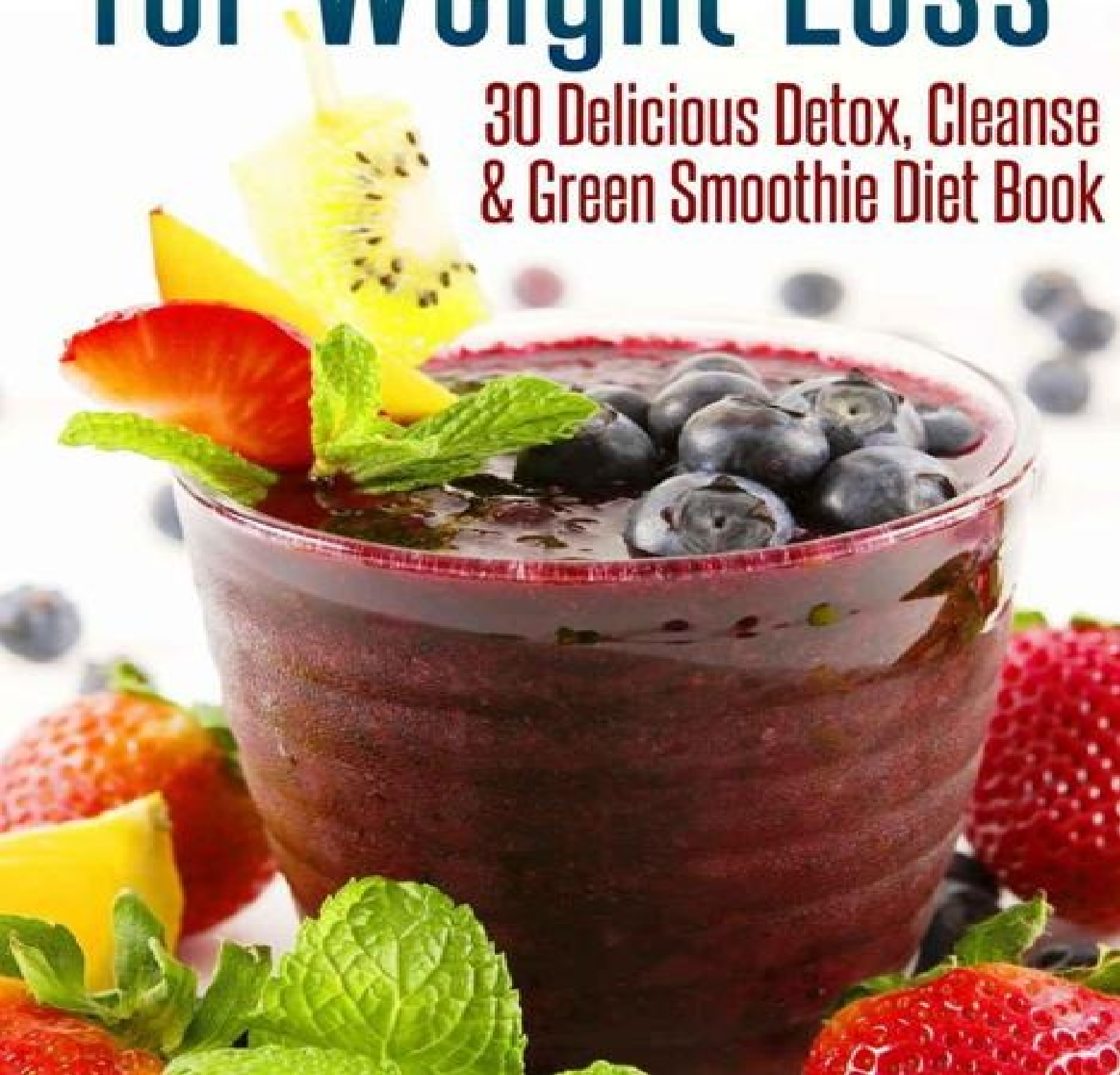


Troy Adashun

# *Smoothie Recipes* for Weight Loss

30 Delicious Detox, Cleanse  
& Green Smoothie Diet Book



**Smoothie Recipes for Weight Loss - 30 Delicious Detox, Cleanse and Green  
Smoothie Diet Book**

**Troy Adashun**

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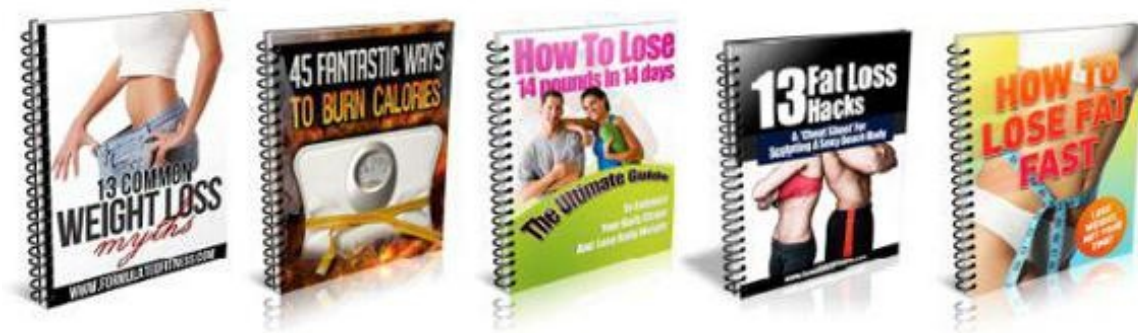
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## About Troy Adashun



Troy Adashun is a graduate of World Renown Sports Academy IMG in Bradenton, FL. He attended the Basketball Academy and trained alongside many top professional athletes. This is where Troy's passion for health, fitness, and maximizing your genetic potential started.

Since graduating from IMG academy, Troy has over 10 years of self-taught and University Level education in exercise science, Fitness, Nutrition, Anatomy, and radical training techniques.

Troy graduated from the University of Central Florida with a Bachelor's in Business and a minor in Exercise Science in August of 2010.

Troy is currently living in Florida and is a Health and Fitness Writer, Fitness Model, and Actor. His movie debut will be released in October of 2013, and is

titled “Project Urban Legend, or P.U.L.”



## Introduction

I have been drinking smoothies my entire life and am a firm believer in the amazing weight loss and health benefits they possess. A high quality smoothie allows you to blend lots of nutrient dense ingredients into one drink. I like to think of a smoothie as a one stop shop for optimal health and fitness.

