

17 day diet kefir smoothie recipe

17 day diet kefir smoothie recipe offers a nutritious and delicious way to support weight loss and overall health during the popular 17 Day Diet program. This article explores the benefits of incorporating kefir smoothies into the diet, provides a detailed recipe that aligns with the 17 Day Diet principles, and offers tips for customization and optimization. Kefir, a fermented dairy product rich in probiotics, plays a crucial role in enhancing digestion and boosting metabolism, making it an ideal ingredient for a weight loss smoothie. Combining kefir with wholesome fruits and other diet-approved ingredients creates a satisfying and metabolism-boosting beverage. This comprehensive guide will ensure readers understand how to prepare and utilize the 17 day diet kefir smoothie recipe effectively. Following this introduction, a clear table of contents outlines the main sections covered in the article, facilitating easy navigation and understanding.

- Benefits of Kefir in the 17 Day Diet
- Essential Ingredients for the Kefir Smoothie
- Step-by-Step 17 Day Diet Kefir Smoothie Recipe
- Tips for Customizing Your Kefir Smoothie
- Incorporating the Kefir Smoothie into Your Weight Loss Plan

Benefits of Kefir in the 17 Day Diet

Kefir is a fermented milk drink known for its rich probiotic content, which supports gut health, aids digestion, and enhances immune function. Within the framework of the 17 Day Diet, kefir serves as an excellent source of protein, calcium, and beneficial bacteria. These elements contribute to improved metabolism, which is essential for effective weight loss. Additionally, kefir has a low glycemic index, preventing blood sugar spikes and promoting sustained energy levels. Its creamy texture and tangy flavor make it a versatile base for smoothies that can help individuals adhere to the dietary restrictions and phases of the 17 Day Diet.

Probiotic Advantages

Probiotics in kefir help restore and maintain a healthy balance of gut flora, which can reduce bloating and improve nutrient absorption. These microflora may also influence weight regulation by modulating inflammation and hormonal pathways related to hunger and fat storage.

Nutritional Profile

Kefir provides essential nutrients such as vitamin B12, magnesium, and phosphorus, which support metabolic processes and muscle function. Its high protein content promotes satiety, reducing

overeating tendencies common during diet phases.

Essential Ingredients for the Kefir Smoothie

Creating an effective 17 day diet kefir smoothie recipe requires selecting ingredients that align with the diet's guidelines. The focus is on whole, low-calorie, nutrient-dense foods that enhance flavor and nutritional value without compromising weight loss goals. Below is a list of primary ingredients commonly used in this smoothie:

- **Kefir:** Plain, unsweetened kefir is the base, providing probiotics and protein.
- **Fresh or Frozen Berries:** Blueberries, strawberries, or raspberries add antioxidants and natural sweetness.
- **Leafy Greens:** Spinach or kale contribute fiber, vitamins, and minerals.
- **Chia Seeds or Flaxseeds:** Add healthy omega-3 fatty acids and fiber for digestion support.
- **Low-Glycemic Fruits:** Green apple or avocado can increase creaminess and provide healthy fats.
- **Natural Sweeteners:** Small amounts of stevia or monk fruit may be used if additional sweetness is desired.

Ingredient Selection Considerations

Choosing fresh, organic ingredients enhances the nutritional quality of the smoothie. It is important to avoid added sugars, artificial flavors, or high-calorie additives that could hinder weight loss progress.

Step-by-Step 17 Day Diet Kefir Smoothie Recipe

Preparing the 17 day diet kefir smoothie recipe is simple, quick, and requires minimal ingredients. The following step-by-step instructions ensure the smoothie remains compliant with the diet's phases and maximizes health benefits.

1. **Gather Ingredients:** 1 cup plain kefir, ½ cup fresh or frozen mixed berries, 1 handful of spinach, 1 tablespoon chia seeds, ½ green apple (chopped), and optional natural sweetener.
2. **Blend Base Ingredients:** Add kefir and spinach to a blender. Blend until smooth to ensure leafy greens are fully incorporated.
3. **Add Fruits and Seeds:** Include berries, green apple, and chia seeds. Blend again until creamy and well mixed.

4. **Adjust Consistency:** If the smoothie is too thick, add a small amount of water or unsweetened almond milk to reach desired texture.
5. **Taste and Sweeten:** Add a few drops of stevia or monk fruit sweetener if needed, then blend for a final time.
6. **Serve Immediately:** Pour into a glass and consume fresh to retain maximum probiotic potency.

Preparation Tips

Chilling ingredients beforehand enhances flavor and texture. Using frozen berries can eliminate the need for ice, preventing dilution of the smoothie's nutrients.

Tips for Customizing Your Kefir Smoothie

Customization allows adherence to personal taste preferences and specific dietary needs while maintaining the integrity of the 17 day diet kefir smoothie recipe. Various ingredient swaps and additions can optimize the smoothie for different phases of the diet or individual goals.

