

Weight Loss Smoothie Recipes and 7 Day Smoothie Diet Plan

Day 1

Breakfast

Strawberry Oatmeal Smoothie:

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

Lunch

Green Smoothie:

1 cup avocado cubes, 1 cup tomato slices, 1 cup almond milk, 1 cup spinach, 1 tablespoon chia seeds, ½ inch ginger, 3 pitted dates (optional sweetener)

Dinner

Peanut Smoothie:

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



Day 2

Breakfast

Papaya Oatmeal Smoothie:

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

Lunch

Broccoli Smoothie:

1 cup avocado cubes, 1 cup broccoli, 1 cup almond milk, 1 tablespoon chia seeds, ½ inch turmeric, 3 pitted dates (optional sweetener)

Dinner

Almond Smoothie:

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



Day 3

Breakfast

Orange Oatmeal Smoothie:

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

Lunch

Sweet Potato Smoothie:

1 cup banana slices, 1 cup boiled sweet potato, 1 cup almond milk, 1 tablespoon chia seeds, ½ inch ginger, ½ inch turmeric

Dinner

Cashew Smoothie:

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



Day 4

Breakfast

Apricot Oatmeal Smoothie:

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

Lunch

Pumpkin Pie Smoothie:

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

Dinner

Coconut Smoothie:

2 cups banana slices, 1 cup grated coconut flesh, 1 cup coconut water



Day 5

Breakfast

Apple Oatmeal Smoothie:

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

Lunch

Carrot Cake Smoothie:

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

Dinner

Peanut Smoothie:

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



Day 6

Breakfast

Melon Oatmeal Smoothie:

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

Lunch

Bean Smoothie:

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

Dinner

Almond Smoothie:

2 cups banana slices, 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 milk, ¼ cup oats

Lunch

Green Smoothie:

1 cup avocado cubes, 1 cup tomato slices, 1 cup almond milk, 1 cup spinach, 1 tablespoon chia seeds, ½ inch ginger, 3 pitted dates (optional sweetener)

Dinner

Cashew Smoothie:

2 cups banana slices, 1 cup cashew milk or another nut milk, 2 tablespoons cashew butter, ¼ cups 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.

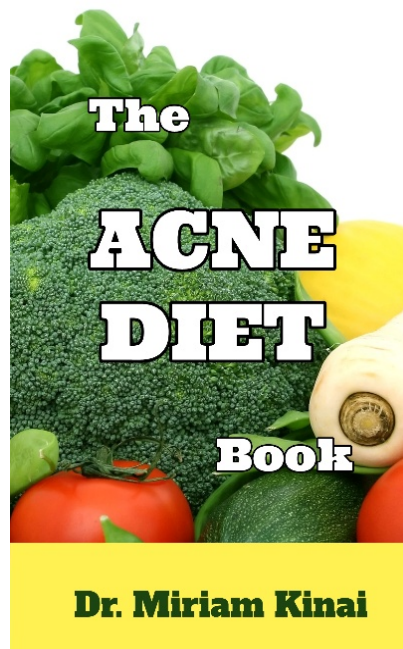
It also teaches you the hormonal acne diet, the anti-inflammatory diet for acne and the supplements for acne treatment.

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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