The following smoothie recipes are geared towards boosting your energy levels, metabolism and fat burning potential. These smoothies also contain some of the highest antioxidant foods in the world. Matcha Green tea has one of the highest concentrations of antioxidants in the world. Other smoothie ingredients such as blueberry, cranberry, blackberry, prune, raspberry, strawberry, apple and plum are listed as one of the top 20 antioxidant foods in the world by webmd.com.

Several of these smoothie recipes are geared for muscle recovery after an intense resistance training session. When you put on lean muscle you are increasing your metabolism and burning fat simultaneously.

When you are looking to boost your overall health and lose weight you need proper nutrition. These smoothies are high in every essential vitamin and mineral and many contain “green” ingredients such as Spinach and Kale. These green ingredients should not intimidate you – and in fact mix deliciously with tropical fruit. Kale is one of the most nutrient dense foods in the world and is a great way to boost your immune system and fat burning potential.

The Liquid Bases in these smoothies are typically Green Tea(Proven Fat Burner and Metabolism Booster), Orange Juice(Never From Concentrate Kind), Almond Milk and Coconut Milk(No Sugar added kinds have less than 50 calories per serving), and never from concentrate Pomegranate and Blueberry Juice.

Although Fruit has sugar (fructose) and carbohydrates, it is a healthy carbohydrate and with the extremely high amounts of vitamins, minerals and antioxidants – they can actually aid in weight loss as well as give you a huge boost in overall health. Fruits are some of the healthiest and most nutrient dense foods in the world, and they should not be avoided even by people trying to lose weight.

