspoons Almond Butter

#### Directions:

First blend the chia seeds on high for about one minute. Add in the raw chocolate chips and blend on medium for about one to two minutes. Then add in the frozen banana, cocoa powder, almond milk, vanilla extract, and almond butter. Blend on medium until the desired consistency has been reached.

#### Why These Ingredients:

##### I. Banana:

Sugar cravings are one of the reasons that we crave items such as chocolate, but the banana is one way to make sure that you don't have nearly as many. Also, it adds in valuable nutrients.

##### II. Chia Seeds:

The chia seeds are a great way to make sure that you don't get hungry right away. This is the best way to make sure you don't snack during the day, and you'll find that they have some protein in them as well.

##### III. Cocoa Powder:

Cocoa powder is also a great way to make sure that you stay full without adding too many calories to the mix. They also help with that chocolate taste that is desired.

##### IV. Almond Milk:

Almond milk, when the right brand has been bought, will give you some protein. It is also a low calorie substitute for normal dairy while giving the same consistency.

##### V. Chocolate Chips:

This isn't as healthy as cocoa, but so long as there isn't sugar added to it you'll find that it is helpful. It will also curb your appetite so that you eat less throughout the day.

##### VI. Almond Butter:



Almond butter has a creamy texture and very few calories, making it perfect to go in a weight loss smoothie. It even has more calcium and fiber than other butters that you may use, such as peanut butter. This is also why it is healthy.

### 34. Blackened Night

Ingredients:

1. 2 Tablespoons Cocoa Powder
2. 1 Tablespoon Honey
3. ½ Cup Frozen Blackberries
4. 1 Cup Almond Milk
5. 5-8 Ice Cubes

Directions:

Mix in all of the ingredients, including cocoa powder, honey, blackberries, almond milk and ice cubes. Make sure to mix on medium until the desired consistency is reached. Add in more or less ice cubes depending on preference.

Why These Ingredients:

I. Cocoa Powder:

Cocoa powder will help you stay full, and that is needed for this weight loss smoothie. It will empower you to actually stay on the diet, and help you lose weight overall.

II. Honey:

Honey is a great energy boost, and it'll help you feel full as well. It is one of the main reasons you will find that it was added to this smoothie, but it is also added for the nutrients that it can provide.

III. Blackberries:

Blackberries have some fiber in them, which is needed for healthy weight loss. Blackberries also make sure to reduce your risk of heart disease while providing your body with nutrients and antioxidants.

IV. Almond Milk:

Almond milk will have some sources of protein, and you will also find that it replaces actual dairy while giving the same creamy texture and taste. It also helps to sweeten the smoothie a little while keeping it low in calories.

### 35. Powerful Chocolate Blast

Ingredients:

1. ½ Cup Acai Berries
2. ½ Cup Frozen Raspberries
3. 1 Teaspoon Hemp Seeds
4. ½ Cup Fresh Spinach
5. 4 Tablespoons Cocoa Powder
6. 5-8 Ice Cubes

#### Directions:

It is best to blend the spinach and hemp seeds together, before anything else is added. Blend them on high for about one or two minutes. Then add in the acai berries, frozen raspberries, cocoa powder and ice cubes. Blend on medium until you get the consistency you desire. Add more or less ice cubes as desired.

#### Why These Ingredients:

##### I. Acai Berries:

Acai berries are fantastic for weight loss, and they have essential nutrients as well. It is said to reduce your appetite as well as to increase the energy that you have for the day. Not to mention that it has a lot of antioxidants.

##### II. Raspberries:

Raspberries have many nutrients and antioxidants as well, making it fantastic for weight loss too. Raspberries also make sure to sweeten up this smoothie a little, making you need table sugar a little less.

##### III. Hemp Seeds:

Hemp seeds will provide you something to keep your stomach full as well as fiber. Not to mention that you will have protein as well from these seeds.

##### IV. Spinach:

Spinach is full of fibers and vitamins that will help to make sure that you can keep to your diet and lose weight in a healthy way.

##### V. Cocoa Powder:

Cocoa powder is going to help you stay full throughout the day so that you won't have to snack later. It'll also curb any cravings that you might have to deal with.

## 36. Chocolate Almond Delight

#### Ingredients:

1. ¼ Cup Raw Chocolate Chips

2. 1/8 Teaspoon Almond Extract
3. 1/2 Cup Ice Cubes
4. 2 Tablespoons Ricotta
5. 1 Cup Almond Milk

Directions:

Blend the chocolate chips with the almond extract first. Make sure to blend it on high for about one minute. Then add the ricotta, almond milk, and ice cubes. Add more or less ice cubes as needed.

