

Detox Smoothies Recipes and 7 Day Smoothie Diet Plan

Day 1

Breakfast

Blueberry oatmeal smoothie:

1 cup banana slices, 1 cup blueberries, 1 cup grapefruit juice, ¼ cup oats

Lunch

Green smoothie:

1 cup avocado cubes, 1 cup cucumber slices, 1 cup almond milk, 1 cup spinach, ½ cup cilantro, ½ inch ginger, 3 pitted dates (optional sweetener)

Dinner

Blueberry peanut smoothie:

1 cup banana slices, 1 cup blueberries, 1 cup peanut milk, 2 tablespoons peanut butter, ¼ cup peanuts



Day 2

Breakfast

Mango oatmeal smoothie:

1 cup banana, 1 cup mango cubes, 1 cup grapefruit juice, ¼ cup oats

Lunch

Cauliflower smoothie:

1 cup avocado cubes, 1 cup cauliflower, 1 cup almond milk, 1/2 cup cilantro, ½ inch turmeric, 3 pitted dates (optional sweetener)

Dinner

Mango almond smoothie:

1 cup banana slices, 1 cup mango cubes, 1 cup almond milk, 2 tablespoons almond butter, ¼ cup almonds



Day 3

Breakfast

Grapefruit oatmeal smoothie:

1 cup banana slices, 1 cup grapefruit slices, 1 cup grapefruit juice, ¼ cup oats

Lunch

Sweet potato smoothie:

1 cup banana slices, 1 cup boiled sweet potato, 1 cup coconut water, 1 tablespoon chia seeds, ½ inch ginger, ½ inch turmeric

Dinner

Grapefruit cashew smoothie:

1 cup banana slices, 1 cup grapefruit slice, 1 cup cashew milk, 2 tablespoons cashew butter, ¼ cup cashew nuts



Day 4

Breakfast

Peach oatmeal smoothie:

1 cup banana slices, 1 cup pitted peaches, 1 cup grapefruit juice, ¼ cup oats

Lunch

Pumpkin pie smoothie:

1 cup banana slices, 1 cup boiled pumpkin, 1 cup coconut water, ¼ teaspoon cinnamon, ¼ teaspoon ginger, ¼ teaspoon allspice, ¼ teaspoon cloves, 3 pitted dates (optional sweetener)

Dinner

Peach coconut smoothie:

1 cup banana slices, 1 cup pitted peaches, 1 cup coconut water, 1 cup grated coconut flesh butter



Day 5

Breakfast

Pear oatmeal smoothie:

1 cup banana slices, 1 cup pear slices, 1 cup grapefruit juice, ¼ cup oats

Lunch

Carrot cake smoothie:

1 cup banana slices, 1 cup carrots, 1 cup coconut water, ¼ teaspoon cinnamon, ¼ teaspoon ginger, ¼ teaspoon nutmeg, 3 pitted dates (optional sweetener)

Dinner

Pear peanut smoothie:

1 cup banana slices, 1 cup pear slices, 1 cup peanut milk, 2 tablespoons peanut butter, ¼ cup peanuts



Day 6

Breakfast

Cantaloupe oatmeal smoothie:

1 cup banana slices, 1 cup cantaloupe cubes, 1 cup grapefruit juice, ¼ cup oats

Lunch

Bean smoothie:

1 cup banana slices, 1 cup boiled beans, 1 cup coconut water, ¼ teaspoon paprika, ¼ teaspoon ginger, ¼ teaspoon turmeric, 3 pitted dates (optional sweetener)

Dinner

Cantaloupe almond smoothie:

1 cup banana slices, 1 cup cantaloupe cubes, 1 cup almond milk, 2 tablespoons almond butter, ¼ cup almonds



Day 7

Breakfast

Pina colada oatmeal smoothie:

1 cup banana slices, 1 cup pineapple wedges, 1 cup coconut water, ¼ cup oats

Lunch

Green smoothie:

1 cup avocado cubes, 1 cup cucumber slices, 1 cup coconut water, 1 cup spinach, kale or collard greens, ½ cup cilantro, ½ inch ginger, 3 pitted dates (optional sweetener)

Dinner

Pineapple cashew smoothie:

1 cup banana slices, 1 cup pineapple wedges, 1 cup cashew milk, 2 tablespoons cashew butter, ¼ cup cashew nuts



The Acne Diet Book

To learn more smoothie recipes, read The Acne Diet Book which contains:

The Acne Diet Book teaches you the foods to avoid and the foods to eat for natural acne treatment.

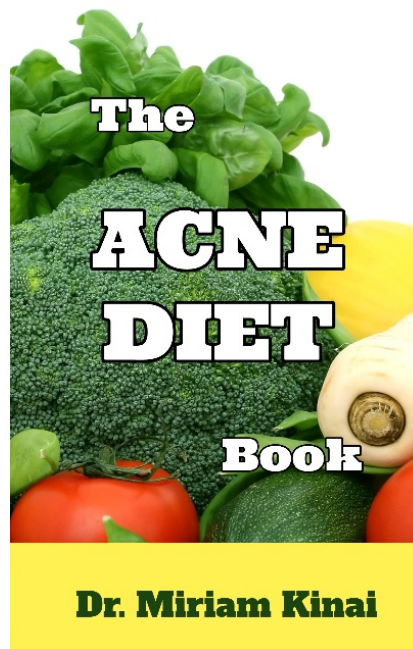
It also teaches you the hormonal acne diet, the anti-inflammatory diet for acne and the supplements for acne treatment.

This acne treatment book also contains an acne free diet meal plan to help you follow an anti acne diet at home.

This acne cure book also has numerous acne smoothie recipes that include:

- *Hormonal acne smoothies
- *Smoothies for acne scars
- *Smoothies for acne spots (hyperpigmentation)
- *Anti-inflammatory diet smoothies for acne
- *Detox smoothies for clear skin
- *Smoothies for clear skin and weight loss
- *Flat belly smoothies

[Click here to buy The Acne Diet Book](#)



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About The Author

Dr. Miriam Kinai is a medical doctor who has received specialized training in dermatology from the USA and Australia.

She runs an online skin clinic at <https://www.almasiskincare.com/online-skin-clinic-doctor-consultation/>

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