

# Six Detox Smoothies

## FOR WEIGHT LOSS



### Cacao Seed Butter

WEIGHT LOSS SMOOTHIE

- SEED BUTTER
- BANANA
- MILK
- CHIA SEEDS
- CACAO NIBS
- ICE CUBES

### Pumpkin Spice

WEIGHT LOSS SMOOTHIE

- PUMPKIN PUREE
- BANANA
- PROTEIN POWDER
- MILK
- PUMPKIN PIE SPICE
- ICE CUBES

### Mango Turmeric

WEIGHT LOSS SMOOTHIE

- MILK OR WATER
- PLAIN GREEK YOGURT
- FROZEN MANGO
- AVOCADO
- FRESH GINGER
- TURMERIC POWDER

### Chocolate

WEIGHT LOSS SMOOTHIE

- CHOCOLATE PROTEIN POWDER
- AVOCADO
- BANANA
- MILK
- ICE CUBES

### Antioxidant Blueberry

WEIGHT LOSS SMOOTHIE

- PLAIN GREEK YOGURT
- FROZEN BLUEBERRIES
- BANANA
- MILK
- CHIA SEEDS
- ICE CUBES

### Green Detox

WEIGHT LOSS SMOOTHIE

- PROTEIN POWDER
- SPINACH
- BANANA
- AVOCADO
- MILK
- ICE CUBES

# Fast Weight Loss Smoothie Recipe

**Sabine Zange**



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