- **Protein Boost:** Add a scoop of plant-based protein powder for increased satiety and muscle support.
- **Fat Content Adjustment:** Incorporate a small amount of avocado or almond butter for healthy fats, which can improve nutrient absorption and fullness.
- **Flavor Variations:** Experiment with spices such as cinnamon, nutmeg, or vanilla extract to enhance taste without added calories.
- **Fiber Enhancement:** Additional flaxseeds or psyllium husk can increase fiber intake, aiding digestion and blood sugar control.
- **Dairy-Free Options:** Substitute kefir with coconut or almond milk kefir alternatives if lactose intolerance is a concern.

Phase-Specific Modifications

During the initial phases of the 17 Day Diet, when carbohydrate intake is restricted, focus on low-sugar fruits and increase leafy greens. In later phases, moderate fruit amounts can be included to provide variety.

Incorporating the Kefir Smoothie into Your Weight Loss Plan

The 17 day diet kefir smoothie recipe can be effectively integrated into daily meal plans to support fat loss, energy maintenance, and digestive health. Strategic timing and portion control are key to maximizing benefits.

Meal Replacement and Snack Options

This kefir smoothie can serve as a convenient breakfast or a nutrient-dense snack between meals. Its protein and fiber content help curb hunger and reduce overall calorie intake.

Supporting Metabolic Boost

Consuming the smoothie in the morning may stimulate metabolism early in the day due to its probiotic and nutrient profile. It complements the 17 Day Diet's emphasis on metabolic acceleration.

Hydration and Digestion

As a liquid meal, kefir smoothies contribute to hydration and promote digestive regularity. Maintaining sufficient fluid intake supports the detoxification processes encouraged by the diet.

Frequently Asked Questions

What is a 17 Day Diet kefir smoothie?

A 17 Day Diet kefir smoothie is a nutritious beverage that combines kefir, a fermented dairy product rich in probiotics, with fruits and other healthy ingredients aligned with the principles of the 17 Day Diet plan.

Why use kefir in a 17 Day Diet smoothie?

Kefir is used because it is low in calories, high in protein, and contains probiotics that support gut health, which complements the weight loss and health goals of the 17 Day Diet.

What are the key ingredients in a 17 Day Diet kefir smoothie recipe?

Typical ingredients include plain kefir, fresh or frozen fruits like berries or bananas, leafy greens such as spinach, and optional additions like chia seeds or protein powder, all within the 17 Day Diet guidelines.

Can I use flavored kefir for the 17 Day Diet smoothie?

It's best to use plain, unsweetened kefir to avoid added sugars that are discouraged on the 17 Day Diet. You can add natural sweetness with fruits instead.

How does the 17 Day Diet kefir smoothie support weight loss?

The smoothie provides a balanced mix of protein, fiber, and probiotics that help keep you full, support digestion, and maintain muscle mass, aiding in effective weight loss as promoted by the 17 Day Diet.

Is the 17 Day Diet kefir smoothie suitable for all phases of the diet?

Yes, kefir smoothies can be adapted for all phases by adjusting ingredients to fit phase-specific guidelines, such as focusing on low-sugar fruits during initial phases and adding more variety later.

How do I prepare a simple 17 Day Diet kefir smoothie?

Blend 1 cup of plain kefir with 1/2 cup of mixed berries, a handful of spinach, and a tablespoon of chia seeds until smooth. Adjust thickness with water or ice as desired.

Can I substitute kefir with yogurt in the 17 Day Diet smoothie?

While yogurt can be used, kefir contains more probiotics and often has a thinner consistency, making it ideal for smoothies in the 17 Day Diet plan.

How many calories are typically in a 17 Day Diet kefir smoothie?

A typical kefir smoothie on the 17 Day Diet contains approximately 150-250 calories, depending on the fruits and additional ingredients used.

Where can I find more 17 Day Diet kefir smoothie recipes?

You can find more recipes on the official 17 Day Diet website, health and nutrition blogs, or cookbooks dedicated to the 17 Day Diet plan.

Additional Resources

1. The 17 Day Diet Smoothie Solution

This book offers a comprehensive collection of kefir smoothie recipes tailored specifically for the 17 Day Diet plan. It emphasizes nutrient-dense ingredients that promote weight loss, detoxification, and improved digestion. Readers will find easy-to-follow recipes that blend kefir with fruits, vegetables, and superfoods for maximum health benefits.

2. Kefir Smoothies for Weight Loss: 17 Day Diet Edition

Focused on harnessing the probiotic power of kefir, this book provides delicious smoothie recipes aligned with the phases of the 17 Day Diet. It includes tips on how to incorporate these smoothies into daily meals to enhance metabolism and support gut health. Each recipe is designed to be both satisfying and effective for weight management.

3. Cleanse and Nourish: Kefir Smoothies on the 17 Day Diet

This guide combines the detoxifying principles of the 17 Day Diet with the gut-healing properties of kefir-based smoothies. Readers will learn how to create vibrant, nutrient-packed drinks that aid in cleansing the body while maintaining energy levels. The book also covers the science behind kefir fermentation and its role in digestive wellness.

4. 17 Day Diet Kefir Smoothies: Quick & Easy Recipes

Perfect for busy individuals, this book features fast and simple kefir smoothie recipes that fit within the 17 Day Diet framework. It highlights combinations that maximize flavor without compromising the diet's core principles. Helpful preparation tips and ingredient substitutions make it accessible for all skill levels.

