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Best home workout equipment. Workout and diet plans from Ulisses Jr, Emrata, Bakhar Nabieva, Michelle Lewin, Bella Hadid. AFQ - ask your fitness questions.

### Breakfast smoothie for weight loss. How to cook 3 the best tasty recipes

Tasty breakfasts are an art. Of course, you saw a lot of colourful smoothies in fitness and lifestyle-bloggers. They are easy to make, incredibly delicious and nutritious; they caused a real boom in Instagram. Let's prepare it too!

As a basis for smoothies, you can take a puree of fruits or vegetables, a Greek yoghurt, oatmeal and even cereals. The brighter and the more unusual the ingredients that you use, the more interesting will the taste be. Let's start!

#### **Peach Smoothie**



#### Ingredients

Two ripe peaches
100 g of raspberries
40-60 g of black and red currants
150 ml of apple juice (water or yoghurt)
Coconut shavings, poppies and mint leaves for decoration

#### How to cook

Prepare berries, wash them, and remove all the leaves and twigs from them. Do not forget to put away some of them and a small piece of peach for decoration

Remove ossicles from the peaches. Put a flesh together with the berries in a container of the blender. Fill everything with apple juice or yoghurt. Whisk everything until it becomes a homogeneous mass.

Pour the finished smoothie into a thick plate. Then starts the most exciting part of the cooking – the decoration of our dessert. Cut the rest of the peach into thin slices and put them on the top of your smoothie. Next throw the berries that you put away before. Sprinkle raspberries with coconut shavings, and currant – with a poppy.

#### Strawberry smoothie



### Ingredients

200 g of fresh strawberries One banana 50 g of granola or oatmeal 1 tbsp. l. of a peanut butter 100 ml of coconut milk (can also be replaced by the cow, soy or almond milk) Black chocolate and dried cranberries for decoration

### How to cook

Carefully wash out the strawberries, sort out berries and remove the tails from them. Remove the peel from the banana and cut it into slices. Put the granola in a bowl of the blender and pour it with milk. Grind it then, add a banana and strawberries and you can add some peanut paste if you want. Whisk everything until it becomes a homogeneous mass.

Pour the smoothie into a thick plate and decorate it. Lay out the cranberries, black chocolate, slices of a strawberry and banana slices. Sprinkle it with some coconut shavings or sesame; put a sprig of mint on a top.

#### **Cherry Smoothie**



### Ingredients

150 g of cherries One banana 2 tbsp. l. oatmeal 50 g of low-fat cottage cheese 100 ml of yoghurt Two tsp. honey

Coconut shavings, black chocolate, hazelnuts for decoration

### How to cook

Cool a banana, peel it and cut into slices. Wash out cherries and remove all ossicles from it.

Cottage cheese and yoghurt whisk in the bowl of the blender until it becomes homogeneous. Add fruits, cereal, and honey and then whisk it one more time.

Decorate it as you like. Do not be afraid to use your imagination and experiment. Here are some ideas for inspiration.

# Top 5 healthy protein breakfast smoothie recipes



The period, when nature gives us healthiest fruits, berries, and vegetables. And it would be a sin not to use them. We offer you five best recipes of protein smoothie that will be a great alternative for breakfast with porridge and will also give you health and beautiful figure.

Having studied what models, actresses and other stars eat, we have compiled a breakfast menu for you. It turned out three options for every taste. Frozen fruit and vegetable healthy smoothies are ideal for those who are struggling with excess weight or can not boast of a morning appetite. It can also be seeded like flax seeds or chia seeds. Breakfast, rich in proteins, will appeal to those who try to keep fit. A meal with a high content of fibre and slow carbohydrates for a long time to charge with energy. Decide for yourself which breakfast is right for you. And celebrity tips will help make the final choice!



I tell my readers that foods such as cheese, peanut butter and meat are great to eat at this time. Thick drinks from berries, fruits, vegetables and greens ground in a blender are incredibly popular today. Fashion for them was set by models that are preparing for Fashion Week and important shootings on smoothie-diets. Nutritionists confirm that these healthy smoothies are a great start to the day. Moreover, tastes and effects can be varied. For example, a mix based on a frozen banana and strawberry will give a feeling of satiety for a long time.