Smoothie add ins like ground flax seed, chia seeds, and rolled oats provide tons of dietary fiber which will help keep you full and ward off those hunger attacks. Chia seeds and flax seed are also high in omega 3's which are proven health

boosters that can increase your energy levels and help you lose weight.

Coconut Oil is one of my favorite smoothie additions because it is what's called a medium chain fatty acid. It is going to be used by your body as an energy source – and will not be stored as fat. It also has tons of antioxidant and health properties. Coconut Oil has been written about extensively by health professionals and even recently had a book published called “The Coconut Oil Miracle.” Coconut Oil gives smoothies a delicious and tropical addition.

Powder add ins like Whey Protein and L-Glutamine are proven muscle builders that will help you recover from exercise and keep you full. The smoothies that contain whey protein can be used as great meal replacement options for people seeking weight loss. A quality whey protein is typically very low in fat and carbohydrates and very high in muscle building amino acids. L – Glutamine has anti cortisol properties and will help your body recovery from exercise and increase energy levels.

Truvia is my favorite natural sweetener and is a great add in to smoothie recipes because it is actually a healthy sugar substitute. Stay away from Splenda and anything that contains aspartame. Truvia is a stevia extract and is an extremely healthy sugar substitute that will satisfy your sweet tooth without all of the calories.

**Before you read any further**, make sure that you watch the following video and discover how it's possible to still eat your favorite foods AND burn more calories at the same time.

It's really important that you watch this video as it has been proven that those who still eat the foods they love (in a healthy manner) are far more likely to succeed with their weight loss goals.

<http://www.formulatedfitness.com/go/fatlossfactor>

# Smoothie #1 Tropical Green Energy



This smoothie recipe is loaded with tropical fruits and rich in antioxidants and Vitamin C. The Matcha Green Tea powder adds a subtle taste and is one of the richest sources of the antioxidant EGCG, which helps metabolism and speed up weight loss. If you are looking for a tropical treat high in vitamin C and powerful antioxidants – blend up a tropical green energy.

½ Cup Orange Juice (Not From Concentrate)

½ Cup Coconut Milk (No Sugar Added)

2 tbsp Matcha Green Tea Powder

½ Frozen Banana

½ Cup Frozen Mango

Directions:

1. Add all ingredients into a blender and whiz
2. Enjoy!

## Smoothie #2: Popeye's Weight Loss Punch



Popeye's Weight Loss punch is a well-rounded and nutritious meal replacement weight loss smoothie. Make sure you are buying the no sugar added almond milk as your liquid base, as this boasts just 40 calories per Cup!

Much lower than regular milk and better for your health. Mixed Berries and Spinach leaves provide you with tons of fiber and nutrients that will energize you, keep you full, and keep your body running like a machine. Whey Protein adds in only 100 calories, and comprises almost entirely of protein. Chia seeds provide a great source of Omegas and are high in dietary fiber to keep you full.

This is one incredibly well rounded smoothie that gives you all of the nutrients you need. Great for Lunch or Dinner when you are trying to lose weight and get healthy!

- 1 Cup Almond Milk
- 1 Cup Mixed Berries (Strawberry, Blackberry, Blueberry)
- ½ Cup Spinach Leaves
- 1 Scoop Whey Protein
- 1 tbsp Chia Seeds

Directions:

1. Add all ingredients into a blender and whiz
2. Enjoy!

## Smoothie #3: Tropical Weight Loss Recovery



When you are working out to lose weight you need to make sure that you are feeding your body the proper “recovery formula.” This smoothie is high vitamins with oranges, pineapple, and banana.

Whey Protein and L-Glutamine will combine to give your body a great boost of amino acids and protein and help to keep you full without the addition of carbohydrates. This smoothie has under 400 calories and is absolutely delicious after an intense cardio session or summer day.

1 Cup Orange Juice

½ Cup Pineapple

½ Frozen Banana

1 Scoop Whey Protein

3 Grams L-Glutamine Powder (optional)

Directions:

1. Add all ingredients into a blender and whiz
2. Enjoy!



# Smoothie #4: Fruit Protein Meal Replacement



This is a fantastic recipe that includes vitamin C, Potassium, iron, calcium, amino acids and lean protein! Makes for an incredible meal replacement shake for weight loss that packs a huge health punch! Greek yogurt is high in fiber and low in fat and sugar making it an ideal choice for those seeking weight loss and nutrition. This fruit protein meal replacement smoothie blends together for a delicious and smooth combination.