5. The Ultimate Kefir Smoothie Cookbook for the 17 Day Diet

With an extensive variety of kefir smoothie recipes, this cookbook caters to every taste and dietary need within the 17 Day Diet program. It includes detailed nutritional information and guidance on how to customize smoothies according to each diet phase. The book also explores the health advantages of kefir as a fermented superfood.

6. 17 Day Diet Smoothies: Kefir and Superfood Blends

This title focuses on blending kefir with powerful superfoods to enhance the effects of the 17 Day Diet. Recipes are crafted to boost metabolism, reduce inflammation, and promote overall wellness. The book encourages experimentation with flavors while adhering to the diet's nutritional goals.

7. Flavorful Kefir Smoothies for the 17 Day Diet Lifestyle

Designed for those committed to the 17 Day Diet lifestyle, this book offers flavorful kefir smoothie recipes that keep meals exciting and nutritious. It provides insights on ingredient pairings that support satiety and energy throughout the day. The author shares personal success stories and motivation for maintaining healthy habits.

8. Probiotic Power: Kefir Smoothies and the 17 Day Diet

Exploring the probiotic benefits of kefir, this book aligns fermented smoothie recipes with the 17 Day Diet's phases. It educates readers on gut health and its impact on weight loss and immunity. The recipes are crafted to deliver both taste and function, making healthy living enjoyable and sustainable.

9. 17 Day Diet Kefir Smoothies for Beginners

Ideal for newcomers to the 17 Day Diet and kefir smoothies, this beginner-friendly guide breaks down the basics of kefir fermentation and smoothie preparation. It offers step-by-step recipes that are simple, affordable, and effective. The book also provides tips for sourcing quality kefir and incorporating smoothies into everyday routines.

[17 Day Diet Kefir Smoothie Recipe](#)

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17 day diet kefir smoothie recipe: The 17 Day Diet Cookbook Mike Moreno, 2012-03-27

This is a revolutionary weight-loss programme written by a medical doctor that has been a self-publishing success and has made a big splash on American TV.

17 day diet kefir smoothie recipe: The 17 Day Diet Breakthrough Edition Dr Mike

Moreno, 2014-01-02 The New 17 Day Diet Breakthrough is a complete revision of Dr Mike Moreno's bestselling The 17 Day Diet, incorporating state-of-the-art research and techniques to help dieters lose weight faster and in the places they want. Adding three brand new chapters, new strategies, and more recipes, Dr Moreno ensures that his simple 17-day plan gives new dieters the most up-to-date scientific tools to help them lose weight fast, whilst giving veteran 17 Day Dieters more control and more choices as they shed pounds or maintain their ideal weight. Unlike many diet programmes that starve you down to size, Dr Moreno's revolutionary programme changes your calorie count and the foods you eat every 17 days. The variation keeps your metabolism guessing, so you burn fat every day. In addition, the book contains a 17-minute exercise programme that targets specific body parts for fat reduction, information on nutritional spot reduction and contour foods, foods that are metabolic boosters, fluids like green tea that increase satiety, and meal timing, plus lots of new recipes, inspiring testimonials and answers to frequently asked questions.

17 day diet kefir smoothie recipe: The 17 Day Kickstart Diet Mike Moreno, 2022-12-27

The author of The 17 Day Diet returns with a three-step weight loss program that promotes plant-based eating and other accessible strategies that will effectively reset your bad habits and help you learn how to automatically make healthy decisions for life.

17 day diet kefir smoothie recipe: The 21-Day Belly Fix Tasneem Bhatia, MD, 2014-09-23

A leading integrative physician shares a groundbreaking 21-day eating plan to shed pounds, accelerate metabolism, balance your digestive system, improve gut function, and feel better every day—without dieting! There are one hundred trillion reasons losing weight and staying healthy are so hard: That's the number of bacteria living in your digestive system—good bugs and bad that influence everything from how much fat you store to whether or not you'll get arthritis, diabetes, or Alzheimer's. As medical director of the Atlanta Center for Holistic and Integrative Medicine, Tasneem Bhatia, M.D., is an expert in unlocking the mystery of the gut and probiotic health. Combining the latest research and cutting-edge science with proven alternative nutritional remedies, Dr. Taz has developed a simple plan—one that has worked for thousands of her own patients—that aims to reprogram your digestive system, help fight disease, and strip away pounds in just 21 days! The Belly Fix accelerates metabolism, increases energy, and jump-starts weight loss immediately. Once "fixed," you'll continue to feel the benefits. Drop pounds on the 21-Day Belly Fix plan, with more to come, as you continue to follow the program designed to balance your digestive bacteria and put you on the path to long-term health and vitality. Speed up your metabolism with the help of research that proves a direct link between your gut bacteria and how quickly you burn fat. Reduce inflammation and rebalance your body to help fight diabetes, arthritis, Alzheimer's, skin disorders, and more. Find focus and clarity with the help of simple and delicious foods that feed the healthy microorganisms in your gut—and fight the bad ones! The 21-Day Belly Fix is the final word on what researchers call your "second brain" and the simple ways that fixing your diet—instead of committing to a long-term food-banishing plan—can get your gut out of the gutter and help you to start feeling great. With delicious recipes and easy swaps, The 21-Day Belly Fix is the ultimate weight-loss plan! Praise for The 21-Day Belly Fix "If you are tired of feeling bloated and blah, let The 21-Day Belly Fix be your guide to good gut health and a slim waistline. This splendid book is truly a treasure, and Dr. Taz is one of the nation's leading experts on integrative medicine."—Gerard E. Mullin, M.D., associate

professor of medicine, Johns Hopkins, and author of *The Inside Tract* and *Integrative Gastroenterology*

