

# My Quickest & Healthiest Weight Loss Smoothie Recipes

- Natural
- Delicious
- Quick Preparation



<https://EasyHealthySmoothie.com/>

# Are You struggling with:

- Keeping fat off
- Maintaining a healthy weight
- Low energy during the day
- Don't have enough time to lead a healthier lifestyle?
- Healthy food doesn't taste good?

Do you want to eat yummy, quick and affordable food that also helps you lose weight?

GREAT! THIS GUIDE IS FOR YOU.

<https://EasyHealthySmoothie.com/>



# The Easy Healthy Smoothie Community

Things you can do TODAY, at home, using **actionable guides** and quick **cheat sheets**, to:

- Lose weight
- Feel better all day
- Improve your health

A natural homemade smoothie is both tasty and provides your body with a boost of much needed nutrients.

With the right ingredients and guidance, these natural elixirs provide you with life-changing health benefits and help you in your quest to lose those extra pounds.



# What's In This eBook?

Losing fat shouldn't be a struggle.

Staying at your **desired** weight without regaining those pounds is **possible** – I've seen it happen with myself and fellow “smoothiers”!

It is within your reach to **lose** several pounds a month and better yet - to **keep** them off!

**Simply start by trying 1 homemade smoothie recipe TODAY.**

Use the recipes in this e-Book for healthy weight loss and maintenance!

Also use our free 4 week plan and cheat sheets to easily get things into your daily lifestyle, as busy as it might be.





# Breakfast Smoothies



## Important!

A breakfast smoothie is the main pillar on your way to losing fat and maintaining a healthy weight.

Drinking a morning smoothie is so important, that even if its your only takeaway from this eBook, we'd be excited about it:

**Always have a breakfast smoothie - never skip it!**

*...and the best part?*

*It is super **quick and easy** to prepare - [click here to learn how!](#)*

# Breakfast Smoothies

*These breakfast smoothies start your day off right with a healthy blend of antioxidant rich fruits, proteins and healthy fats.*



## Blueberry Muffin Madness

- Low in calories
- Tastes heavenly
- Keeps you full and feeling great for hours

*This smoothie tastes just like a blueberry muffin thanks to the addition of oats – a classic breakfast food. And yes, you can eat raw oats! They are a great low-glycemic complex carbohydrate.*

1/2 frozen banana

1 cup frozen blueberries

1/4 cup rolled oats, raw

1/4 cup soaked cashews

1.5 cups unsweetened almond milk

1. Soak cashews for 20 minute (or overnight in the fridge).
2. Add all ingredients to blender jar and place the lid on tightly.
3. Blend until completely smooth (this may take 1-3 minutes depending on your blender).
4. Drink right away or store in a travel cup for later. This smoothie also keeps well in the fridge overnight so you can make ahead for a grab-and-go breakfast.





# Breakfast Smoothies



*These breakfast smoothies start your day off right with a healthy blend of antioxidant rich fruits, proteins and healthy fats.*

## Coco-Mango Blast

*This smoothie is packed with healthy fats and tastes like a trip to the islands!  
Starting your day with plenty of healthy fats can help reduce your sugar cravings in the afternoon.*

1 cup frozen mango cubes  
1/4 cup canned full-fat coconut milk  
1/2 tablespoon coconut oil  
1 cup unsweetened almond milk  
3 tablespoons hemp seeds

- Add all ingredients to blender jar and place the lid on tightly.
- Blend until completely smooth. This may take 1-2 minutes depending on your blender.
- Drink right away or store in a travel cup for later. This smoothie also keeps well in the fridge overnight so you can make ahead for a grab-and-go breakfast.





# Breakfast Smoothies



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## Cinnamon Bun Smoothie

- A low-calorie sweet treat
- Healthy
- Quick preparation

*If you like sweet treats, you'll love this smoothie recipe. It tastes just like a cinnamon bun in a glass, but is much healthier.*

- 1 frozen banana
- 2 tablespoons almond butter
- 1/2 teaspoon ground cinnamon
- 1 cup unsweetened almond milk
- 2 tablespoons ground flax seed
- 1 scoop vanilla protein powder (optional)

- Add all ingredients to blender jar and place the lid on tightly.
- Blend until completely smooth (this may take 1-3 minutes depending on your blender).
- Drink right away or store in a travel cup for later. This smoothie also keeps well in the fridge overnight so you can make ahead for a grab-and-go breakfast.



# Breakfast Smoothies



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## Funky Monkey Shake

- Enhances your mood
- Natural, healthy fuel for the entire day
- Also serves as a great post-workout shake

*This smoothie is perfect to fuel busy mornings and long days. Packed with healthy carbs, protein and fats it will lift your mood and your energy for hours. It's also a great post-workout smoothie for days you hit the gym before work.*

- 1 frozen banana
- 2 tablespoons natural peanut butter
- 2 tablespoons cacao powder
- 1 cup unsweetened almond milk
- 1 tablespoon chia seeds
- 1 serving chocolate protein powder (optional)

- Add all ingredients to blender jar and place the lid on tightly.
- Blend until completely smooth (this may take 1-3 minutes depending on your blender).
- Drink right away or store in a travel cup for later. This smoothie also keeps well in the fridge overnight so you can make ahead for a grab-and-go breakfast.



# Lunch Smoothies

*Keep your day going strong with these veggie-packed shakes.*



## Pure Goodness Shake

*This smoothie packs all the pure nutrition of a huge salad into a glass that you can drink easily.  
(if you're like me, not a big fan of salads, then this is perfect for you!)*

- 1 frozen banana
- 2 cups baby spinach
- 2 tablespoons almond butter
- 2 tablespoons hemp seeds
- 1/2 cucumber, chopped with peel on
- 1 cup almond milk

- Add all ingredients to blender jar and place the lid on tightly.
- Blend until completely smooth (this may take 1-3 minutes depending on your blender).
- Drink right away or store in a travel cup for later.





