

FLAT
- AND -
FIRM
Belly



Smoothie Recipes Flat and Firm Belly

Poor diets, excess carbohydrates and simple sugars and sluggish metabolic rates contribute to weight gain, hormonal imbalances and blood sugar spikes. What does this mean for the average woman over 40? Excess weight, belly flab and a tired body that feels and looks aged and weak. With digestive issues in the forefront, and hormonal issues that make our stomachs feel bloated, puffy and uncomfortable...we need help. Not the kind of help that comes from counting calories, or drinking shakes with fake sugars, sugar alcohols, hidden ingredients and junk. We want choices of easy to make, tasty smoothies that have as many benefits as possible. We want them to be easy to prepare when we are in a hurry... tasty when we feel "kind of yukky" in the morning due to belly issues, and filling enough that they can replace a meal if we choose. You asked for them, now here they are. However, before we get to the fabulous recipes, let's take a look at why it's best if YOU prepare the smoothie instead of purchasing a pre-bought one.

With busy schedules and lifestyles that make home cooking a thing of the past, we are more apt to get a carry out, than whip up something healthy that revives us. Most quickie take out foods, and quick meal replacement drinks are loaded with trans fats, chemicals, and nasty things that make them "tastier!". From the carry out foods

using conventional meats and vegetables, plus added amounts of sugar, sodium and preservatives, when we don't prepare food at home, you have no idea what you are eating, or drinking.

Forget energy bars loaded with fillers and sugar, or a bottled juice smoothie from the store that charges an arm and a leg! The quickest and cheapest way to an energizing, and fat burning meal... is in a glass. Metabolic enhancers that support muscle tissue and energy levels is how I like to think of every smoothie that I prepare. 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 a fitter and flatter belly, optimal energy, and a leaner stronger body as you age, smoothies should be on the top of your list!

You'll want to start out by purchasing a compact, inexpensive blender equipped with multiple travel cups. I prefer the Cuisinart Smart Power Compact Blender. It has enough power to blend frozen fruit, ice and even kale, with multiple cups for travel. I have a small kitchen, and I don't want a blender with 20 parts or that's too hard to clean out. I want easy, light, compact but powerful! I have recommended this blender to many, and it is my kitchen's most used

object! From a son in college (that begged me to get the same one!) to a husband that is a Firefighter and gym owner...we are a SUPER busy household.

Have to leave in a hurry for work, or have to be on the road for a few hours and don't want fast food? Double your shake recipe and put one in an insulated cooler for quick meal on the go.

There are no excuses as to why we cannot give our bodies supreme and simple nutrition that balances hormones, wards off cravings for sugar, and keeps you energized and full.

Here is the simplest way to add in fresh fruits, vegetables and healthy fats to your diet that takes minutes to prepare, and will satisfy you until your next meal. With nutrients that preserve and rebuild muscle tissue and ingredients that balance hormones, insulin and moods, you will be grabbing these smoothies when you have no time to prepare a meal.

To make your life easy and to have some of the work done for you so that you can "wake up and go," I recommend that you cut up fruit and veggies and put into freezer bags. Or, buy organic frozen fruit in the freezer section of your grocery store. Just be sure that the ingredients are just fruit! Some of the new smoothie concoctions have added sugar and other ingredients.

It's easy to please even the pickiest of eaters when it comes to smoothies. Whether you want one to detoxify, revive, replenish and restore or one that is in place of a meal, smoothies will be your flat and firm belly friend!

Grocery List for Flat and Firm Belly Smoothies

- Organic Plant Based Protein Powder in Vanilla
- Organic Grass Fed Non GMO Whey Based Protein Powder in Vanilla
- ▶ Coconut Water - single ingredient
- ▶ Almond Milk
- ▶ Coconut Milk
- ▶ Cashew Milk
- ▶ Kefir - Plain Organic

Vegetables & Greens for Smoothies

Spinach

Kale

Mint

Parsley

Fruit for Smoothies

- Avocado - (yes! It's a fruit and a healthy source of fat)
- Apples - cored and peeled
- Bananas
- Berries - Blueberries, Raspberries, Blackberries
- Cherries
- Kiwi