17 day diet kefir smoothie recipe: The Kefir Solution Shann Nix Jones, 2018-06-26 Irritable Bowel Syndrome is the most common gastrointestinal disorder in the world. People with IBS are prescribed more medications, miss more work days, have lower work productivity and higher suicide rates than people without it. Yet the causes are still unknown, and there is no cure. Or rather - there was no cure, until now. Cutting-edge scientific research has found that IBS is nearly always connected to anxiety and depression through something called the gut-brain axis. Heal the gut and you can heal the brain - and vice versa. Enter *The Kefir Solution*. Developed by Shann Nix Jones, it uses kefir, a powerful natural probiotic to support your microbiome and help heal IBS without the use of chemicals. It has no nasty side effects but loads of health benefits - including alleviating the anxiety and depression that often go hand in hand with IBS. Combining common sense with uncommon science, Shann shares stories, tips and recipes to help you on your way to better gut health and a happier life. If you suffer from IBS, or know someone who does, and it's taken hold of your life, this book could lead you back to health and freedom.

17 day diet kefir smoothie recipe: 201 Organic Smoothies and Juices for a Healthy Pregnancy Nicole Cormier, 2013-01-18 Nutritious drinks that you--and your growing baby--will love! When you're pregnant, eating right becomes more important than ever. While prenatal vitamins fill the gaps in your diet, nothing can replace the all-natural goodness of fresh fruits and vegetables. Filled with a variety of delicious food combinations, *201 Organic Smoothies and Juices for a Healthy Pregnancy* shows you how to blend nutrient-rich drinks, right in your own home! From superfoods like avocado and spinach to revitalizing apples and oranges, these smoothies and juices will not only satisfy your tastebuds, but also provide you with the energy and nourishment you need for every week of your pregnancy. When made with only organic ingredients, each recipe is free of pesticides, hormones, GMOs, and additives, so you can focus on the nutrients your body requires and not have to worry about what else is in your drink. Get ready to enhance your nutrition intake and ensure that your baby grows healthy and strong--one organic drink at a time!

17 day diet kefir smoothie recipe: Smoothie Diets Stephanie Quiñones, *Smoothie Diets: 4 in 1: Smoothies for Diabetes Diet, Smoothies for Weight Loss Diet, 16lbs in 12 Days Smoothie Diet, and Smoothies Recipe Book* Start your fitness regimen, daily routines, or health goal with over 200+ beneficial smoothies for every occasion. ENJOY 4 BOOKS IN AN AMAZING BUNDLE BOOK #1 *Smoothies for Diabetics* BOOK #2 *Smoothies for Weight Loss* BOOK #3 *Lose 16 Pounds In 12-Days On A Smoothie Cleanse Diet* BOOK #4 *The Healthy Smoothie Recipe Book* Learn how to make smoothies quickly and efficiently while keeping it fun and fresh. We have compiled some of the best recipes in the world to make you achieve weight loss and feel great. These recipes are simple to make, and best of all compliant with the smoothie diet. You'll be able to open up the book, go to a recipe and feel great knowing that a delicious and healthy Smoothie drink is coming right up. This unique smoothie diet book not only helps to drop weight but also teaches you proven strategies for embracing a healthier lifestyle that will make you look and feel great. That's why we made sure to include only the BEST recipes to let you focus on your goals while living a stress free smoothie lifestyle. Don't get tired of drinking the same smoothie day after day. Choose low fat ingredients, handy spices to boost your smoothies, or customize your smoothies to soothe your taste. Download: *Smoothie Diets: 4 in 1: Smoothies for Diabetes Diet, Smoothies for Weight Loss Diet, 16lbs in 12 Days Smoothie Diet, and Smoothies Recipe Book*. Inside You Will Discover... *Over 200+ amazing smoothie recipes *Breakfast/Lunch/Dinner smoothie meal replacement recipes *Nutritional facts of every smoothie recipe *Advantages of the smoothie diet *Types of smoothie health plans *Plus much, much, more! Click "BUY NOW" at the top of the page, and instantly Download *Smoothie Diets: 4 in 1: Smoothies for Diabetes Diet, Smoothies for Weight Loss Diet, 16lbs in 12 Days Smoothie Diet, and Smoothies Recipe Book*.

17 day diet kefir smoothie recipe: Good Morning Paleo Jane Barthelemy, 2014-06-03 100-125 recipes for delectable Paleo recipes to start your day from the author of *Paleo Desserts*, Jane

Barthelemy.