- 1 Cup Orange Juice
- ¼ Cup Fat Free Greek Yogurt
- ½ Frozen Banana
- ¼ Cup Strawberry
- 1 Scoop Whey Protein
- 3 Grams L-Glutamine

Directions:

1. Add all ingredients into a blender and whiz
2. Enjoy!

## Smoothie #5: Breakfast in a Blender



No more pancakes and bacon. Throw this recipe in the blender and you will reap some amazing weight loss and health benefits. This smoothie will keep you full until lunch time and packs a great combination of vitamins and nutrients with slow digesting carbohydrates. Slow digesting carbohydrates and fiber are key for weight loss because they will keep you full for long periods of time. This is the perfect breakfast choice for someone seeking optimal health and weight loss.

2/3 Cup Coconut Milk

2/3 Cup Almond

1/4 Cup Greek Yogurt

1/2 Cup Oatmeal or Rolled Oats

1/4 Cup Strawberry

1/2 Frozen Banana

Directions:

1. Add all ingredients into a blender and whiz

2. Enjoy!

## Smoothie #6: Pina Colada Health Twist



Now you can enjoy this tropical treat without all of the guilt of a real pina colada. This makes for a great meal replacement shake in the summer time or for anyone who enjoys pina coladas. This tropical smoothie has all the bold tropical flavors you want in a smoothie with coconut, banana, and pineapple. Coconut Oil has been well known for its health properties and energy inducing properties. Whey protein gives you a nice protein add in that will keep you full and energized. Coconut Milk is low in calories and high in health! Blend and enjoy this tropical treat.

- 1 Cup Coconut Milk
- 1 Tbsp Coconut Oil
- ½ Frozen Banana
- ¼ Cup Frozen diced Pineapple
- 1 Scoop Whey Protein

Directions:

1. Add all ingredients into a blender and whiz
2. Enjoy!

## Smoothie #7: Antioxidant Powerhouse



This smoothie is absolutely loaded with antioxidants and cancer fighting polyphenols! Pomegranate, Blueberry, and red grapes are absolutely loaded with antioxidant and disease fighting properties.

If you are looking for a big health boost while you enter flu season or before you go on vacation, make sure to blend up an antioxidant powerhouse.

- 1 Cup Pomegranate Juice (Not From Concentrate)
- ¼ Cup Blueberry
- ¼ Cup Red Grapes
- ¼ Cup Strawberry
- 2 tbsp Chia Seeds

Directions:

1. Add all ingredients into a blender and whiz
2. Enjoy!

## Smoothie #8: Tropical Green Tea Power



The tropical green tea power will give you a great big boost of energy and nutrition. Combining the powerful antioxidant properties of matcha green tea with the omega rich flax seeds – this smoothie has everything you need for optimal health and energy. Throw in banana and mango and you have a smoothie that is also rich in vitamins and fiber. Tropical green tea power is sure to deliver great results.

1 Cup Almond Milk (No Sugar Added)

1 Tbsp. Matcha Green Tea Powder

½ Frozen Banana

½ Cup Frozen Mango Chunks

1 tbsp Ground Flax Seed

Directions:

1. Add all ingredients into a blender and whiz
2. Enjoy!



## Smoothie #9: Chocolate Peanut Butter Weight Loss



For all of us who are on a diet and craving the combination of peanut butter and chocolate – finally a delicious and healthy alternative!

Believe it or not this smoothie has under 400 calories! Peanut butter and low fat chocolate whey protein make this a delicious combination that will keep you full for long periods of time. L-Glutamine is a great recovery aid for keeping your health and energy levels high when you are training to lose weight.

