

# Top 50 Delicious Weight Loss Smoothies Drinks



## Green for Clean: Top 50 Delicious Weight Loss Smoothies & Drinks: (Smoothie Recipes, Smoothie diet, Smoothies for Weight Loss, Green Smoothie, Vegan Recipes, Clean Eating, Clean Eating Recipes)

by Annie Grapes

★★★★★ 5 out of 5

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Are you looking to lose weight? If so, you're in luck! This article will provide you with 50 delicious and nutritious smoothie recipes that can help you reach your weight loss goals.

Smoothies are a great way to get your daily dose of fruits, vegetables, and nutrients. They're also a great way to boost your energy levels and curb your appetite.

The following smoothie recipes are all packed with fiber, protein, and antioxidants. They're also low in calories and sugar.

So what are you waiting for? Start blending today and start losing weight!

## **1. Green Machine Smoothie**

- 1 cup spinach
- 1/2 cup kale
- 1/2 cup cucumber
- 1/2 cup celery
- 1/2 cup green apple
- 1/2 cup pineapple
- 1/4 cup lemon juice
- 1/4 cup water

This smoothie is packed with nutrients and antioxidants. It's also a great way to boost your energy levels.

## **2. Berry Blast Smoothie**

- 1 cup blueberries
- 1 cup raspberries
- 1 cup strawberries
- 1/2 cup banana
- 1/2 cup yogurt
- 1/4 cup almond milk
- 1/4 cup water

This smoothie is a great source of antioxidants and fiber. It's also a delicious way to cool down on a hot day.

### **3. Tropical Twist Smoothie**

- 1 cup mango
- 1 cup pineapple
- 1 cup papaya
- 1/2 cup banana
- 1/2 cup coconut milk
- 1/4 cup water

This smoothie is a great way to get your daily dose of vitamin C. It's also a delicious and refreshing way to start your day.

### **4. Peanut Butter Power Smoothie**

- 1 cup banana
- 1/2 cup peanut butter
- 1/2 cup yogurt
- 1/4 cup almond milk
- 1/4 cup water

This smoothie is a great source of protein and fiber. It's also a delicious and satisfying way to start your day.

### **5. Chocolate Indulgence Smoothie**

- 1 cup banana
- 1/2 cup cocoa powder
- 1/2 cup yogurt
- 1/4 cup almond milk
- 1/4 cup water

This smoothie is a great way to satisfy your chocolate cravings. It's also a delicious and nutritious way to get your daily dose of antioxidants.

## **6. Pumpkin Spice Smoothie**

- 1 cup pumpkin puree
- 1/2 cup banana
- 1/2 cup yogurt
- 1/4 cup almond milk
- 1/4 cup water
- 1 teaspoon pumpkin pie spice

This smoothie is a great way to get your daily dose of vitamin A. It's also a delicious and festive way to celebrate fall.

## **7. Apple Pie Smoothie**

- 1 cup apple slices
- 1/2 cup banana
- 1/2 cup yogurt

- 1/4 cup almond milk
- 1/4 cup water
- 1/4 teaspoon ground cinnamon

This smoothie is a great way to get your daily dose of fiber. It's also a delicious and nostalgic way to enjoy your favorite fall dessert.

## **8. Banana Berry Smoothie**

- 1 cup banana
- 1 cup berries (any type)
- 1/2 cup yogurt
- 1/4 cup almond milk
- 1/4 cup water

This smoothie is a great way to get your daily dose of potassium and antioxidants. It's also a delicious and refreshing way to start your day.

## **9. Green Detox Smoothie**

- 1 cup spinach
- 1/2 cup kale
- 1/2 cup cucumber
- 1/2 cup celery

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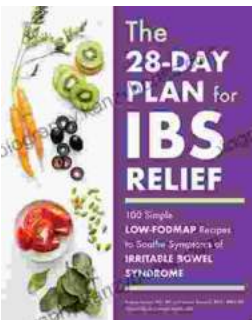


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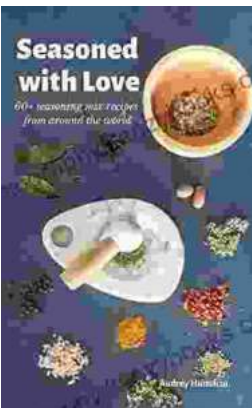
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