

BLEND
Your Best ♥

HEALTHY HABITS.
BETTER DAYS.



7 WEIGHT LOSS Smoothies

FOR BUSY WOMEN

Feel Lighter, More Energized,
and Nourished —

One Smoothie at a Time.



♥
EASY RECIPES
•
REAL INGREDIENTS
•
REAL RESULTS



NUTRITIOUS
INGREDIENTS



QUICK &
EASY



MADE FOR
BUSY WOMEN



SUPPORTS
WEIGHT LOSS
GOALS

Welcome

Healthy choices don't have to be **complicated**.
These **simple smoothie recipes** are designed to
help you:

- ✓ Stay full longer
- ✓ Increase your energy
- ✓ Reduce unhealthy snacking
- ✓ Support your weight loss journey
- ✓ Nourish your body with real ingredients

Let's get started!

— Blend Your Best

Green Energy Smoothie

Ingredients

1 cup spinach
1 banana
1 cup unsweetened almond
milk
1 tablespoon chia seeds
Ice cubes



Why You'll Love It ?

**This smoothie provides
fiber, nutrients, and
lasting energy for busy
mornings.**

Approximate Calories
220

Chocolate Protein Smoothie

Ingredients

1 banana
1 tablespoon cocoa powder
1 scoop vanilla protein powder
1 cup almond milk



Why You'll Love It ?

Berries are rich in antioxidants and fiber, helping you feel satisfied longer.

Approximate Calories
190

Berry Fat-Burning Smoothie

Ingredients

1 cup mixed berries
½ banana
1 cup almond milk
1 tablespoon flaxseed



Why You'll Love It ?

Berries are rich in antioxidants and fiber, helping you feel satisfied longer.

Approximate Calories
190

Creamy Peanut Butter Smoothie



Ingredients

1 banana
1 tablespoon natural
peanut butter
1 cup almond milk
Ice cubes

Why You'll Love It ?
**A satisfying option that helps
reduce hunger between
meals.**

Approximate Calories
260

Strawberry Vanilla Smoothie



Ingredients

1 cup pineapple
½ mango
1 cup coconut water
Fresh ginger

Why You'll Love It ?

Perfect for reducing sweet cravings while staying full.

Approximate Calories
180

Apple Cinnamon Smoothie

Ingredients

1 apple
1 cup almond milk
½ teaspoon cinnamon
1 tablespoon oats



Why You'll Love It ?

Tastes like apple pie while providing fiber and nutrients.

Approximate Calories
220

Tropical Metabolism Smoothie

Ingredients

1 cup strawberries
1 cup almond milk
½ banana
1 teaspoon vanilla
extract



**Why You'll Love It ?
A refreshing blend packed
with vitamins and natural
flavor.**

Approximate Calories
180

5 Tips for Better Weight Loss Results

1

Stay Consistent

**Small healthy habits
beat extreme diets.**

2

Drink More Water

**Hydration supports
overall wellness.**

3

Prioritize Protein

**Hydration supports
overall wellness.**

4

Get Enough Sleep

**Poor sleep can
increase cravings.**

5

MOVE YOUR BODY DAILY

**Even a short walk can make a
difference.**

BLEND
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HEALTHY HABITS. BETTER DAYS.
♥

Ready for the Next Step?

You've already discovered how simple healthy smoothies can be.

Imagine following a **complete 21-day plan** designed to help you build healthier habits with delicious smoothies and easy-to-follow guidance.



WHAT YOU'LL DISCOVER



MORE DELICIOUS RECIPES

Enjoy a complete collection of smoothies for every day.



MORE ENERGY

Support your daily energy with nourishing ingredients.



HEALTHY WEIGHT SUPPORT

A structured plan designed to help you stay consistent with your nutrition goals.



BETTER DAILY WELLNESS

Healthy habits that may support better sleep, healthier skin and balanced nutrition.



*And that's just
the beginning...* ♥

The complete **21-Day Smoothie Diet** includes meal plans, shopping lists, daily guidance and many more recipes to help you stay on track and feel your best.

- ✓ 21-Day Step-by-Step Plan
- ✓ Daily Smoothie Recipes
- ✓ Easy Shopping Lists
- ✓ Healthy Habit Guidance
- ✚ Exclusive strategies to help you stay consistent and feel your best.

DISCOVER EVERYTHING INSIDE
THE 21-DAY PROGRAM

You deserve to feel amazing. ♥

