

10-DAY FAT FLUSH

30 Fat-Flushing Smoothie
Recipes



SUPER GREEN SMOOTHIE



Ingredients

- 1.5 cups unsweetened almond milk
- 1 oz spinach
- 50 grams cucumber
- 50 grams celery
- 50 grams avocado
- 1 tbsp coconut oil
- 10 drops liquid stevia
- 1/2 tsp chia seeds (to garnish)
- 1 tsp matcha powder (optional)

Instructions

- 1 Into a blender, add your almond milk and spinach. Blend for a second to break down the spinach to make room for the rest of the ingredients.
- 2 Add in the rest of your ingredients and blend for about a minute until creamy.
- 3 You can add a teaspoon of matcha powder for added benefits and a kick of caffeine.
- 4 Pour it into a glass and garnish with chia seeds. Enjoy!

CUCUMBER SLIMMING SMOOTHIE



Prep Time: 5 minutes
Cook Time: 0 minutes
Yield: 2 servings

Ingredients

- 4 stalks of celery heart, chopped into large chunks
- 1 small cucumber, peeled, chopped, and the seeds removed
- Juice from 1/2 lime
- 1/2 cup water
- 1/2 cup ice

Instructions

- 1 Place everything into a good blender and blend well.

RASPBERRY MILKSHAKE



Prep Time 5 minutes

Servings 2 servings

Calories 150 kcal

Ingredients

- 8 ounces (1 cup) unsweetened plain almond milk
- 4 ounces (1 cup) crushed ice
- 2 ounces (1/4 cup) heavy whipping cream
- 1 ounce (1/4 cup) fresh raspberries
- 3/4 ounce (2 tablespoons) confectioners swerve or sweetener of choice
- 1/2 ounce (1 tablespoon) cream cheese
- 1/2 teaspoon vanilla extract
- Pinch of salt (<1/8 teaspoon)

Instructions

- 1 Microwave cream cheese in a small bowl for about 5 seconds or until soft.
- 2 Add all ingredients to a blender (I use a Nutribullet). Blend until very smooth.
- 3 Taste and adjust accordingly by adding more Swerve for a sweeter taste, or another tablespoon of cream cheese for a creamier finish. If using a different sweetener, add it to taste.
- 4 Serve immediately. If not served right away, keep chilled in an ice bath. Separation is normal so give it a stir before drinking.

BLUEBERRY GREEN TEA SHAKE



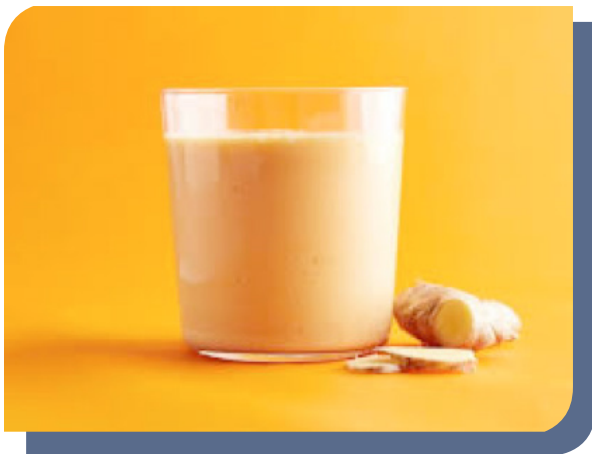
Ingredients

- 2 raw eggs
- 1/2 avocado
- 0.5 oz almonds (approx. 10 almonds)
- 1 cup frozen blueberries
- 1/2 cup iced green tea
- 1/2 cup ice (more if using fresh blueberries)

Instructions

- 1 Place all the ingredients into the blender. Blend well.

GINGER SMOOTHIE



Ingredients

- 1/3 cup coconut cream
- 2/3 cup water
- 2 tbsp lime juice
- 1 oz. frozen spinach
- 2 tsp fresh ginger, grated

Instructions

- 1 Mix all ingredients together. Start with 1 tablespoon lime and increase the amount to taste.
- 2 Sprinkle with some grated ginger and serve. So tasty!!

LOW-CARB BLUEBERRY SMOOTHIE



Ingredients

- 14 oz. coconut milk
- ½ cup frozen blueberries or fresh blueberries
- 1 tbsp lemon juice
- ½ tsp vanilla extract

Instructions

- 1 Place all ingredients in a blender and mix until smooth. Using canned coconut milk makes a creamier, more satisfying smoothie.
- 2 Taste, and add more lemon juice if desired.