- Lime
- Lemon
- Mango
- Nectarine
- Peaches
- Pineapple
- Red Tart Cherries
- Strawberries

Healthy Additions and Healthy Fats

- Ground Flax Seeds - good source of Omega 3's and fiber
- Ground Chia Seeds - good source of Omega 3's and fiber
- Avocado Oil
- Coconut Oil
- Flax Oil
- Olive Oil

Green Tea Powder - Contains EGCG a significant phytochemical that has belly fat reducing properties. This can be bought in powdered form and added to smoothies. However, green tea does contain caffeine, so use with caution and earlier in the day if sleepless nights are an issue, or you are sensitive to caffeine.

Cinnamon - Ceylon cinnamon has been used for centuries and has a host of health

benefits. From stabilizing blood sugar to lowering the bad cholesterol, cinnamon is more than just something that tastes good!

Maca Powder - loaded with B, C, and E vitamins, calcium, zinc and iron. Used for centuries to promote sexual function and natural energy.

Raw Cocoa Powder - (not the Hershey's type!) This ancient powder is loaded with antioxidants, promotes heart health, and has more "wellness" properties than green tea! If you are a chocolate lover, then add a table-spoon of this to a smoothie and get your sweet tooth craving filled as you give your body benefits at the same time!

Some women wake up with a distressed belly and don't feel like eating due to nausea and digestive issues. From hormones that are constantly fluctuating to not enough time, smoothies are a soothing and tasty way to get in your nutrients so that you don't end up grabbing something you regret when you are hungry an hour later. By adding in a scoop of protein, greens, healthy fats and a bit of fruit, you'll create a mouth watering meal replacement that seems more like a decadent treat than a nutritious meal that keeps your belly flat and firm!

Flat and Firm Belly Smoothies

BERRIES AND GREENS ALKALIZING SMOOTHIE

- 1 1/2 C. Water
- 1 T. Ground Flax Seeds

- 1 T. Ground Chia Seeds
- 1/2 Avocado
- 1/2 C. Mixed Blueberries, Raspberries, Strawberries
- 1 bunch Spinach
- 1 bunch Mint
- 1 bunch Kale
- Blend!

CINNAMON ALMOND SURPRISE SMOOTHIE

- 1 C. Coffee
- 1/2 C. Almond Milk
- 1 Scoop Protein Powder
- 1 T. Coconut Oil
- 1 T. Cinnamon
- Blend!

FLAT BELLY ENERGIZER SMOOTHIE

- 1 1/2 Cups Green Tea
- 1/4 Avocado
- 1/4 C. Blueberries
- Ice + Blend

CACAO -COFFEE MORNING SMOOTHIE

- 1 C. Coffee
- 1/2 C. Water
- 2 T. Organic Coconut Oil

- 1 T. Cacao Powder
- 1 Scoop Protein Powder
- Ice + Blend!

CREAMY CHERRY FLAT BELLY SMOOTHIE

- 1 C. Coconut Water
- 1/2 Avocado
- 1/3 C. Red Tart Cherries
- 1 Bunch Spinach
- Ice + Blend!

PINA COLADA SUNRISE SMOOTHIE

- 1 C. Water
- 1/2 C. Coconut Milk
- 1 Scoop Protein Powder
- 1/4 C. Pineapple
- 1 T. Coconut Oil
- Ice + Blend!

CACAO BANANA SMOOTHIE

- 1 1/2 Cups water
- 1 Scoop Protein Powder
- 1/2 Banana
- 1 T. Cacao powder
- 1 T. Ground Chia Seeds
- Ice + Blend!

PICK ME UP! ENERGIZING FLAT BELLY

CLEANSE SMOOTHIE

- 1 Cup Green Tea
- 1/2 Cup Water
- 1/3 Avocado
- 1 Bunch Organic Spinach
- 1/2 C. Blueberries
- 1 small Banana
- 1 T. Ground Flax Seeds
- Ice , Blend, Enjoy!

COCONUT ALMOND JOY SMOOTHIE

- 1 C. Water
- 1/2 C. Almond Milk
- 1 T. Coconut Oil
- 1 Scoop Protein Powder
- Ice + Blend, Enjoy!