17 day diet kefir smoothie recipe: *The Green Smoothie Garden* Tracy Russell, 2013-11-01
Green smoothies straight from your garden! Smoothies blended with fresh, crisp greens and natural fruit juices will increase your daily vegetable intake, boost your energy, and improve your overall well-being--and they don't have to cost a fortune! The Green Smoothie Garden teaches you how to make the healthiest green smoothies without breaking the bank. Featuring simple instructions and valuable gardening tips, this book shows you how to grow the vegetables in your favorite smoothies and incorporate them into a variety of delicious recipes. From kale to spinach to collards, the nutrient-rich greens featured in these tasty smoothies can be produced in any gardening space, so you'll be able to reap the benefits of a homegrown green smoothie no matter where you live. The Green Smoothie Garden gives you the advice and tools you need to make the most nutritious drinks right at home and at a fraction of the cost!

17 day diet kefir smoothie recipe: 17 Day Diet Recipes For Blenders: Guide For Beginners Juliana Baldec, 2014-06-21 Red Hot New 17 Day Diet Guide: A Practical 17 Day Diet Guide How To Double Your Weight Loss Results With Your 17 Day Diet Plan - Healthy, Easy & Quick 17 Day Diet Shaker & Blender Smoothies Recipes You Can Integrate Into Your 17 Day Diet For Maximum Effect Release! Spend a little time with this amazing compilation of 5 books that includes a collection of Juliana Baldec's healthy & scrumptious smoothies that you can add to your 17 Day Diet Today for awesome pound dropping results! Inside you'll find: Book 1: Book 1: 21 Amazing Weight Loss Smoothie Recipes Book 2: Book 2: Clean Eating: 17 Eating Clean & Drinking Clean Recipes With High Speed Blenders Book 3: Paleo Is Like You You will love discovering some new smoothie recipes that you might add to your 17 Day Diet. Consider these healthy & scrumptious smoothies to spice up any boring diet & finally get the results you want. If you love smoothies & blender drinks you will love this compilation to complete your smoothie recipe collection. Forget the old concept because there is no need to waist your time in the kitchen with old school recipes that take too long to make. There is every reason to make smoothies the new & 5 minute quick way so that you will gain more time out of your day & life! Learn the new way of adding smoothies to your 17 Day Diet today if you want to achieve your dream weight. Empower yourself via healthy and pound dropping smoothies & live a healthier, leaner and cleaner lifestyle. This compilation will give you some amazing insights into the wonderful world of Smoothies, the healthy Smoothie lifestyle & how you can connect your diet goals with the Smoothie lifestyle in order to achieve your dream figure & a happier & healthier you without being hungry all the time. By applying the knowledge of the Smoothie lifestyle, you will become healthier, happier, leaner & cleaner. Double Your Life Today with these healthy & scrumptious smoothies that you can add to your 17 Day Diet...

17 day diet kefir smoothie recipe: The 17 Day Diet Breakthrough Edition Mike Moreno, 2013-12-31 Revision of: 17 day diet -- New York: Free Press, 2010.

17 day diet kefir smoothie recipe: The 10-Day Green Smoothie Cleanse For Weight Loss William Lawrence, 2021-07-09 □Do you want to get rid of stubborn body fat? □ □Do you want to shed off a couple of pounds without hard workouts? □ □If Yes, you are in the right place!□ Whatever you crave, Diet Book The 10-Day Green Smoothie Cleanse for Weight Loss is your go-to guide for creating customizable smoothies that are perfect for you. This smoothie recipe cookbook contains: All About The 10-Day Green Smoothie Weight Loss Program Why is Detoxification Important? What is the Green Smoothie Cleanse Program? Health Benefits of the 10-day Green Smoothie Program Detox Green Smoothie Recipes for Weight Loss How to Continue Losing Weight After the 10-Day Challenge And more... So many people who intend to lose weight do not know what the right ratio of ingredients for a tasty smoothie is. Well, you have nothing to worry about because I have you covered. Enjoy nearly endless options for imaginative and healthy smoothies with more than 50 nutritious, easy-to-make recipes. Diet Book The 10-Day Green Smoothie Cleanse For Weight Loss filled with tasty mix-and-match ideas, for crafting creative smoothies-from brain-boosting breakfasts to supercharged afternoon snacks. So, what are you still waiting for? Let's get right to it and start losing weight for a healthier lifestyle. Just Click on Buy now with 1-Click (R) And Start Your Journey

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17 day diet kefir smoothie recipe: 8 Hour Diet: 5 Minute Lose Pounds Blender Recipes