LOW-CARB STRAWBERRY SMOOTHIE



Ingredients

- 14 oz. coconut milk
- 1 cup fresh strawberries
- 1 tbsp lime juice
- ½ tsp vanilla extract

Instructions

- 1 Place all ingredients in a blender and blend until smooth. Using canned coconut milk (drain off the liquid) makes a creamier, more satisfying smoothie.
- 2 Add lime juice to taste.

KETO GREEN SMOOTHIE



Ingredients

- 2/3 cup Spinach
- 1/2 medium avocado
- 1 tbsp MCT oil
- 1 tsp pure vanilla extract
- 1/2 tsp matcha powder
- 1 tbsp golden monk fruit sweetener
- 1/4 cup heavy cream + 1/4 cup additional of water
- 2/3 cup water (you may choose to use less or more, depending on your smoothie thickness preference)
- 5 ice cubes

Optional additions

- 1/2 tbsp chia seeds, soaked in 2 tbsp water for 15 minutes
- 1 tbsp collagen
- 1/4 cup vanilla protein powder (my favorite paleo protein powder or my favorite vegan protein powder)
- 1/2 tsp maca root powder
- 1/2 tsp turmeric

Instructions

- 1 Add all ingredients to blender and blend until well-combined.
- 2 Serve and enjoy!

CINNAMON CHOCOLATE SMOOTHIE



Ingredients

- 3/4 cup coconut milk
- 1/2 ripe avocado
- 2 teaspoons unsweetened cacao powder
- 1 teaspoon cinnamon powder
- 1/4 teaspoon vanilla extract
- Stevia to taste
- 1/2 teaspoon MCT oil or 1 teaspoon coconut oil (optional)

Instructions

- 1 Blend all the ingredients together well.

CHOCOLATE MINT AVOCADO SMOOTHIE



Ingredients

- 1/2 cup coconut milk
- 1 cup water
- 1/2 cup ice
- 2 scoops of Chocolate Collagen Protein
- 1/2 a frozen avocado
- 4 mint leaves
- 1 tablespoon of crushed cacao butter
- 2 tablespoons of shredded coconut

Instructions

- 1 Add all ingredients excluding the collagen protein and shredded coconut to a blender.
- 2 Blend for 45 seconds on high.
- 3 Add collagen protein and blend for 5 seconds on low
- 4 Top with coconut flakes.

SUPER SLIM GREEN SMOOTHIE



Ingredients

- 1 cup cold water
- 1 cup baby spinach
- 1/2 cup cilantro
- 1 inch ginger peeled
- 3/4 cucumber peeled
- 1/2-1 lemon peeled
- 1 cup frozen avocado

Instructions

- 1 Add all ingredients to a high speed blender and blend until smooth.
- 2 Store in an air-tight container such as a mason jar in the fridge for up to 3 days.

AVOCADO SPINACH SHAKE



Ingredients

- 1/2 avocado
- 2 hands full baby spinach
- 2-3 Tbsp protein powder
- 1 cup cold water

Instructions

- 1 Add all ingredients to your blender. Blend until smooth. Enjoy immediately.

GREEK YOGURT GREEN SMOOTHIE



Ingredients

- 1 cup plain full-fat Greek yogurt
- 1/2 cup water
- 1/2 cucumber
- 1 cup baby spinach
- 1 cup baby bok choy
- 1 cup baby kale

Instructions

- 1 Peel cucumber.
- 2 Add greek yogurt, water, and vegetables to blender and blend on high for at least 3 minutes until all ingredients are well incorporated and smooth.
- 3 Try the smoothie and if you like it like this enjoy.
- 4 If you want your smoothie to be super cold, add 1 cup of ice instead of 1/2 cup of water.

MINT COCO KETO SMOOTHIE



Ingredients

- 4oz full fat coconut milk
- 4oz water
- 1/2 cup frozen cauliflower
- 1/2 avocado
- 1 tsp vanilla extract
- 1 tbsp chopped mint
- 1 tbsp cacao powder
- 1 tbsp coconut oil
- Dash of ceylon cinnamon
- Dash of himalayan sea salt
- Optional toppings coconut flakes, chia seeds, flaxseeds, hemp seeds, pumpkin seeds, sliced macadamia nuts

Instructions

- 1 Throw all ingredients into a blender and blend until very smooth and creamy. Enjoy!