- 1 Cup Almond Milk
- 2 Tbsp Peanut Butter
- ½ Frozen Banana
- 1 Scoop Whey Protein (Chocolate)

5 Grams L –Glutamine Powder

Directions:

1. Add all ingredients into a blender and whiz
2. Enjoy!

## Smoothie #10: The Greek God



This is a very simple and delicious smoothie recipe. Almond Milk is a great low calorie liquid base. Greek yogurt will add in a big punch of protein and fiber. Raspberry and Strawberry will provide a nice antioxidant boost with all of the vitamins and fiber you need for optimal health.

1 Cup Almond Milk

½ Cup Greek Yogurt

½ Cup Raspberry

½ Cup Strawberry

Directions:

1. Add all ingredients into a blender and whiz
2. Enjoy!

## Smoothie #11: Digestive Helper



Keeping you regular is an important component to optimal health and weight loss. Prune juice is rich in vitamins and dietary fiber. Greek Yogurt adds additional fiber, calcium and protein. Blackberry and blueberry are vital for your health and are two of the top antioxidant fruit's in the world.

1 Cup Prune Juice

¼ Cup Greek Yogurt

¼ Cup Blueberry

¼ Cup Strawberry

Directions:

1. Add all ingredients into a blender and whiz
2. Enjoy!

# Smoothie #12: Cherry Berry Energy Thriller



This is one tart and fruity smoothie that has a wide range of antioxidant and vitamin properties. A true berry lover will enjoy this smoothie. Mixed Berries and Cherry's make a delicious and tart combination. Blueberry Juice is rich in antioxidants and will provide a big burst of energy. Chia seeds are rich in omega's and provide great all around nutrition.

1 Cup Blueberry Juice (Not From Concentrate)

½ Cup Frozen Cherry's

½ Cup Frozen Mixed Berries (Raspberry, Strawberry, Blackberry)

1 tbsp Chia Seeds

Directions:

1. Add all ingredients into a blender and whiz

2. Enjoy!

## Smoothie #13: Morning Smoothie Tart



This tart and delicious smoothie will pep you right up in no time! The delicious tastes of orange juice, strawberry, banana and lime makes this a healthy start to any day. Limes are actually very healthy and help to “alkalize” the body, which is key for optimal health. Chia seeds give you some dietary fiber to keep you full until lunch time. This smoothie is delicious and less than 300 calories. A perfect start to any day.

1 Cup Orange Juice (Never from Concentrate)

½ Cup Frozen Strawberry

½ Frozen Banana

Juice from ½ a lime

2 Tbsp. Chia Seeds

Directions:

1. Add all ingredients into a blender and whiz
2. Enjoy!



## Smoothie #14: Apples and Antioxidants



An apple a day keeps the weight gain away! Apples are high in all of the essential vitamins and nutrients and will keep you full because they are high in fiber. Coconut milk is a great liquid base, and the orange juice will give you a big burst of Vitamin C. Matcha green tea is known to be one of the top antioxidant and metabolism boosters due to its high EGCG profile.

- ½ Cup Orange Juice
- ½ Cup Coconut Milk
- ½ Apple
- ¼ Cup Frozen Pineapple
- 1 Tbsp. Matcha Green Tea Powder

Directions:

1. Add all ingredients into a blender and whiz
2. Enjoy!

# Smoothie #15: Tropical Nutrition Phenomenon



This is one of my favorite smoothie recipes because it packs in a ton of Vitamin A and K along with tropical and delicious fruits. Kale and spinach are two of the most nutrient dense foods in the world, and the somewhat bitter taste of this is covered up perfectly by the pineapple and mango. This is one delicious and nutrient dense tropical treat.

- 1 Cup Coconut Milk
- ¼ Cup Spinach
- ¼ Cup Kale
- ¼ Cup Frozen Pineapple
- ¼ Cup Frozen Mango

Directions:

1. Add all ingredients into a blender and whiz
2. Enjoy!

# Smoothie #16: The Best Part of Waking Up



A healthy weight loss alternative to the fat and sugar packed iced coffee drinks. Coffee actually has a ton of antioxidant properties. The bad thing is that many consumers are packing in tons of calories with their coffee beans. Try this delicious combination combining Almond Milk, ground coffee beans and zero calorie truvia natural sweetener.