Spinach, celery and pineapple are recommended for weight-lifting. And if you add ginger and honey, you can also improve immunity. There are a lot of recipes; your perfect morning fruit delicious smoothies should be sought by trial and error. But there are some universal tips. First, always choose only ripe and fresh foods. Secondly, replace the usual sugar useful agave syrup, Jerusalem artichoke or honey. Thirdly, if the healthy breakfast smoothie turned out to be too thick, dilute it with mineral water or coconut milk. Or just make Greek Yogurt.

And all this at a time, carefully and chewing for a long time and enjoying the taste? If I eat an apple and an orange easily, then chewing a large bunch of parsley is not very fun.

Oatmeal breakfast smoothie is possible. If you follow the 50/50 formula (50% fruits, 50% greens) and pick up the ingredients wisely, and not just leave everything that you have in the vegetable box of the refrigerator in the blender, you will not feel the taste of greens (more on this below). There are smoothie recipes that taste indistinguishable from chocolate puddings and delicate fruit desserts. And in them, there is not a drop of harmful, unlike synthetic analogues!



If you love chocolate as much as we do, you will also enjoy this recipe! Cottage cheese contains a large an excellent of phosphorus and calcium. A cup of cottage cheese smoothie for breakfast will satisfy half of offer daily needs of protein in the organism.

- 100 g cottage cheese
- 1 tbsp cocoa powder
- 1 cup kefir (or yoghurt)
- 1. Put all the ingredients (cottage cheese, cocoa and kefir) in the blender and whip them until you get the drink.
- 2. Grate the chocolate and add it to the drink.



Cocktails with banana – is another excellent alternative to a nutritious breakfast. A frosted banana reminds of a taste of a milkshake but is absorbed by the organism much better. For the fresh flavour, you can add mint or spinach leaves to the smoothie.

- 1 frosted banana
- 1 cup water
- almonds
- 1/2 tsp cinnamon
- a pinch of salt
- 1. Mix banana pieces with water in the blender.
- 2. Then add cinnamon, a pinch of salt, and almonds.
- 3. Mix them all in a blender.



Print Recipe

Pumpkin contains a lot of healthy vitamins of A, C, E and B groups. It's and natural, healthy and most importantly a diet product, which helps to remove toxins from the organism. To make such a smoothie, we recommend choosing the sweet pumpkin.

- 70 g pumpkin
- 30 g carrot
- 100 g yoghurt
- 1. To make the pumpkin-carrot drink, you need to peel the carrot, boil it, then grate it on the grater.
- 2. After this, you need to cut the pumpkin, peel it of seeds and grate it the same way.
- 3. Put both ingredients in a blender, put three ice cubes, add yoghurt and mix everything properly.



If you don't have time to make your favourite porridge, this recipe for a smoothie – is a great alternative! Red currant, which we will add to this drink, is very useful for the body. It contains 4-5 times more ascorbic acid than in the fruits of black currant.

- 1/2 cup oatmeal
- 150 ml almond milk
- 1 banana
- 80 g red currant
- 1 tbsp honey
- 1. Add oatmeal into the pan with boiling water and boil them over low heat for 5 minutes.
- 2. When the porridge cools, add it to the blender, with currants, banana, almond milk and honey.
- 3. Stir well and enjoy a wholesome breakfast.



Do you like the classical strawberry smoothie? If so, you will also want this mint-strawberry smoothie! Strawberry increases exchanged processes in the body, and mint has a beneficial effect on the gastrointestinal tract.

- 5 strawberries
- 1,5 bananas
- 1 bunch mint
- 1 apple
- · half of a lime
- 1 glass water
- 1. Cut the banana and the apple, put them into the blender, add strawberry, mint leaves, lime juice and water.
- 2. Chop everything and enjoy the refreshing taste of a right summer drink!

(I am loving this smoothie so much!)