GREEN TEA DETOX SMOOTHIE



Ingredients

- 8 ounces water
- 2 tsp Match Green Tea powder
- 1 cup sliced cucumber
- 2 ounces ripe avocado
- 1 tsp lemon juice
- 1/2 tsp lemon liquid stevia
- 1/2 cup ice

Instructions

- 1 Pour the water and green tea powder into a blender first and give it a whirl to combine.
- 2 Add the remaining ingredients and blend on high until smooth.
- 3 Taste and adjust sweetener as desired.
- 4 Enjoy immediately or refrigerate until ready to serve.

KALE AND COCONUT SMOOTHIE



Ingredients

- 1 cup unsweetened almond milk (substitute your favorite non-dairy milk)
- 1/2 cup full-fat canned coconut milk
- 4 cups chopped kale (you can also do a mix of spinach & kale)
- 1/4 cup ground coconut (unsweetened)
- 1 1-inch piece fresh ginger, peeled (optional--skip it if you don't like the taste of ginger)
- 1/4 teaspoon kosher salt (or Celtic sea salt if you have it--it's rich in beneficial minerals!)
- 1 cup ice

Instructions

- 1 Pour almond and coconut milk into base of blender, followed by ginger, kale, ground coconut, salt, and ice.

TURMERIC KETO SMOOTHIE



Ingredients

- 200 ml full fat coconut milk
- 200 ml unsweetened almond milk
- 1 tsp granulated sweetener (stevia etc) or other sweetener
- 1 tbsp ground turmeric
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- 1 tbsp MCT Oil or use coconut oil
- 1 tbsp Chia seeds to top

Instructions

- 1 Combine all the ingredients except the chia seeds in a blender, add some ice and blend until smooth
- 2 Sprinkle chia seeds on top and enjoy!

SLIM & TRIM SHAKE



Ingredients

- 1/2 avocado (3-4 oz)
- 3/4 cup full - fat coconut milk (from a can)
- 1/4 cup unsweetened almond milk
- 1 tsp fresh grated ginger (about 1/2 inch piece)
- 1/2 tsp turmeric
- 1 tsp lemon or lime juice (or more to taste)
- 1 cup crushed ice (or more for a thicker smoothie)
- Sugar-free sweetener to taste

Instructions

- 1 Add the first 6 ingredients to a blender and blend on low-speed until smooth.
- 2 Add crushed ice and sweetener. Blend on high until smooth.
- 3 Taste and adjust sweetness and tartness per your taste buds. Makes 2 avocado smoothies. Nutritional information per 1 smoothie.
- 4 **NOTE:** Adding a pinch of black pepper will make the curcumin in the turmeric more bioavailable and doesn't impact the taste.

KEY LIME PIE SMOOTHIE



Ingredients

- 2 cups unsweetened full-fat coconut milk
- 1/4 cup raw cashews soaked if you do not have a high power blender to pulverize or macadamia nuts, swoon!
- 4 tablespoons lime juice
- 1/2 avocado
- 2 handfuls spinach or any greens.
- 1 tablespoon erythritol or any favorite low carb sweetener to taste
- 2 tablespoons coconut butter
- 2 tablespoons chia seeds or hemp hearts, optional
- 2 tablespoons collagen
- Splash vanilla extract optional
- Zest of one lime to taste, optional
- Liquid stevia to taste

Instructions

- 1 Place all ingredients into a blender and whipe until smooth and creamy.

KETO STRAWBERRY LIME SMOOTHIE



Ingredients

- 1 can full fat coconut milk
- 8 ounces frozen strawberries
- ¼ cup egg white protein powder
- 2 tablespoons MCT oil
- 1 tablespoon lime juice, freshly squeezed
- 1 tablespoon sunflower lecithin powder
- ¼ teaspoon stevia

Instructions

- 1 Place all ingredients in a blender and puree on high speed until smooth
- 2 Serve

BLUEBERRY GALAXY



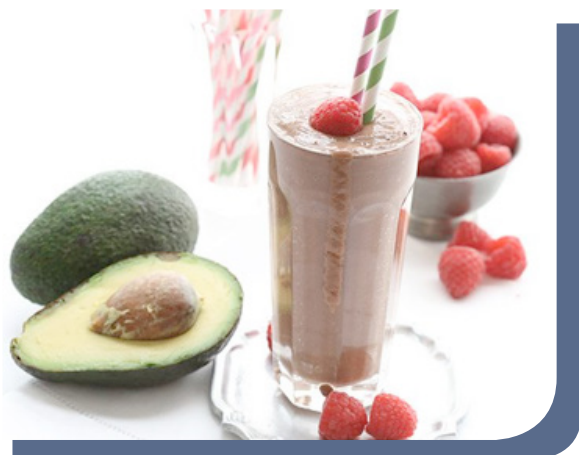
Ingredients

- 1 Cup Coconut Milk
- ¼ Cup Blueberries
- 1 tsp Vanilla Essence
- 1 tsp MCT Oil
- 1 Scoop Whey Protein Powder (optional)

Instructions

- 1 Put all the ingredients into a mixer, and blend until smooth.

