

# FLAT - AND - FIRM *Belly*



# How Smoothies Can Get You to Your Flat and Firm Belly Faster!

**F**ad diets are ruining our bodies. We overeat but remain undernourished. We overtrain, but lack the right nutrients for recovery. Packaged foods are pushing us towards disease and making us fatter. Those of us in the fitness industry know there are no secrets. The way to a firm and flat belly is a conscious decision to take control of your weight, and your energy levels.

Unfortunately our bodies are under constant attack by pesticides, chemicals, additives, hormones, antibiotics and countless other ingredients that our bodies don't recognize. Did you ever think that maybe your body isn't able to lose any belly fat because it is overburdened with toxins?

What you put into your body is 75% of how you will feel and look. The other 25% is how you approach exercise. I drink at least 2 smoothies daily. My easy recipes are geared to help you reach your wellness and fitness goals, so that a firm and flat belly is something that any woman, at any age can have. When you give your body what it needs to function, it will make you not only feel better, but you will be surprised at how quickly you look better!

Smoothies are the easiest way to get

optimal nutrition into your body. Whether you need breakfast or a snack, a pre or post workout meal. Smoothies are the best way to stay energized on the right path to weight loss, when there is no time to cook. Forget energy bars loaded with fillers and sugar. The quickest way to an energizing meal, is in a glass. Smoothies if made at home can be metabolic enhancers that support muscle tissue and energy levels as you whittle that stubborn fat right off of your belly.

Call them shakes or smoothies, either way, they deliver the goods. With poor food choices everywhere, and no time to eat right, this could be the easiest way to change your diet. In your quest for optimal energy, and a leaner stronger body, smoothies are it!

There are no excuses as to why we cannot give our bodies supreme nutrition. Filling, easily digested, and easy to transport, smoothies are how you will win the war on adding in the right nutrition at the right time.

Forget the idea that you don't have time. Cut up fruit and store in the freezer in small zip lock freezer bags. Sprinkle with lemon juice to prevent browning. Use combos of fruits, spinach, parsley, kale and mint to make sure you are getting all the nutrients and fiber you need.

Frozen fruit omits the need for ice, and these freezer packs are ready when you are.

Great additions to any smoothie are ground flax and chia seeds. They are great sources of protein and fiber, and are loaded with omega 3's( a healthy fat!)

Always start with the liquid first, then add protein powders and dry ingredients. Next, add in the frozen fruit combos, or ice and other additions as in supplements. Blend and go! Remember that a “meal replacement” smoothie must have all 3 macronutrients in it to be called a meal: Protein, Carbs, and Fats.

I prefer to use quality plant based protein in all of my smoothies. I like Organic Greek yogurt and Kefir when I don't want to use protein powder. Most protein powders that you find in stores in the giant jugs at a low price, have either a horrible aftertaste, or ingredients that don't support a healthy body.

Most women have found that first thing in the morning, besides time, they have no appetite or are nauseous due to hormonal imbalances. This is the perfect time to have a sweet but not unhealthy, drink that sets your body up for energy. A nutrient dense smoothie made at home, lets you power through the day so that you don't make poor choices later on.

Be sure if you are using a plant based protein powder that is organic and non GMO. In your quest for a firm and flat belly, you don't want to be eating foods that make your goals just a dream. You want to see that slimmer waistline and leaner body starting today!

## SMOOTHIE RECIPES

These 10 luscious belly flattening, detoxifying drinks can be whipped up in a blender, morning noon or night!

Remember to keep your fruit and veggies cut up into baggies in the freezer. This saves time, and the baggies are always ready.

There's no need to add ice, and no excuse as to why you can't have a quick but healthy meal or snack on the go that keeps your body working at its optimal best and gets you to your flat and firm belly goals quickly!

### **Ingredients:**

Plant Based Organic Protein Powder  
(Natural flavor or Vanilla)

Coconut Water- Organic single ingredient  
with no “natural flavorings added”

Kefir - Plain Organic

Ground organic Chia Seeds

Ground organic Flax Seeds

Organic Ginger root - dice or shave into  
smoothies or buy organic liquid

Organic Turmeric - shave into smoothies or  
buy organic liquid

## Organic Fruits and Vegetables

- Avocado
- Apples
- Banana
- Blueberries
- Blackberries
- Raspberries
- Peaches
- Lemon
- Lime
- Kiwi
- Cherries
- Pineapple
- Mango
- Kale
- Spinach

- 1. Cleanse** - 1 scoop Organic Plant based protein powder/Apple/Kale/Lemon/Ginger/Turmeric/Chia Seeds/Water
- 2. Hydrate** - 1 Scoop Organic Plant Based Powder/Pineapple/Kiwi/Avocado/Coconut Water
- 3. Skin Smoother** - Kefir/Peaches/Mango/Turmeric/Flax/Water
- 4. Anti-Inflammation** - 1 Scoop Plant Based Protein Powder/Cherries/Pineapple/Turmeric/Coconut Water
- 5. Belly Flattener** - Raspberries/Spinach/Avocado/Chia Seeds/Water
- 6. Belly Soother** - Kefir/Banana/Coconut Water
- 7. Sore Muscle Soother**- 1 Scoop Plant Based Protein Powder/Pineapple/Banana/Cherries/Coconut Water
- 8. Focus** - Apple/Raspberries/Spinach/Lemon/Ginger/Water

**9. Calming**- 1 Scoop Plant Based Protein Powder/Banana/Blueberries/Mango/Water

**10. Energize** - Apple/Lemon/Lime/Spinach/Ginger/Berries/Water

Whether you are looking for the quickest way to get to your flat belly goal, or detoxifying is your plan, smoothies are a great and quick way to get in your meals when you don't have time to cook.

From a breakfast on the go, or that sweet fix that won't sabotage your waistline, smoothies might be your "go to" plan that makes it easier to get to your goals in less time than you imagined.

Store bought smoothies usually contain added sugars and some even have preservatives in them. When you set yourself up for success, by planning ahead and keeping these ingredients in your freezer, you will be on the fast track to a flat belly in no time! With these simple changes to your diet, your nutrient intake will get you where you want to be, and help you get that flatter, firmer belly without having to worry about what to eat every day.

With tasty ideas and ease, there is no excuse as to why we don't have time to eat right any more. With the right protein powder or yogurt mixed with fruits, greens and healthy fats, you could change your body from tired and flabby, to energized and confident as you show off that sexy, firm and flat belly soon.

The new firm and flat belly of yours is only a blender away!