Green smoothie - is a super healthy drink, which diabetologists recommend not to drink, but to eat. Yes, exactly, to taste, preferably with a small spoon, to get the maximum benefit and feel satiation. It is essential not to be slow and drink cocktail right after you make it, or all the vitamins and minerals will disappear, and the benefit from the drink will be equal zero. It is much better than protein powder.

For cocktails for breakfast to be nutritious and be able to replace the full meal, you can add bananas, nuts, almond milk, oatmeal and high-fibre containing ingredients to it. In the form of the light base, we use low-calorie yoghurts, cottage cheese, soy milk, frozen berries and fruits. Here we will show you five options for cocktails, which we recommend you to drink (or even better - to eat) for breakfast.

We showed you the five best recipes for summer smoothies from strawberries, bananas, cottage cheese and even pumpkins! All the proposed variants of drinks will be an excellent nutritious breakfast and will energise you for the whole day!

# Top 5 Swiss Chard Smoothie Recipes. How to prepare swiss chard?



No one doubts about the benefits of green smoothies for weight loss. But if you are bored with spinach or broccoli cocktails – it is a high time to try something new! Swiss chard is a healthy dietic product that has a delicate flavour and soft leaves that blend pretty well in most blenders.

### SEE ALSO: Top 5 cabbage smoothie recipes for weight loss

How to prepare swiss chard? Actually, when cooked right, swiss chard becomes not only useful but also very delicious. Many housewives throw it away while preparing dishes with beet. But in fact, it comprises more vitamin C than the beetroot. Besides, it is rich in ascorbic and folic acid, vitamins B1, B2, P, PP, and also iron, calcium, potassium, magnesium, and iodine. There is also good news for those who want to lose weight. Healthy Swiss chard cocktails are low-calorie, so they are excellent for weight loss! Let's figure out how to cook amazing green smoothies using this useful part of the vegetable.

In general, young beet leaves have a complex healing effect on all organs and systems. Let's look at the list of useful key properties of the Swiss chard:

Improves the digestion. It has a slight laxative effect, so it contributes to cleansing the body of toxins. The high content of fibre which moves through the intestines, absorbs harmful substances as a sponge and then removes them from the body, improves detoxication.

Gives anti-ageing effect. Vitamins and minerals contribute to the rapid regeneration and appearance of new cells, replacing the old ones. Thanks to that, the rejuvenation mechanism starts at the cellular level.

Carries out metabolism regulation. The active components in the beet top accelerate metabolism and help carbohydrates splitting with the following energy production.



Never tried Swiss chard? This is an amazing opportunity to try it!

- ¾ cup of kombucha
- ½ cup of water
- 1/4 cucumber
- ½ cup of Greek yogurt
- 3-4 leaves Swiss chard
- ½ cup blueberries
- 4 ice cubes
- 1. Cut the cucumber up into chunks.
- 2. Rinse and tear up the Swiss chard.
- 3. Freeze the blueberries beforehand.
- 4. Use an emersion blender to combine the ingredients.

If you want your cocktail to be fresh and healthy, it is necessary to correctly select the beet top. Actually, the first young vegetables appear on farmers' markets at the end of May. So the experiences cookers go to find the fresh ones. They know that dishes from beet leaves are really tasty. Here are some pieces of advice that will help you:

First of all, take notice of the leafs elasticity. It is the sign of their freshness.

Swiss chard color should be dark-green.

Do not take pale yellowish greens. It is unfresh and dry.

The stub should be short and firm.

# Top 10 strawberry smoothie recipes for weight loss



Many people like strawberries for their aroma and pleasant taste. In the season of its ripening, few people can resist this berry. You can use it to prepare a vast variety of desserts, pies, compotes. But not only that! What we want to focus on – smoothies. That's why we decided to make a selection of strawberry smoothie recipes for weight loss. However, the berry is valued not only for its unique taste.

The benefits for human health are countless. It contains many vitamins, nutrients, and minerals. It is necessary for those who watch their weight. This tasty fruit helps to care of the skin of the face and hands, hair. Don't hurry to discard the leaves, though. They have been used for the preparation of various infusions and teas from ancient times. They also contain a large number of substances necessary for the proper functioning of the body.

