

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.**

LOOKING FOR A COMPLETE STEP-BY-STEP SMOOTHIE PLAN?

These recipes are a great start.
But if you're looking for a structured system designed to help women lose weight through simple smoothie-based nutrition, there's a program that may help.

Inside you'll discover?

- ✓ **Daily smoothie plans**
- ✓ **Easy-to-follow guidance**
- ✓ **Simple recipes**
- ✓ **Weight loss support**



Learn More Here 