CHERRY MANGO SUNRISE FLAT BELLY INFLAMMATION FIGHTER

- 1 C. Almond Milk
- 1/3 C. Water
- 1/2 Mango
- 6-8 Red Tart Cherries
- 1 TBS. Chia seeds
- Ice + Blend, Enjoy!

MANGO MORNING SMOOTHIE

- 1 C. Green tea
- 1/2 C. Water
- 1/2 Mango
- 1 bunch spinach
- 1 T. Chia seeds
- Blend!

STRAWBERRY CREAM N GREENS SMOOTHIE

- 1 1/2C. Water
- 1 Scoop Protein Powder
- 1/3 Avocado
- 1/4 C. Strawberries
- 1 Bunch Spinach
- 1. T. Ground Chia Seeds
- Blend!

WAKE UP TO GREENS & FIBER SMOOTHIE

- 1 C. Water
- 1/2 C. Green Tea
- 1/2 Cup Mixed Berries
- 1/2 Kiwi
- 1/4 Avocado
- 1 Bunch Parsley
- 1 Bunch Kale
- 1 Bunch Spinach

- 1 T. Ground Flax Seeds
- 1 T. Ground Chia Seeds
- Blend!

MANGO COCONUT SMOOTHIE

- 1 C. Coconut Water
- 1/2 C. Water
- 1 Scoop Protein Powder
- 1 TBS flax seeds
- 1/2 Ripe Mango
- Ice + Blend

MORNING DETOX SLIMMING SMOOTHIE

- 1 C. Green Tea
- 1/2 C. Water
- 1 Scoop Protein Powder
- 1 Bunch Parsley
- 1 Bunch Mint
- 1 Bunch Spinach
- 1/4 Cup Frozen Berries
- Blend!

CHERRIES AND GREENS SMOOTHIE

- 1 1/2 C. Water
- 1. Scoop Protein Powder
- 1/3 Cup Red Tart Cherries
- 1 bunch spinach

- 1 bunch parsley
- 1 T. Chia seeds
- Blend!

TROPICALLY GREEN SMOOTHIE

- 1 1/2 Coconut Water
- 1 Scoop Protein Powder
- 1 Slice Pineapple
- 1/2 Kiwi
- 1/2 Ripe Mango
- 1 bunch Kale
- Ice + Blend

BANANA COCONUT CREAM SMOOTHIE

- 1 C. Coconut Water
- 1/2 Cup Coconut Milk
- 1 Scoop Protein Powder
- 1 Banana
- Blend!

APPLE GREENS N BERRIES SMOOTHIE

- 1/2 C. Water
- 1 Scoop Protein Powder
- 1/2 Cup Mixed Berries
- 1 Apple cored and peeled
- 1 bunch Spinach
- 1 bunch Parsley
- Blend

TROPICAL SUNNY BLEND SMOOTHIE

- 1 C. Coconut Water
- 1/2 C. Water
- 1/3 Avocado
- 1-2 Scoops Protein Powder
- 1 Banana
- 1/4 C. Frozen Pineapple
- Ice +Blend

PINEAPPLE AND CHERRY FLAT BELLY SMOOTHIE

- 1 1/2 C. Water
- 1/4 C. Pineapple
- 1/4 C. Frozen Red Tart Cherries
- 1 Scoop Protein Powder
- 1 T. Green Tea Powder
- Ice + Blend!

Chocolate Lover Smoothies

WAKE UP! ENERGIZING CHOCOLATE SMOOTHIE

- 1 C. Water
- 1 Scoop Protein Powder
- 1/2 C. Black Coffee
- 2 T. Cacao powder
- Ice + Blend!

CHOCOLATE RASPBERRY PICK ME UP SMOOTHIE

- 1 1/2C. water

- 1 Scoop Protein Powder
- 1/2 C. Raspberries
- 1 T. Cacao powder
- 1 T. Green tea powder
- Ice + Blend!

CHOCOLATE COCONUT SMOOTHIE

- 1 C. Coconut Milk
- 1/2 C. Water
- 1 Scoop Protein Powder
- 1 T. Cacao Powder
- 1 T. Chia Seeds
- Ice + Blend!

