

3 smoothie recipes for weight loss

I'm going to give you 3 options for different smoothies that helped thousands of busy moms (including myself) lose weight.

Here's the first one:

THE BLUEBERRY SMOOTHIE



Ingredients:

- 1 cup blueberries
- 1 medium banana
- 1/3 medium avocado
- pinch cinnamon & vanilla
- 1/2 cup water (or as needed)
- ice to taste

Method:

- Blend all ingredients together until smooth
- Serve chilled & enjoy!

Calorie breakdown

- +1 cup blueberries = 80 cal
- +1 medium banana = 100 cal
- +1/3 medium avocado = 100 cal

Calorie total per serving: roughly 280 calories

THE CHOCOLATE SMOOTHIE

Ingredients:

- 2 to 4 teaspoons cacao powder (raw cocoa)
- 1 medium banana
- 1/3 medium avocado
- pinch cinnamon & vanilla
- 1/2 cup water (or as needed)
- ice to taste
- 1 teaspoon xylitol (optional, if needed)



Method:

- Blend all ingredients together until smooth
- Serve chilled & enjoy!

Calorie breakdown

- +1 medium banana = 100 cal
- +1/3 medium avocado = 100 cal

Calorie total per serving: roughly 200 calories

THE BANANA-YOGURT SMOOTHIE

Ingredients:

- 1 medium banana
- 2/3 cup coconut yogurt or full cream yogurt (or another yogurt substitute)
- pinch cinnamon & vanilla
- 1/4 cup water (or as needed)
- ice to taste



Method:

- Blend all ingredients together until smooth
- Serve chilled & enjoy!

CALORIE BREAKDOWN

+1 medium banana = 100 cal

+2/3 cup full cream yogurt = 100 cal

Calorie total per serving: roughly 200 calories

P.S. If you're ready to get healthy and lose some serious weight fast, watch this FREE video presentation to try my [smoothie diet program](#).