The heart-shaped red berry contains an enormous supply of vitamins: A, B, C, and others. Your skin will become firm and elastic thanks to the antioxidants, and folic acid is indispensable for the normal functioning of the reproductive system.



The titular red fruit is like a blast of nutrients! Consuming frothy drinks with it will inevitably make you healthy and fit. Here's what it contains:

vitamins: A, B9, E, PP, C;

minerals: magnesium, potassium, iodine, copper, manganese, calcium, iron, cobalt;

fruit acids (salicylic, amber, malic, ellagic and other).

There are 3 ways that the ellagic acid that is contained in strawberries encourages weight loss:

It acts as an anti-inflammatory agent. And this is important, because if you have an inflammation in your body – the hormones that are engaged in keeping you slim are blocked. And it's crucial that we unblock them.

A hormone called adiponectin is responsible for your metabolism. It also helps to give you a feeling of fullness. And this useful hormone is released if you eat the little red fruits.

The combination of the two aforementioned points slow down the assimilation of food containing starch. And that's beneficial because the blood sugar rises after eating such food.

It significantly contributes to the rapid healing of wounds and the renewal of cells and tissue. Being one of the most potent antioxidants, it helps to eliminate harmful substances and excess fluid from the body.

Also, the systematic use of berries in food at times reduces the risk of the emergence and development of cancer. The product activates the protective mechanisms of the human body, helps to cope with the effects of the environment and free radicals. It also slows down the aging process and the development of chronic diseases.

These guys have a beneficial effect on the heart. Also, the substances contained in it, support the normal functioning of the central nervous system, relieve sleep problems, fatigue, irritability, and anxiety. Among other things, strawberries have a positive effect on the work of the stomach and the entire gastrointestinal tract.

Fresh berries are preferred in making fruit beverages. It is essential to have time to eat the required amount of them in the ripening season. However, it's a seasonal fruit and cannot be procured in the winter, when our need in vitamins is crucial. But don't despair, you can always use frozen fruit to prepare yourself a glass of your favorite weight loss cocktail.



The health benefits monitor is freaking out at the thought of this recipe! Packed with vitamins and minerals, it will help you slim down and keep healthy.

Servings: 2

Calories: 91kcal

- 1.5 oz of spinach
- 1/2 cup of strawberries
- 1 date
- 1 tbsp of goji berries
- 1 tbsp of hemp seed
- 1 cup of water
- 2 ice of cubes
- 1. Pit the date.
- 2. Remove the harsh stems from the spinach.
- 3. Use a food processor or blender to mix all of the prepared ingredients.



Print Recipe

Bring out that zesty lime flavor in this drink! All the ingredients are compatible and the drink turns our better than the sum of its parts. Give it a try!

Servings: 2

Calories: 114kcal

- 1 1/2 oz of baby spinach
- 1 banana
- 3 oz of strawberries
- 1/2 lime
- 1 tbsp of flaxseed
- 1 tsp of baobab powder
- 1 cup of coconut water
- 1 cup ice

- 1. Juice the lime and zest it (so that you have about 1/2 teaspoon of it).
- 2. Peel the banana and break it up into pieces.
- 3. Use a blender to beat the ingredients into one even liquid.



Now there's a pairing you wouldn't have thought about! It's sweet without added sugar and it's healthy as well!

Servings: 2

Calories: 185kcal

- 5 oz of carrots
- 4 oz of strawberries
- 1 banana
- 1 tbsp of hemp seed
- 1 tsp of lucuma powder
- 1 cup of water
- 1 cup of ice
- 1. Peel the carrots and banana, chop them up into pieces.
- 2. You can optionally freeze the main ingredient and the banana beforehand.
- 3. Mix the ingredients in a bowl of a food processor until homogeneous.



🗗 Print Recipe

A blend of vitamin C and antioxidants will contribute to the fat burning process and you'll be healthy and slim in no time!

Servings: 2

Calories: 159kcal

- 1 cup of strawberries
- 1 pear
- 1 blood orange
- 1 tbsp of coconut flakes
- 1 cup of vanilla almond milk
- 1 cup ice

- 1. Stem the strawberries if they are fresh.
- 2. Cut the pear into pieces.
- 3. Peel the blood orange.
- 4. Place all of the fruit, ice, and milk into a cup of a blender and give them a mix. The consistency you're going for is frothy.
- 5. Pour into glasses and garnish with the coconut flakes.