# Lunch Smoothies

*Keep your day going strong with these veggie-packed shakes.*



## Lean Green Machine

*This smoothie packs some of the most nutrient-dense foods on earth into a single glass. If you're trying to lose weight, make this smoothie at least a couple times each week.*

- 1 cup frozen pineapple chunks
- 2 cups chopped kale
- 1/2 cup canned full-fat coconut milk
- 1 lemon, juice only
- 1 tablespoon ground flax seed
- 3 tablespoons hemp seeds
- 1 cup unsweetened almond milk

- Add all ingredients to blender jar and place the lid on tightly.
- Blend until completely smooth (this may take 1-3 minutes depending on your blender).
- Drink right away or store in a travel cup for later.



# Lunch Smoothies

*Keep your day going strong with these veggie-packed shakes.*



## Shake it to the Beet

*This bright-red shake is perfect to keep you energized as the day goes on. If you workout in the afternoon or evening, great news: beets are known to enhance athletic performance.*

- 1 small beet, steamed and chopped
- 1/4 cup soaked cashews
- 1 cup frozen raspberries
- 1 cup unsweetened almond milk
- 1 scoop vanilla protein powder (optional)

- To save time, steam a whole bunch of beets until they are soft, chop them and freeze them for later use.
- Soak cashews for 20 minute (or overnight in the fridge).
- Add all ingredients to blender jar and place the lid on tightly.
- Blend until completely smooth (this may take 1-3 minutes depending on your blender).
- Drink right away or store in a travel cup for later.



# Dinner Smoothies

*Unwind after a long day with a healthy, nutrient-packed smoothie dinner.*



## Choco-cado Smoothie

*Avocado and cacao powder combine to make a rich smoothie, so decadent you won't believe it's healthy!*

1 frozen banana  
2 cups baby spinach  
1/4 cups cashews, soaked  
1/2 avocado  
1/2 cup cacao powder  
1.5 cups unsweetened almond milk  
extra stevia, to sweeten (optional)

- Soak cashews for 20 minute (or overnight in the fridge).
- Add all ingredients to blender jar and place the lid on tightly.
- Blend until completely smooth (this may take 1-3 minutes depending on your blender).
- Drink right away. Store leftovers for the morning in the refrigerator, in a closed travel cup.





# Dinner Smoothies

*Unwind after a long day with a healthy, nutrient-packed smoothie dinner.*



## Very Berry Blast

- Low in calories
- Tastes amazing
- Keeps you full

1 cup frozen raspberries

1 cup frozen blackberries

1 tablespoon ground flax seed

3 tablespoons hemp seeds

1/2 cucumber, chopped with peel

1.5 cup unsweetened almond milk

2 drops of Stevia liquid sweetener

- Soak cashews for 20 minute (or overnight in the fridge).
- Add all ingredients to blender jar and place the lid on tightly.
- Blend until completely smooth (this may take 1-3 minutes depending on your blender).
- Drink right away. Store leftovers for the morning in the refrigerator, in a closed travel cup.



# Dinner Smoothies

*Unwind after a long day with a healthy, nutrient-packed smoothie dinner.*



## Savory Tomato Smoothie

*If you crave something salty at dinner, try this savory tomato smoothie.*

2 fresh tomatoes, chopped  
1 large handful basil leaves  
1/2 small zucchini, chopped  
1/8 teaspoon sea salt  
3 tablespoons hemp seeds  
1 cup warm chicken broth

- Add all ingredients to blender jar and place the lid on tightly.
- Blend until completely smooth (this may take 1-3 minutes depending on your blender).
- You can heat it up further on the stove and eat it like a soup, if you prefer.



# Snack Smoothies

*These simple smoothies are perfect when you need a pick-me-up.*



## PB & J Smoothie

*Tastes just like your childhood favorite.*

1 cup frozen raspberries  
2 tablespoons peanut butter  
1 cup almond milk

- Add all ingredients to blender jar and place the lid on tightly.
- Blend until completely smooth (this may take 1-3 minutes depending on your blender).
- Drink right away or store in a travel cup for later.





# Snack Smoothies

*These simple smoothies are perfect when you need a pick-me-up.*



## Black Banana

- Sweet but low in calories
- Rich in anti-oxidants
- Keeps you full

1/2 frozen banana

1/2 cup blackberries

1 tablespoon chia seeds

1 cup unsweetened almond milk

- Add all ingredients to blender jar and place the lid on tightly.
- Blend until completely smooth (this may take 1-3 minutes depending on your blender).
- Drink right away or store in a travel cup for later.



# Snack Smoothies

*These simple smoothies are perfect when you need a pick-me-up.*



## Apple Cinnamon Swirl

*Sweet and spicy, perfect for a chilly afternoon treat.*

- 1 apple, cored and chopped
- 2 tablespoons almond butter
- 1/2 teaspoon cinnamon
- 1 cup unsweetened almond milk

- Add all ingredients to blender jar and place the lid on tightly.
- Blend until completely smooth (this may take 1-3 minutes depending on your blender).
- Drink right away or store in a travel cup for later.



We've developed these yummy smoothie recipes with this goal in mind:

Your experience of eating healthy should be **fun** and **easy**, so you have no problem leaving behind those processed, junk and sugary foods.

Our vision is to create a ripple effect with more and more people eating healthier, natural food.

**Together we create a better world, one smoothie at a time!**

**Stay tuned for our emails!**

**You'll be getting everything you need to live healthier,  
look & feel better than ever!**



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