1 Cup Almond Milk

4 Tbsp Ground Coffee Beans (Your Favorite Coffee Bean)

2 Tbsp Truvia Natural Sweetener

5-6 Ice Cubes

Directions:

1. Add all ingredients into a blender and whiz
2. Enjoy!

# Smoothie #17: Not Your Ordinary ICED Green Tea



This is one of my favorite green tea recipes of all time. Matcha Green tea is one of the healthiest forms of green tea, and helps with weight loss because of its metabolism boosting properties. Truvia is a great choice for a natural sweetener. Enjoy this iced green tea guilt free without any added sugar or fat!

- 1 Cup Coconut Milk
- 2 Tbsp Matcha Green Tea
- 2 Tbsp Truvia Natural Sweetener
- 5-6 Ice Cubes

Directions:

1. Add all ingredients into a blender and whiz

2. Enjoy!



## Smoothie #18: Kiwi Colada



Coconut Oil is a great source of energy and antioxidants. Ground Flax seed in the recipe blends great and is a vital source of important Omega 3's. Cranberry is rich in vitamins and antioxidants and blends deliciously with pineapple. Enjoy this unique and tangy smoothie and cheers to your health!

- 1 Cup Coconut Milk
- ½ Kiwi
- 2 Tbsp. Coconut Oil
- ½ Cup Frozen Pineapple
- 1 tbsp Ground Flax Seed

### Directions:

1. Add all ingredients into a blender and whiz

2. Enjoy!

## Smoothie #19: Banana's Gone Wild



This is a rich and delicious smoothie that will keep you full and provide tons of vitamins and minerals. Banana's gone wild has a rich and tropical taste and has an almost ice cream like consistency with its frozen banana, almond milk, and frozen mango. An incredibly healthy smoothie recipe that also packs in fiber and omegas with chia seeds as well as healthy fats with coconut oil.

- 1 Cup Almond Milk
- 1 Frozen Banana
- 1 Tbsp Coconut Oil
- ¼ Cup Frozen Mango
- 2 Tbsp Chia Seeds

Directions:

1. Add all ingredients into a blender and whiz
2. Enjoy!

## Smoothie #20: Staying Lean with Greens



This smoothie recipe is rich in vitamins and antioxidants and will help to alkalize your body with the addition of kale, spinach and avocado. Apples are high in fiber and vitamins and make this a delicious and nutritious add in to this powerhouse health recipe. This is one of the healthiest and most “healing” recipes on the list, and is a great choice for weight loss, overall health, and energy.

- 1 Cup Almond Milk
- ¼ Cup Kale
- ¼ Cup Spinach
- ½ Avocado
- 1 Apple
- 2 Tbsp. Truvia Sweetener

Directions:

1. Add all ingredients into a blender and whiz
2. Enjoy!

## Smoothie #21: Green Grapple



The green grapple has a unique and fruity taste. Green tea has been known as a great metabolism boosting drink helping tons of consumers lose weight. It makes the perfect liquid base for a weight loss drink. Red grapes give this a sweet taste with a great concentration of polyphenols. Red apples are another vital source of vitamins and fiber.

- 1 Cup Green Tea
- ½ Cup Red Grapes
- ½ Red Apple
- 2 tbsp. Truvia Sweetener
- 5-6 Ice Cubes

Directions:

1. Add all ingredients into a blender and whiz
2. Enjoy!





## Smoothie #22: Revenge of the Tropical Antioxidants



This recipe is sure to please! Green tea is a known metabolism booster and watermelon goes perfect with the subtle taste of green tea. Red grapes and mango give this smoothie additional fiber and vitamins. Ground flax seed is a must for optimal health because of its high level of omegas. This recipe is perfect for weight loss, and metabolism.