This drink is low in calories and serves as a tasty snack in between meals

- 200 ml of low-fat milk
- 100 grams of strawberries
- 1 tsp of honey optional
- 50 ml of mineral water non-carbonated
- 1. Blend the ingredients together until fully incorporated. Pour into glasses and serve with a straw.



Print Recipe

This will keep you full in the morning and provide you with energy throughout the day. The fruit really amps up the boring old oatmeal and will not harm your weight loss process.

- 1/2 cup of oatmeal
- 1 cup of non-fat milk
- 1 cup of strawberries
- 1 tsp of bitter dark chocolate grated
- 2 drops of vanilla extract
- honey (optional)
- 1. Blend all the ingredients to make the best breakfast that's fun, healthy, and nourishing.



This beverage is simply bursting out with flavor! And the best part is that you can use frozen berries (which is even better for the consistency and thickness of the drink).

- 1 cup of strawberries frozen
- 1/4 of a pineapple
- 1/2 cup of orange juice freshly-squeezed
- honey optional
- 1. Juice the oranges and strain the juice through a fine mesh sieve if you don't like pulp in your juice
- 2. Peel the pineapple and cut it into chunks
- 3. Add all ingredients to a cup of a blender or food processor and mix
- 4. Pour into glasses and garnish with a piece of pineapple



Print Recipe

This one will make you feel right in heaven! A light and frothy symphony of flavor and aroma. Caution: you won't get enough, so consume carefully!

- 1/2 cup of strawberry
- 1 kiwi
- 1/2 cup of coconut milk
- 1/3 cup of ice
- 1/2 tsp of lemon zest
- · honey optional
- 1. Peel the kiwi
- 2. Put the ingredients into a cup of a food processor and blend until you see it's all incorporated.
- 3. Pour into a glass and garnish as you please.



🖶 Print Recipe

A standard simple, yet delicious cocktail that will ensure the feeling of being full for a long time without damages to your figure.

• 100 grams of strawberry

- 1 banana
- 1/2 cup of non-fat Greek yogurt
- 1/2 cup of ice
- · honey (optional)
- 1. Peel the banana
- 2. Rip the banana into pieces
- 3. Place all ingredients into a blender and pulse until homogeneous.



Print Recipe

A bundle of tastes and textures that will refresh, nourish and help lose those extra pounds! Pour yourself a glass and enjoy!

- 5 pieces of strawberry
- 1 handful of fresh mint
- 1 apple
- 1 cup of water
- 1/2 lime
- 1. Peel the apple, discard the seeds.
- 2. Chop up the mint
- 3. Place all ingredients into a cup of a blender or food processor and squish the juice out of the lime
- 4. Mix to the desired consistency. Pour into a glass, add desired garnishes.

There are many diets to lose excess weight, and this strawberry diet is one of them. This is a particular way of rapidly shedding those extra pounds, and it's not one of those meal plans where you have to starve yourself. You will feel full because of the fiber and light because of the low-calorie content at the same time. It doesn't mean eating this fruit for breakfast, lunch, and dinner. You just add it to each meal, and it will promote weight loss.

This eating regime is even favorite among celebrities. It's not a wide-spread fact, but Victoria Beckham herself used this diet to fit into her favorite skinny jeans. There's an extreme version, and there's the more mild one. The one that former Posh Spice followed was extreme. That means eating a helping of the mentioned fruit every day as much as you want. But we don't have fashion shows and red carpets to attend, so we'll just try a more natural way.

The trick is to add this fruit to every breakfast, lunch, and dinner a few days a week. Usually, it's a smoothie (because it's faster and more delicious than just a handful of these berries that you'll grow tired of eventually). Here is a prototype of a daily meal plan that's 1200 calories tops.

#### Option 1:

Breakfast: the Minty Red Jazz beverage that ranked #1 in our top smoothie list.



Snack: the Healthy Milkshake from our list.

