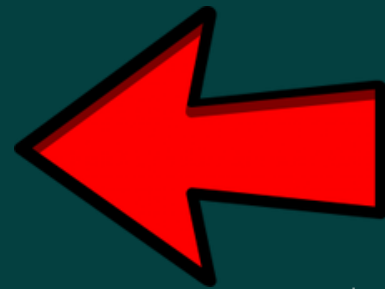




# Weight Loss SMOOTHIES



**Thank you so much for downloading my free weight loss smoothie recipe cookbook! We hope you enjoy these delicious smoothie recipes as much as we do and we hope to help you lose weight in the process. If you are interested in checking out the 21 day smoothie diet (recommended) you can check it out [HERE](#) or by clicking the image below!**



# Weight Loss SMOOTHIES

## Raspberry Chocolate Smoothie



### Ingredients:

- **½ banana**
- **1 handful spinach**
- **½ cup raspberries**
- **1 tablespoon almond or cashew nut butter**
- **2 tablespoons raw cocoa powder**
- **10 oz unsweetened almond, hemp or coconut milk**
- **1 scoop or serving plant-based protein powder (optional)**

# Weight Loss SMOOTHIES

## Coconut Cashew Protein Smoothie



### Ingredients:

- **½ banana**
- **1 tablespoon of cashew butter**
- **¼ cup full-fat coconut milk**
- **2 scoops dairy-free PaleoMeal protein powder**
- **1 scoop of Espresso Dynamic Greens**
- **2-3 ice cubes**

# Weight Loss SMOOTHIES

## Kale Recharge Smoothie



### Ingredients:

- **1 frozen, very ripe banana**
- **1 Tbsp fresh parsley (or cilantro)**
- **$\frac{3}{4}$  cup spinach, loosely packed**
- **1 tsp ginger, grated**
- **$\frac{3}{4}$  cups curly kale, stems removed, loosely packed**
- **$\frac{1}{2}$  cup carrots, chopped**
- **1 tsp lime juice**
- **8 ounces water**
- **4 ice cubes**



# Weight Loss SMOOTHIES

## Pumpkin Pie Smoothie



### Ingredients:

- **1 cup canned pumpkin**
- **½ banana**
- **1 cup coconut or almond milk**
- **2 tablespoons of chopped pecans**
- **1 teaspoon pumpkin pie spice**
- **¾ scoop Vega Vanilla protein powder**
- **Handful of ice cubes**

# Weight Loss SMOOTHIES

## Apple Pie Smoothie



### Ingredients:

- **¼ frozen banana**
- **½ Pink Lady apple with peel, seeded and quartered**
- **½ cup unsweetened almond milk**
- **1 teaspoon flaxseed oil**
- **3.14 dashes of ground cinnamon**
- **1 scoop vanilla plant-based protein powder**
- **Water to blend (optional but recommended)**

# Weight Loss SMOOTHIES

## Peach Oat Cobbler Smoothie



### Ingredients:

- ½ peach
- ½ frozen banana
- 2 tablespoons rolled oats
- ½ cup unsweetened almond milk
- 1 teaspoon ground flaxseed
- 1 scoop vanilla plant-based protein powder
- Water to blend (optional)

# Weight Loss SMOOTHIES

## Tasty Ginger Smoothie



### Ingredients:

- **½ cup frozen strawberries**
- **¼ frozen banana**
- **1 cup unsweetened almond milk**
- **1 tablespoon fresh ginger, peeled and chopped**
- **1 teaspoon ground flaxseed**
- **Dash of ground pepper**
- **1 scoop plain plant-based protein powder**
- **Water to blend (optional)**



# Weight Loss SMOOTHIES

## Raspberry Pistachio Cream



### Ingredients:

- **½ cup frozen raspberries**
- **¼ cup pistachios**
- **½ avocado, peeled, pitted and quartered**
- **3 ice cubes**
- **1 teaspoon vanilla extract**
- **1 scoop vanilla plant-based protein powder**
- **Water to blend (necessary)**

# Weight Loss SMOOTHIES

## Banana Split Smoothie



### Ingredients:

- **1 frozen banana**
- **4 fresh cherries, pitted**
- **2 dark chocolate squares**
- **1 teaspoon vanilla extract**
- **½ cup unsweetened almond milk**
- **1 scoop vanilla plant-based protein powder**
- **2 ice cubes**
- **Topping: 1 more cherry**

# Weight Loss SMOOTHIES

## Peachy Peach Smoothie



### Ingredients:

- **1 cup frozen peaches**
- **½ banana**
- **1 cup unsweetened almond milk**
- **1 teaspoon vanilla extract**
- **⅓ cup vanilla plant-based protein powder**
- **½ cup ice cubes**
- **Water to blend (optional)**

# Weight Loss SMOOTHIES

## Dark Chocolate Banana



### Ingredients:

- **½ banana**
- **1 teaspoon dark chocolate morsels (dairy-free)**
- **⅛ cup chopped walnuts**
- **1 cup unsweetened almond milk**
- **6 ice cubes**
- **⅓ cup chocolate plant-based protein powder**
- **Water to blend (optional)**



# Weight Loss SMOOTHIES

## Fall Harvest Smoothie



### Ingredients:

- **½ cooked sweet potato, cooled, with skin off**
- **½ banana**
- **⅛ tsp nutmeg**
- **½ tsp cinnamon**
- **6 medium-sized basil leaves**
- **¼ cup green tea**
- **1 cup unsweetened almond milk**
- **1 scoop plain plant-based protein powder**