Why These Ingredients:

I. Chocolate Chips:

Raw chocolate chips will be as good as cocoa powder, since it will curb your appetite and keep you full. This is the very reason it was added, but it also gives that chocolate flavor that you really need.

II. Ricotta:

This is a great addition when you are trying to lose weight, and it will help to give your smoothie that creamy texture as well. It is great for your digestive tract as well, and it is still low in calories.

III. Almond Milk:

Almond milk will provide this smoothie with a smooth texture, sweet taste, and even a bit of protein if you get the right brand. That is why it was added to this weight loss smoothie.

## 37. Chocolate & Peaches

Ingredients:

1. 1/2 Cup Frozen Peaches
2. 1 Tablespoon Honey
3. 2 Tablespoons Cocoa Powder
4. 1/4 Cup Ice Cubes
5. 1/2 Cup Almond Milk

Directions:

Make sure to blend the peaches, honey, cocoa powder, ice cubes and almond milk together on medium until the desired consistency is reached. Add more ice cubes or less ice cubes if desired.

Why These Ingredients:

I. Peaches:

Peaches aren't too high in calories, making it a wonderful way to sweeten your smoothie as well. Though, it does contain nutrients as well which make it perfect for a weight loss smoothie.

## II. Honey:

The honey is added for its nutrients, but mostly for the energy boost that it can provide while sweetening your smoothie naturally as well. This is why it is a wonderful addition to a weight loss smoothie.

## III. Cocoa Powder:

Cocoa powder will make sure that you aren't too hungry throughout the day by curbing your appetite. It will also cut down on any cravings you might have.

## IV. Almond Milk:

This is a great substitute for dairy, and that is the main reason it was added to this smoothie. Though, you'll find that it is also low in calories, which was another main reason.

## What You Should Remember

There are a few things that you need to remember when you are trying to lose weight with smoothies, and it isn't just about your ingredients. It is also about moderation and keeping to some basic rules to make sure that your smoothies have more benefits than downfalls. When you do this you will find that it is actually possible to lose weight while using smoothies, but that doesn't mean that it's right for everyone. Though, moderation will be key.

### Some Mistakes to Avoid:

Below you will find a few mistakes that you should avoid making when making a weight loss smoothie. This is because when made right, you will be able to add everything in your smoothie that will make sure it helps you lose weight.

#### 1. Never skimp on fiber.

Fiber is great for weight loss, and it helps to fill you up more than people think. This will help to make sure that you don't eat throughout the day. Fruits will offer some fiber, but often it isn't enough. You may need to actually add in other fiber ingredients as well, but seeds, fruits, and vegetables when added in the proper combination will provide you all the fiber that you actually need.

#### 2. Make sure it has protein.

Protein is also very important when it comes to weight loss smoothies. Though, you will be able to get it without protein powders. Natural protein is the best way to make sure that you get everything you need. It also keeps you from getting too high in calories when making your weight loss smoothies. Greek yogurt can give you some protein as well.

#### 3. Don't use them for every meal.

This has been said before, but to elaborate on it, the reason that you won't want to use smoothies to replace every meal is that it will help you lose weight in the short term but not the long term. This is because eventually you will not have a smoothie for a meal, and instead you will have regular food. Immediately your body won't respond well, and instead you will gain the weight back. You will continue to gain weight back quickly because your body is only used to a liquid diet. To avoid this you need to avoid using smoothies for every meal. Just use them to replace one and sometimes two meals a day. This is the healthy way to use smoothies for weight loss.

#### 4. Don't over sweeten your smoothie.

Your smoothies aren't meant to be super sweet when you are trying to use them for weight loss. This is because sweeteners are actually harmful, especially table sugar. You will want natural sweetness in your smoothies, and this is the main reason that fruit, almond milk, flavored Greek yogurt, and honey is used. It helps to sweeten it in a natural way and will also help to keep the calories down.

When you remember these things, you will be able to use smoothies for weight loss. This is because smoothies are a great tool that can be utilized to help you start a weight loss regime that actually sticks.

## THANK YOU

Before you go, I want to warmly say "thank you" from the bottom of my heart! I realize that there are many e-books on the market and you decided to purchase this one so I am forever grateful for that.

Thanks a million for reading this book all the way to very end!

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