Lunch: turkey salad (150 grams of the titular fruit, chopped cucumber, 1 piece of turkey breast, preferred herbs to taste, 1 tablespoon of olive oil, 1 teaspoon of lemon juice and zest, salt, pepper).

Snack: low-fat yogurt with 100 grams of the red berries.

Dinner: potato salad (boiled potato, finely-chopped celery, parsley, a clove of garlic, non-fat Greek yogurt, salt, pepper).

### Option 2:

Breakfast: a slice of whole-wheat bread with low-fat cheese.

Snack: 200 grams of our titular berry with honey and other fruit (blueberries, kiwi, banana, etc.)

Lunch: salad (100 grams of strawberries, a small tomato, 1/2 of iceberg lettuce, 50 grams of low-fat cheese, yogurt, salt, pepper, lemon juice) Serve with a whole-wheat bread toast.

Snack: the Pineapple Pal cocktail from our list.

**Dinner:** a strawberry bowl with cottage cheese.

This is it for the meal diet plan. Feel full throughout the day and burn fat almost effortlessly!



What are probiotics, what are their benefits for the intestines and why are they used? Of course, to colonize the intestines with healthy microflora, vital for our health and well-being, it is for this that we take drugs with lacto and bifidobacteria. Once in the sick, clogged intestines, which is full of slags, toxins, rotting food debris, feces and other awful things, living and healthy bacteria are attacked by multiplying pathogenic flora, and die very quickly; the person is drinking probiotic drugs again, and again all efforts come to naught.

You can take probiotic preparations for months and even years, but nothing will change – at least for the better, if you do not clear the intestines and prepare a fertile ground for the reproduction and development of healthy intestinal bacteria.

Probiotics are prescribed not only for the treatment of dysbacteriosis and restoration of the intestinal flora: since our immune system depends on them, they are prescribed for allergic diseases, a tendency to SARS and colds, with frequent stresses, pharyngitis, sinusitis, pneumonia, bronchial asthma, helminthiasis, intolerance to dairy products, diseases of the genitourinary system, inflammatory diseases of the vagina – including those caused by a bacterial infection, etc.

#### The benefits of probiotic preparations are undoubtedly for such problems as:

diarrhea, persistent constipation, irritable bowel syndrome; with various intestinal infections and chronic gastrointestinal diseases: colitis, enteritis, peptic ulcer, gastritis, etc.

One of the famous drinks that contain probiotics is water kefir. A beverage prepared with Japanese water crystals. You can learn all about it in our article. The main idea of using this special liquid is that it helps lose excess water weight and its favorable effect on the intestines. And what's good for the gut is good for the entire body.

Just imagine what it can do in combination with our titular ingredient! It's recommended making water kefir with different fruit juices to feed the good bacteria, but we want to focus on frothy cocktails and shakes in particular.

Among the aforementioned benefits, it also improves eyesight. Especially for those who see poorly in the dark. It also prevents the development of cataracts, blindness, and other eye diseases.

Thanks to salicylic acid, the strawberry has anti-inflammatory and antiseptic properties. Also during a cold, it helps to reduce the temperature and speed up the healing process.

And lastly, it's a must for those who watch their figure or want to lose weight. It activates metabolic processes, fills the body up with vitamins and has only 36 kcal per 100 grams. Also, it prevents the formation of new fat and helps to burn the existing one. However, it should not be consumed too much, because in some cases it can be harmful. One could be allergic or have issues with stomach acidity. So be sure to okay it with your doctor before gorging yourself with these delicious little berries.

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Full Text: "Diet and Inflammation" Leo Galland, MD, Nutr Clin Pract December 7, 2010 vol. 25 no. 6 634-640 https://en.wikipedia.org/wiki/Leo\_Galland

# Top 10 autumn smoothies with season ingredients



Today, smoothies acquire more and more popularity. Followers of a healthy diet and just those who care for their health have loved this drink. In summer, delicious and bright cocktails were present on almost every table. The approach of autumn is not a reason to forget about this delicious and nutritious drink. After all, this time of the year is also rich in useful fruits and vegetables.