CHOCOLATE CINNAMON BANANA SMOOTHIE

- 1 1/2 C. Water
- 1 Banana
- 1 T. Flax Seeds
- 1 Scoop Protein Powder
- 1 T. Cacao powder
- 1 T. Cinnamon powder
- Ice + Blend!

BANANA SPLIT SMOOTHIE

- 1 1/2 C. Water
- 1/2 Banana
- 1/4 C. Strawberries
- 1 Scoops Protein Powder

- 1 T. Cacao powder
- Ice & Blend!

CHERRY CHOCOLATE FLAT BELLY SMOOTHIE

- 1 C. Water
- 1/2 C. Green tea
- 1 Scoop Protein Powder
- 1 T. Cacao powder
- 1/4 C. Red Tart Cherries
- Ice + Blend

Kefir Smoothies

Kefir is loaded with good bacteria and keeps your intestinal flora healthy. This high protein, loaded with probiotic drink, is a great choice for a firm and flat belly! Buy organic and plain to avoid added sugar.

TART CHERRY MACA SMOOTHIE

- 1/2 C. Kefir
- 1/2 C. Water
- 1/3 Cup Red Tart Cherries
- 1 Bunch Spinach
- 1 T. Flax Seed
- 1 T. Maca Powder
- Ice + Blend!

BANANA COLADA SMOOTHIE

- 1 C. Plain Kefir
- 1/2 C. Coconut Water

- 1/2 Banana
- 1/4 C. Pineapple
- Ice + Blend!

KEFIR, GREENS, AND BERRIES SMOOTHIE

- 1 C. Plain Kefir
- 1/2 C. Water
- 1/2 Kiwi
- 1/4 C. Strawberries
- 1 Bunch Kale
- 1 Bunch Spinach
- 1 T. Maca Powder
- Blend!

RASPBERRY AVOCADO HIGH FIBER SMOOTHIE

- 1 C. Plain Kefir
- 1/2 C. Water
- 1/2 C. Raspberries
- 1 T. Chia Seeds
- 1 T. Flax Seeds
- 1/3 Avocado
- Blend!

KEFIR BERRIES N GREENS SMOOTHIE

- 1 C. Plain Kefir
- 1/2 C. Water
- Bunch Spinach

- Bunch Parsley
- 1/4 C. Mixed Blackberries & Raspberries
- Blend!

KEFIR COCONUT CACAO BANANA SMOOTHIE

- 1 C. Plain Yogurt
- 1/2 C. Coconut Water
- 1/2 Banana
- 1 T. Cacao powder
- 1 T. Chia Seeds
- 1 T. Flax Seed
- Blend!

YOGURT BANANA CHOCOLATE SMOOTHIE

- 1 C. Plain Kefir
- 1/2 C. Water
- 1/2 Banana
- 1 T. Cacao Powder
- Ice + Blend!

KEFIR STRAWBERRY COLADA SMOOTHIE

- 1 C. Plain Yogurt
- 1/2 C. Coconut Water
- 1 T Coconut Oil
- 1/2 C. Strawberries
- 1 T. Flax Seeds

- 1 T. Chia Seeds
- Blend!

KEFIR COCONUT PINEAPPLE SMOOTHIE

- 1 C. Plain Kefir
- 1/2 C. Coconut Water
- 1/4 C. Pineapple
- 1 T. Coconut Oil
- 1 T. Flax Seeds
- 1 T. Chia Seeds
- Blend!

Whether detoxifying is your plan, or getting needed nutrients in quickly if you're too busy to prepare a meal, smoothies can help you reach your goals.

From a breakfast on the go, or that sweet fix that won't sabotage your waistline, smoothies might be your "go to" plan that changes your nutrient intake. With tasty ideas and ease, there is no excuse as to why we don't have time to eat healthy any more. With the right protein powder or kefir mixed with fruits, greens and healthy fats, you could change your body from tired and weak to energized and strong, as you show off that new Fit and Firm Belly that you've dreamed about!

The new fitter and more vital you is only a blender away!