1 Cup Green Tea (Home Made Non Sweetened)

½ Cup Watermelon Chunks

¼ Cup Red Grapes

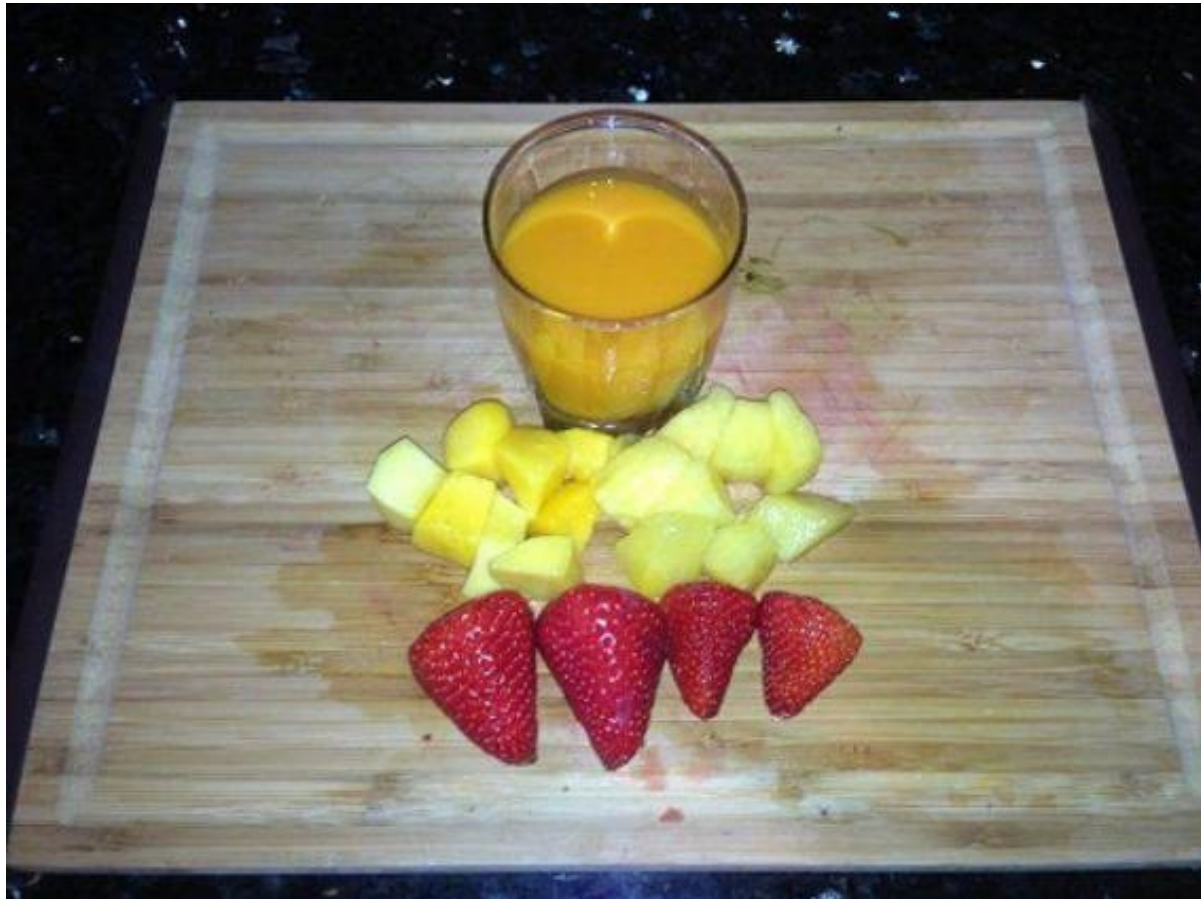
¼ Cup Frozen Mango

2 tbsp. Ground Flax Seed

Directions:

1. Add all ingredients into a blender and whiz
2. Enjoy!

# Smoothie #23: Tropical Carrot Antioxidant



Carrot Juice is extremely rich in vitamin A and is a perfect choice for many smoothie bases. This smoothie is extremely rich in vitamins A and C making it a perfect health boosting snack at any time of the day. Blend smooth and enjoy the wonderful health boost.