Autumn fruits and vegetables are rich in vitamins and minerals that help the body to hold out until the spring and avoid the vitamin deficiency. To accumulate the necessary amount of useful substances, we recommend starting the morning with light and nutritious drinks – according to the prescription for each day of the week.

Nutritionists recommend eating light fruit cocktails for breakfast, and nutritious vegetables for lunch and dinner. In summary, the Cocktail-Bible looks like this:

Make cocktails yourself.

Instead of fat milk and sour cream, use low-fat kefir, yoghurt or cottage cheese, instead of sugar, honey and flower pollen.

Vegetable cocktails try not to salt: it is more useful to add grinded dry sea kale and spices.

You can include protein or soybean powder, multivitamins, flax seeds or wheat germs in cocktails: they can increase the protein and nutrient content. To reduce weight in fruit drinks use less caloric fruits and berries – apricots, mandarins and black currants: they contain 0% fat. To low-fat products, you can also include apples, grapefruits, pineapples, pomegranates, cherries. But from bananas, grapes, avocados, watermelon, melons and peaches, in this case, it is better to refuse.

Most potassium is found in cherries, tomatoes and apricots, sodium in beets, carrots and tangerines, calcium in black currant and lemon, and phosphorus in black chokeberry, vegetables and rose hips.

And most importantly - stock up thick tubes!

# Top 5 recipes for vegetable detox and cleansing smoothies. Health benefits of smoothie fasting



In the 70s a revolutionary beverage emerged that rocked the world of those who keep track of their health, youth and figure. It was a smoothie. A drink discovered in one of the first "healthy diners" of the USA, in one of the first "healthy diners". A blended cocktail made of fresh fruit, vegetables, greens and berries. Not only was it good for you, but it was also delicious!

At first, the cocktail was a favourite among vegetarians. However, later on, it started gaining popularity with those who just want to lead a healthy lifestyle. Such cocktails are made with no heat treatment, and that means that all vitamins and other nutrients are preserved in their primary form.

Smoothies contain vitamins, minerals and plant-based fibre. They improve the functions of the stomach and cleanse your gut of harmful toxins, work miracles for your skin and prevent diseases. It is great to drink a glass of vegetable drink for breakfast in certain circumstances because the vegetable mix has anti-hangover properties. Especially if you add toning ingredients (ginseng, guarana, ginger and others). By the way, it is quite possible to replace alcohol with this "sharp" mix of many ingredients. It's a splendid alternative if you're going out with a couple of friends.



The term "detox" implies the elimination of toxins from our body. Even when leading a healthy lifestyle and sticking to a diet we are not insured against the piling up of harmful matter in our body. It may be due to a lot of factors over which we do not influence (ecology, slow metabolism, stress, etc.). To live a long and healthy life, one should cleanse his body from time to time. One of the ways of cleansing is to include smoothies into your diet.



This recipe has an excellent cleansing effect. Beets are excellent for your haemoglobin, and the carrot's properties are great for your vision and will reduce the risk of cancer.

Cook Time 15 mins

Servings: 1

- 3 carrots
- 1 beetroot
- 2 cloves of garlic
- fresh parsley to taste
- 1. Peel the beetroot and carrots and cut them up into cubes

- 2. Finely chop up the garlic and parsley
- 3. Mix everything in a cup of a food processor or blender



This cocktai will cleanse your body, help you burn fat and lose weight. A delicious cocktail that eliminates cancer cells and free radicals.

Cook Time 10 mins

Servings: 1

- 1/2 cup of cranberries
- 1 celery stick
- 1 pear
- 1 apple
- 1 cucumber
- spinach to taste
- 1. Cut the apple and pear and remove the seeds
- 2. Peel the celery stick
- 3. Cut everything up into chunks and blend. Decorate with an additional stick of celery.