Juliana Baldec, 2014-06-21 Red Hot New 8 Hour Diet: 5 Minute Easy Lose Pounds Blender & Shaker Recipes You Can Include In Your 8 Hour Diet Today To Maximize Your Diet Results (Scrumptious & Healthy 8 Hour Diet Smoothies Recipes You Can Make With Your Favorite Nutribullet, Omega Speed Blender, Hamilton Beach Blender, Breville, Frozen-Concoction Maker or any other High Speed or Hand Held Blender) Release! Spend a little time with this amazing compilation of 3 books that includes a collection of Juliana Baldec's healthy & scrumptious smoothies that you can add to your 17 Day Diet Today for awesome pound dropping results! Inside you'll find: Book 1: Blender Recipes For Weight Loss Book 2: 21 Amazing Weight Loss Smoothie Recipes Book 3: Paleo Is Like You (Fun Little Paleo Lifestyle Poem a day book with inspirational and motivational rhyming verses to spice up your results) You will love discovering some new smoothie recipes that you might add to your Diet of Lifestyle. Consider these healthy & scrumptious smoothies to spice up any boring diet & finally get the results you want. If you love smoothies & blender drinks you will love this compilation to complete your smoothie recipe collection. Forget the old concept because there is no need to waist your time in the kitchen with old school recipes that take too long to make. There is every reason to make smoothies the new & 5 minute quick way so that you will gain more time out of your day & life! Learn the new way of adding smoothies to your Diet and/or lifestyle today if you want to achieve your dream weight. Empower yourself via healthy and pound dropping smoothies & live a healthier, leaner and cleaner lifestyle. This compilation will give you some amazing insights into the wonderful world of Smoothies, the healthy Smoothie lifestyle & how you can connect your diet goals with the Smoothie lifestyle in order to achieve your dream figure & a happier & healthier you without being hungry all the time.

17 day diet kefir smoothie recipe: *The 10-Day Green Smoothie Cleanse For Weight Loss*

Nigel Methews, 2020-02-20 "Do you want to get rid of stubborn body fat?" "Do you want to shed off a couple of pounds without hard workouts?" "If Yes, you are in the right place!" So many people who intend to lose weight do not know what the right ratio of ingredients for a tasty smoothie is. Well, you have nothing to worry about because I have you covered. Enjoy nearly endless options for imaginative and healthy smoothies with more than 50 nutritious, easy-to-make recipes. Diet Book The 10-Day Green Smoothie Cleanse For Weight Loss filled with tasty mix-and-match ideas, for crafting creative smoothies-from brain-boosting breakfasts to supercharged afternoon snacks. Whatever you crave, Diet Book The 10-Day Green Smoothie Cleanse For Weight Loss is your go-to guide for creating customizable smoothies that are perfect for you. This smoothie recipe cookbook contains two big parts: Part 1 All about The 10-day Green Smoothie Cleanse Weight Loss and Diet Plan Part 2 Additionally 50 Detox Green Smoothies Recipes For Weight Loss. To diversify your diet So, what are you still waiting for? Let's get right to it and start losing weight for a healthier lifestyle. Just Click on Buy now with 1-Click (R) And Start Your Journey Towards the Healthy World Today I look forward to getting you started on some of my most favorite recipes that I've ever shared. Trust me, it's worth it! healthy smoothies recipes for weight loss, healthy weight loss smoothies recipes, weight loss smoothies recipes green, green smoothies recipes for weight loss, green smoothies recipes weight loss, smoothies recipes, best fruit smoothies recipes, green smoothies recipes, diet smoothies recipes, veggie smoothies recipes, healthy smoothies recipes to lose weight, simple smoothies recipes, simple green smoothies recipes, smoothies recipes to lose weight, cleansing smoothies recipes, coffee smoothies recipes, weight loss smoothies recipes, banana smoothies recipes, low calorie smoothies recipes, pineapple smoothies recipes, chocolate smoothies recipes, morning smoothies recipes, fruits smoothies recipes, healthy fruit smoothies recipes, fruit smoothies recipes healthy, fruit smoothies recipes, spinach smoothies recipes, smoothies recipes with almond milk, almond milk smoothies recipes, berry smoothies recipes, smoothies recipes healthy, blueberries smoothies recipes, blueberry smoothies recipes, healthy smoothies recipes, healthy

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17 day diet kefir smoothie recipe: *Summary of Dr. Mike Moreno's The 17 Day Kickstart Diet* Everest Media,, 2022-05-15T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 The first principle of the Kickstart Method is to eat more of what you know is good for you and less of what you know is bad for you. This gives you room to be human and makes you more likely to succeed. It removes guilt from the equation and inspires you to keep going. #2 The goal of this diet is to fuel your body with healthy, plant-based foods, and reduce processed food. By processed, I mean that it's manufactured in some way. If it's sold in a bag, box, or can, it's likely been processed to some degree. #3 The most important aspect of weight loss is diet, but exercise is also important. It helps maintain circulation, which helps the body fight off pathogens. #4 We must respect stress as a serious issue. It can hinder our ability to lose weight, because our body is living in a constant heightened state, and it's like we've clicked into survival mode. What does the body do when it's trying to survive. Store fat.