1 Cup Carrot Juice (Never From Concentrate)

¼ Cup Frozen Mango

½ Frozen Banana

¼ Cup Frozen Pineapple

¼ cup Strawberries

Directions:

1. Add all ingredients into a blender and whiz
2. Enjoy!

## Smoothie #24: The Green Beet



This is another extreme health booster. Beets have wonderful health boosting properties and are one of my favorite vegetables. Green tea gives this drink a big metabolism boost and is a light and subtle calorie free liquid base. Strawberry and Raspberry conceal the taste of the beet and provide necessary vitamins and nutrients.

- 1 Cup Green Tea
- ½ Beet Root
- ¼ Cup Raspberry
- ¼ Cup Strawberry
- 2 tbsp. Truvia Sweetener

Directions:

1. Add all ingredients into a blender and whiz
2. Enjoy!



# Smoothie #25: Cucumber Lime Refresher



An extremely easy and delicious drink to enjoy on a hot day. This drink will stimulate weight loss through its green tea base, and optimal health with alkalizing cucumber and lime. One of my favorite smoothies to enjoy on a hot summer day.

- 1 Cup Green Tea
- ½ Cucumber
- 1 Squeezed Lime
- 4-5 Ice Cubes

Directions:

1. Add all ingredients into a blender and whiz
2. Enjoy!





# Smoothie #26: Strawberry Lemonade

## Nutrition



Now you can enjoy lemonade without all of the added sugar and calories. Green tea gives it a metabolism boosting base. Fresh squeezed lemon juice gives this smoothie a tart and tangy lemonade flavor. Vitamin rich strawberry is the perfect complement to the tart lemon flavor. Truvia is a healthy all natural sweetener that will perfect this recipe and give it a sweet after taste.

- 1 Cup Green Tea
- 1 Fresh Squeezed Lemon
- ½ Cup Frozen Strawberry
- 2 tbsp. Truvia

Directions:

1. Add all ingredients into a blender and whiz

2. Enjoy!

## Smoothie #27: Vitamin Carrot Punch



An intriguing vitamin A-C rich combination of carrot, apple and orange, the vitamin carrot punch provides optimal health with a fruity twist. Ground flax seeds cap off this amazing recipe with the perfect amount of omega fatty acids and fiber.

1 Cup Carrot Juice

½ Apple

½ cup Strawberries

2 tbsp. Truvia Sweetener

2 Tbsp. Ground Flax Seeds

Directions:

1. Add all ingredients into a blender and whiz

2. Enjoy!

## Smoothie #28: Health Booster



Could this be the perfect combination of weight loss and antioxidants? Combining three of the richest antioxidant sources in the world with metabolism boosting green tea, the health booster is a smoothie you can enjoy at any time of the day. I have this smoothie 2-3 days a week and my body thanks me each and every time!

- 1 Cup Pomegranate Juice
- ¼ Cup Strawberries
- ¼ Cup Wild Blueberry
- 1 Tbsp Matcha Green Tea

Directions:

3. Add all ingredients into a blender and whiz

4. Enjoy!

## Smoothie #29: Health Freak



The health freak is a delicious blend of nutrition. Blending deliciously with coconut milk is creamy avocado, apples, and baby carrots. This smoothie recipe will help you alkalize and detox your body while providing optimal energy levels. Loaded with vitamin K from the carrots and Vitamin C from the apple - the Health Freak is the perfect blend of vitamins and minerals to help your body run like a machine.

1 Cup Almond Milk

½ Avocado

1 Apple

5 Baby Carrots

Ice Cubes

Directions:

1. Core the apple and prepare  $\frac{1}{2}$  an avocado
2. Add all ingredients into a blender and whiz
3. Enjoy!



## Smoothie #30: Kiwi-Tastic



This is a fruity and fiber filled recipe that provides a huge amount of vitamins, minerals and antioxidants. Blackberry and Cherry combine to give this a tart and tangy flavor while Kiwis are rich and fiber filled. Coconut milk is a healthy and low calorie base that brings this recipe together for a healthy formula.

1 Cup Coconut Milk

½ Kiwi

¼ Cup Cherry

¼ Cup Blackberry

2 Tbsp Truvia Sweetener

Directions:

1. Add all ingredients into a blender and whiz

2. Enjoy!

## Where to from here?

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