

## HEALTHY TIPS

- ▶ AVOID JUNK FOODS AND BAD INGREDIENTS (TOO MANY CARBS, TOO MUCH SUGAR, TOO MANY FATS, ETC.)
- ▶ DON'T CHUG DOWN THE SMOOTHIE; DRINK IT SLOWLY
- ▶ DRINK PLENTY OF WATER IN BETWEEN MEALS
- ▶ EVEN LIGHT EXERCISE IS RECOMMENDED (WALKING IS GREAT AND SIMPLE!)
- ▶ DON'T FORCE YOURSELF. IF YOU NEED A BREAK, TAKE IT.
- ▶ GRADUAL WEIGHT LOSS IS MORE PERMANENT THAN RAPID WEIGHT LOSS
- ▶ A DETOX PROGRAM CAN HELP AS WELL BY IMPROVING YOUR METABOLISM

## NOTE:

Even though this program is for 21 days, you can continue using it for as long as you want to lose as much weight as you want in a healthy manner.

There are less chances of "rebounding," as this plan is not an intense diet plan meant to have quick, temporary results.

The Smoothie Diet program is based on roughly 1600-2000 calories per day. For about 3 weeks you will be replacing a meal per day with a smoothie. The smoothie mix is designed to be a meal replacement and will provide about 400 calories each. Your other food meals should aim at being around 500 calories each for best results.



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# 21-DAY SMOOTHIE DIET

Only  
good  
stuff...



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You can lose weight  
in a healthy way  
and feel amazing!

## WHAT IS THE 21-DAY SMOOTHIE DIET?

It is a practical diet plan that replaces a meal with one well-balanced smoothie, daily, for 21 days. This smoothie diet is a complete, balanced, flexible plan that can bring about weight loss and other health benefits in a healthy manner.

- ✓ WEIGHT LOSS
- ✓ BETTER SLEEP
- ✓ BLOOD SUGAR REDUCTION
- ✓ MORE ENERGY
- ✓ CLEARER SKIN
- ✓ MENTAL SHARPNESS
- ✓ LESS STRESS
- ✓ GENERAL WELL-BEING



## INSTRUCTIONS:

**MEAL REPLACEMENT.** Replace one meal per day with the smoothie mix (meal replacement smoothie formula). You can substitute any meal: breakfast, lunch or dinner, but most people prefer to skip breakfast or dinner. Drink plenty of water in between meals and avoid too many carbs or sugars.

1. **POUR 1 MEAL REPLACEMENT PACKET (21 INCLUDED)**
2. **ADD 1 WHOLE BANANA**
3. **ADD 1 CUP OF YOUR FAVORITE MILK (ALMOND, COCONUT, CASHEW, OR 2% MILK)**
4. **ADD 1 CUP OF ICE**
5. **BLEND UNTIL YOU ACHIEVE A RICH AND CREAMY CONSISTENCY.**

Tip: Add 2-3 strawberries for a twist.

## CONTENTS:



**YOU ADD:**



## THE MORE YOU KNOW...

### FRUIT CARBS & SUGAR:

Carbs come in two forms: simple and complex. Simple Carbs are broken down rapidly and released into your blood stream. This includes table sugar (sucrose), fructose (found in fruits) and lactose (found in milk). Complex Carbs have sugar as well, but they also contain plenty of fiber that reduces the absorption of the sugar in your body. So instead of a quick glucose spike, you experience a slow release; hence your body has more time to use up the energy instead of storing it as fat.

Also, fruits are packed with enzymes, vitamins and nutrients that your body uses to prevent diseases, keep your organs healthy, and much more.

### INSULIN:

When glucose is present in the blood stream, insulin is released. The problem is that if there is too much glucose in your blood stream, your body may not be able to release enough insulin to keep up. In time, this insufficiency can turn into diabetes or other medical conditions.

### CALORIES:

The key here is to understand that if you eat more calories than you burn daily, this will typically result in weight gain. A healthy diet with balanced calorie consumption and burning is essential to achieve weight control.

### FATS:

Some fats are better than others. Healthy fats are found in things like avocados, nuts, fish, olive oil, flax seeds, and eggs. Saturated fats used in moderation can also be healthy. Trans fats are not so good for you and are commonly found in many packaged snacks, cookies, pastries, and junk food.

### PROTEIN:

Proteins are vital for muscle repair, weight control, brain health, and many body functions. The amount of protein recommended is based on how active your lifestyle is. If you exercise regularly, you will need more protein than someone with a sedentary routine.

**This FORMULA can help:**

Your Weight

Minus - Fat % in lbs

Equals = Lean Body Mass

Multiply X Activity Factor  
(No activity > .5 .6 .7 .8 .9 1 < Very active)

Equals = Daily Protein Intake  
(In grams)

## KEEPING THE WEIGHT OFF AND FEELING AMAZING

After completing the 21-Day Smoothie Program, whether you achieve your weight loss goals or not, you can continue to enjoy your meal replacement smoothies while keeping the weight off and feeling amazing.