17 day diet kefir smoothie recipe: Smoothie Cleanse: Super Immunity Blender Recipes Juliana Baldec, 2014-08-24 In total you will receive 33 Detox Diet Recipes & Fat Burning Smoothies Recipes For Weight Loss. Smoothie Superfood Book 1: Clean Eating - 17 Eating Clean & Clean Drinking with High Speed Blender Recipes In this Clean Eating recipe book you will not only learn about eating clean, but you will also discover some amazing clean & lean, detoxing and fat burning drinking and eating recipes. Here are just some of the clean & lean, detoxing and fat burning smoothie recipes: * Fruity Furnace Fat-burning Nutriblast Smoothie * Toxic Blaster Smoothie * Nutri Blaster Smoothie * Toxin Cleansing Blast * Healthy Yummie Ricotta Dinner and lots more... If you, too, want to replace these common and sick making fat food options with clean eating and drinking solutions that are tasty, 5 minute easy to make and that are going to make your body lean and toxin clean, then you owe it to yourself and your family to test out these 17 amazing detox diet smoothie recipes! Smoothie Superfood Book 2: Blender Recipes For Weight Loss: 16 Blender Recipes For The Smoothie Diet & Detox Diet This smoothies recipes for weight loss can be made with your favorite high speed blender like the Ninja Blender, Nutribullet, Vitamix or any similar high power blender. Juliana will show you how she uses powerful hi-speed smoothie makers like the Nutribullet (use any other high speed blender like the Vitamix, or a plain blender bottle or shaker bottle) to tear through chard, kale, frozen berries, coconut, walnuts, almonds, chia seeds, broccoli, papaya, avocado, pecan nuts, hazel nuts, peanut butter, kefir, coffee, mango, coconut water, blueberries & other lean & clean detox, fat burning and weight loss superfood ingredients and transforms them into these heavenly tasty smoothies when she is done.

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Like You (Fun Little Paleo Lifestyle Poem a day book with inspirational and motivational rhyming verses to spice up your results) You will love discovering some new smoothie recipes that you might add to your Doctor's Diet. Consider these healthy & scrumptious smoothies to spice up any boring diet and finally get the results you want. If you love smoothies and blender drinks you will love this compilation to complete your smoothie recipe collection. Forget the old concept because there is no need to waist your time in the kitchen with old school recipes that take too long to make. There is every reason to make smoothies the new and 5 minute quick way so that you will gain more time out of your day and your life! Learn the new way of adding smoothies to your Diet today if you want to achieve your dream weight. Empower yourself via healthy and pound dropping smoothies and live a healthier, leaner and cleaner lifestyle. This compilation will give you some amazing insights into the wonderful world of Smoothies, the healthy Smoothie lifestyle, and how you can connect your diet goals with the Smoothie lifestyle in order to achieve your dream figure and a happier and healthier you without being hungry all the time. This compilation shows you a real approach to dieting the right and realistic way so that you will maximize your dieting results instead of going through the Yo-Yo dieting effect that happens with almost all diets because most diets are based on unrealistic and unnatural assumptions and goals. Juliana will show you how she did not only lose 20 pounds in 60 days and beat her nasty Asthma problem at the same time, but she shows you how she was able to keep off her weight via the power of the smoothie lifestyle that is more an exciting way of life that everyone is able to follow (even if you only have 5 minutes and are very busy) than a boring and unrealistic diet that no one is able to maintain because most diets contain too many hurdles to jump through. The smoothie lifestyle provides you with lean and clean nutrition all the time and you never feel hungry, tired, frustrated, out of energy and vitality. The vitamin and mineral enriched smoothies keep your body nourished with all the vital elements that your body needs. The outcome: a happy, vitalized, healthy, lean & clean, healthy and balanced YOU. You'll soon notice your improved skin and your rejuvenated body and looks. These health elixirs are going to beautify and rejuvenate your whole system, body, brain and skin. All your body functions are working in a healthy and balanced manner. Most diets ask a lot of sacrifices from you, but once you master the Smoothie lifestyle you'll appreciate what it does for your waistline (very effective pound dropper), your beauty (very effective detox) and your health (very effective vitality and energy booster). Combining healthy smoothies and blender recipes with your Diet that you can make with your favorite high speed blender or hand held mixer like a Blender Bottle, Nutribullet, Ninja, Vitamix, or Omega blender is even more powerful because it is double effective... Don't Miss Out! Scroll up and grab your copy today! Scroll up and Click the Big Button Now!

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how you can connect your diet goals with the Smoothie lifestyle in order to achieve your dream figure and a happier and healthier you without being hungry all the time. This compilation shows you a real approach to dieting the right and realistic way so that you will maximize your dieting results instead of going through the Yo-Yo dieting effect that happens with almost all diets because most diets are based on unrealistic and unnatural assumptions and goals. Juliana will show you how she did not only lose 20 pounds in 60 days and beat her nasty Asthma problem at the same time, but she shows you how she was able to keep off her weight via the power of the smoothie lifestyle that is more an exciting way of life that everyone is able to follow (even if you only have 5 minutes and are very busy) than a boring and unrealistic diet that no one is able to maintain because most diets contain too many hurdles to jump through. The smoothie lifestyle provides you with lean and clean nutrition all the time and you never feel hungry, tired, frustrated, out of energy and vitality. The vitamin and mineral enriched smoothies keep your body nourished with all the vital elements that your body needs. The outcome: a happy, vitalized, healthy, lean & clean, healthy and balanced YOU. You'll soon notice your improved skin and your rejuvenated body and looks. These health elixirs are going to beautify and rejuvenate your whole system, body, brain and skin. All your body functions are working in a healthy and balanced manner. Most diets ask a lot of sacrifices from you, but once you master the Smoothie lifestyle you'll appreciate what it does for your waistline (very effective pound dropper), your beauty (very effective detox) and your health (very effective vitality and energy booster). Combining healthy smoothies and blender recipes with your Diet that you can make with your favorite high speed blender or hand held mixer like a Blender Bottle, Nutribullet, Ninja, Vitamix, or Omega blender is even more powerful because it is double effective...Don't Miss Out! Scroll up and grab your copy today! Scroll up and Click the Big Button Now!