RASPBERRY AVOCADO SMOOTHIE



Ingredients

- 1 ripe avocado peeled and pit removed
- 1 1/3 cup water
- 3 tablespoons lemon juice
- 1/2 cup frozen unsweetened raspberries or other low carb frozen berries

Instructions

- 1 Add all ingredients to blender.
- 2 Blend until smooth.
- 3 Pour into two tall glasses and enjoy with a straw!

CHAI PUMPKIN KETO SMOOTHIE



Ingredients

- 3/4 cup full-fat coconut milk
- 3 tablespoons pumpkin puree
- 1 tablespoon MCT oil, optional
- 1 teaspoon loose chai tea
- 1 teaspoon alcohol-free vanilla
- ½ teaspoon pumpkin pie spice
- ½ fresh or frozen avocado

Instructions

- 1 Add all ingredients but avocado to the blender and blend until smooth. Add the avocado and blend until broken apart. Serve with a sprinkle of pumpkin spice on top, if you'd like.
- 2 **Notes:** Pumpkin Pie Spice: if you do not have any, you can make your own with ¼ teaspoon ground cinnamon, 1/8 teaspoon ground ginger and 1/8 teaspoon ground nutmeg.

PALEO VANILLA SMOOTHIE



Ingredients

- 1 cup water
- 3 cups ice
- 1/2 cup full-fat coconut milk
- 2 tablespoons collagen hydrosolate
- 2 tablespoons ground golden flax or chia
- 1 scraped vanilla bean or 1 teaspoon vanilla extract (gluten free)
- Stevia to taste

Optional ingredients:

- 2 pastured organic eggs
- 3 tablespoons grass fed whey protein
- 1 tablespoon colostrum
- 2 tablespoons plantain flour

Instructions

- 1 Place all the ingredients in a blender and pulse until smooth. Serve and enjoy.

PEACH SMOOTHIE



Ingredients

- ½ cup frozen peaches,
- ½ cup raspberries,
- Ice
- 1 cup unsweetened almond milk

Instructions

- 1 Put everything in the blender and blend.

CREAMY RASPBERRY SMOOTHIE



Ingredients

- 1 tbsp ground flaxseed, sunflower and pumpkin seed
- 1 cup frozen raspberries
- 1 cup unsweetened almond milk

Instructions

- 1 Measure all the ingredients or use a tall glass for speed – they don't have to be exact. Put them into a blender and blitz until smooth. Pour into 1 tall glass (you'll have enough for a top up) or two short tumblers.

KALE SUPER SHAKE



Ingredients

- 2 handfuls kale
- ½ avocado
- ½ lime, juice only
- Medium-sized chunk ginger
- 1 tbsp cashew nuts

Instructions

- 1 Put all of the ingredients into a blender, add a large splash of water and blend. Add more water until you have the desired consistency.

CHOCOLATE MINT SMOOTHIE



Ingredients

- ½ cup coconut milk
- ½ cup ice
- 1 cup water
- 1 scoop chocolate protein powder
- ½ frozen avocado
- 4 mint leaves
- 2 tbsp. shredded coconut

Instructions

- 1 Put all the ingredients in a blender and blend.

GINGER GREEN SMOOTHIE



Ingredients

- 1 cup water
- 1 cup baby spinach
- ½ cup cilantro
- 1 inch ginger (peeled)
- ¾ cup cucumber (peeled)
- ½ lemon (peeled)
- 1 cup frozen avocado

Instructions

- 1 Put the ingredients in a blender and whizz until smooth

AVOCADO SMOOTHIE W/ TURMERIC



Ingredients

- ½ avocado
- ¾ cup full-fat coconut milk
- ¼ cup unsweetened almond milk
- 1 tsp. freshly grated ginger
- ½ tsp. turmeric
- ½ tsp. lemon juice
- 1 cup crushed ice

Instructions

- 1 Put all of the ingredients in a blender and blitz until smooth then pour into 2 tall glasses.