17 day diet kefir smoothie recipe: *The 5:2 Diet NutriBullet Recipe Book* Susan Fotherington, 2015-01-12 Welcome to a whole world of new tastes! Raw Greens, Raw Fruits, Raw Vegetables and the 5:2 day intermittent fasting diet combined. We have produced one hundred 250 kcal 19-26 protein gram recipes for women and one hundred 300 kcal 26-35 protein gram recipes for men. So you can have two Smoothies a day on the 2 fasting days per week. Have one for brunch and the other for dinner. The recipes are designed to provide the correct number of calories and meet the estimated average protein gram requirements for men and women on the 2 fasting days. Because restricting calories is helpful but restricting protein is not. The breakdown is as follows...20 Superfood Smoothies 20 Heart Care Smoothies 10 Detox and Cleansing Smoothies 10 Brain Food Smoothies 6 Sleep enhancing and Stress Busting Smoothies 17 Classic Green and Fruit Smoothies 17 Classic Greens Fruits and Veggie Smoothies All recipes are stated in Cups, Grams and Ounces. The precise nutritional break down into Protein grams, Fat grams, Carb grams, Fibre grams and Kcals is calculated for each recipe using data from the U.S. Department of Agriculture database.

17 day diet kefir smoothie recipe: *Clean Smoothies: 17 Clean Drinking Recipes: Spice Up Your Thyroid Diet and Keto Diet* Juliana Baldec, 2014-12-09 This is a 2 In 1 box set compilation of 3 books. This compilation includes Juliana Baldec's 2 titles: Book 1: Clean Eating Book 2: Smoothies Are Just Like You! ...from one of America's most passionate advocates of turning common and sick making food choice into a healthy & balanced lifestyle that includes 5 minute quick & effortless to make, tasty, healthy, vitality and energy boosting smoothies and juices. Not only can these healthy blender recipes drinks boost your health, wellness & happiness, but they can also provide you with many other benefits like beautifying your body and skin from the inside out, anti-aging, natural ability to heal itself, energizing and regulating your hormones, helping neutralize free radicals in our body and brain, satisfying your daily supply of the cancer fighting mineral selenium, treating fungal bacteria in the body like candida, boosting your energy level to fight against fatigue and illnesses, loosing weight and keep it off, and many other health benefits. When Juliana got started with smoothies and juices, she was able to shed 20 pounds during a period of 2 month. Since then she has been able to keep that weight off. Her secret: She turned these nutritious and satisfying drinks into a way of life. Combining smoothies, juices, her secret morning elixir, that she is going to share with you inside, and a light meal plan has helped her not only lose 20 pounds within 60 days, but she was

also been able to get rid of her nasty breathing and Asthma problems at the same time. Consuming a combination of these fruit smoothies, vegetable smoothies and juicing recipes will help your body get rid of sick making toxins, boost your vitality and energy, get rid of nasty body conditions like Asthma, rejuvenate your body, provide your body with a natural immune system, detoxify and clean your body, turn your body into a lean body, shed pounds, and more. People are reporting that fad diets never worked on them, but when sticking to this lifestyle of smoothies and juices they were able to lose weight and never gain the weight back afterwards unlike it happens with many of these fad diets. Most people are regaining the weight after following a diet. This is not a fad diet were you gain weight after you are done because this is a healthy and natural lifestyle choice and this is the reason why it also works for weight loss & keeping the weight off. People who have achieved similar results like Baldec by consuming smoothies, juices, and her secret morning apple cider vinegar elixir in combination with a light daily meal plan all agree. This is the most natural and nutritious way to nourish your body and brain while getting amazing weight results as a side benefit. The recipes are 5 minute quick and easy to make no matter if you use the best juicer or blender or if you use your regular hand held kitchen supply. As a result of following this juicing and smoothie lifestyle your body will turn into a lean and clean body that is full of energy, vitality, and life! From her fruity smoothies and juices to her leafy green, raw, vegetable, and vegetable/fruit combined smoothies and juices such as her vitality boosting blender drinks like the: * Nutri Blaster * Nature's Candy * Kefir Peanut Butter Smoothie * Hazel Banana Vanilla Walnut Cream Smoothie * Vanilla Smoothie Delight & many more... These tasty & unique 5 minute quick & no-fail recipes are going to transform your body into a healthy, toxin free, lean and clean body in a truly satisfying way. You will find recipes that boost your body and brain, help you with weight loss, detoxification, boosting up your immune system in a natural way, healing from the inside out, and many other health benefits. She also includes tasty & no guilt delights that are going to relax your mood and soul and make you happy like the Coffee'n Cream Cinnamon Smoothie Booster, the Avocado Banana Berry Avalanche...

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