Print Recipe

A pureed soup may also be considered a smoothie. An easy to make recipe that cleanses and nourishes at the same time

Cook Time 15 mins

Calories: 1kcal

- 1/2 clove of garlic
- 5 celery sticks
- 1 cucumber
- 1 avocado
- 1/2 lemon
- cilantro to taste

- 1. Peel the avocado and extract the pit
- 2. Peel the cucumber and extract the seeds
- 3. Finely chop up the garlic and cilantro
- 4. Dump everything into the cup of a food processor and give it a blend to the desired consistency



Print Recipe

This drink is one of the best cleansers that will ensure that you feel well throughout the day

- 1/4 butternut squash
- a handful of fresh spinach
- 350 ml mineral water (non-sparkling)
- 1/2 lemon
- 1/2 lime
- 1. Peel the butternut squash, extract the seeds and divide into fourths
- 2. Squeeze the juice out of 1/2 lemon and 1/2 lime
- 3. Pour everything into a blender, or use an emersion blender. Mix together until homogeneous and enjoy



Print Recipe

A light morning cocktail packed with leafy greens that will detox your system and charge you with energy for the rest of the day

Cook Time 15 mins

Servings: 1

- 4 leaves of kale the stems removed
- 1/2 apple
- 1 handful of spinach
- 1 cup of coconut water
- 4 leaves of mint
- 1. Remove the stems from the kale
- 2. Peel the apple and remove its seeds from the inside

- 3. Mix everything in a blender and enjoy!
- 4. If it turns out to be bitter, you may add a little honey to taste

Even though this drinks are good for you, it's easy to overdo it with the fasting. Here are a few general instructions and tips:

One should fast no more than once a week from 1 to 3 days.

Drink your cocktail fresh, as soon as you make it (that way you know that you're getting maximum nutrients).

Alternate your liquid contents (it's ok to experiment with liquid contents using nut milk for a creamier consistency, coconut water, etc.).

If it's not the season for some of the ingredients frozen ones will do just fine.



Here is an example of what a day of cocktails fasting looks like:

Breakfast: a blended drink of one apple, one orange and a cup of greek yoghurt.

Brunch: a mix of one banana, one pineapple, one half of an avocado, grated ginger, fresh parsley and lemon juice.

Lunch: blend one carrot, one banana, carrot juice and greek yoghurt.

Snack: a light cocktail of 2 pears, 2 cups of spinach and water.

**Dinner:** mix one half of broccoli, one apple, one tablespoon f lemon juice and water.

You will feel lighter and better after this day of smoothie fasting. You may notice that your skin tone has improved and your tummy got flatter than it was the night before. These smoothies are jam-packed with omega 3, antioxidants, liver-boosting iron, enzymes, potassium, vitamins and fibre. The health benefits of all these nutrients are that they help prevent diseases by boosting your immune system and reducing inflammation.

Leading a healthy lifestyle doesn't necessarily mean going to the gym and sticking to a diet from time to time. It's a long-term commitment to your health and well-being. You might think that you're completely healthy, but to ensure that you should cleanse and detox your body every now and then. A

smoothie will do that job in a jiffy!

# Top 9 recipes of coffee smoothies with fruits and berries



If you belong to those people who don't imagine their morning without a cup of coffee, then we offer a very interesting and more useful alternative. Coffee cocktails are tasty and refreshing, there is a drink and breakfast in one drink. This exotic cocktail is prepared very simply, as a result, it has an original taste and unique aroma. Even if you do not like coffee, then you shouldn't refuse yourself the pleasure of trying this drink. We assure you, it will definitely appeal to you!

Especially good is this drink during the hot time because it is very refreshing. An appetizing coffee cocktail is delicious, simple and especially beautiful. In general, any smoothie is a universal drink, perfectly fit for experiments, so do not hesitate to show imagination, create new masterpieces to your taste. Do you like sweet desserts? The coffee-banana drink with ice cream will amaze you with its rich taste. Do you follow a diet? To lose weight will help spicy coffee cocktails without sugar. Among a large number of proven recipes, it's not difficult to find your own.





This drink is most suitable for winter, it has such a festive taste and aroma that literally takes us to a carefree happy childhood.

- 1 pc. orange
- 150 ml coffee cold
- 0.5 cups natural yoghurt
- pinch freshly ground pepper
- 2 pinches cinnamon and ginger
- 1 teaspoonful crushed nuts
- 1. We put pieces of orange in the bowl of the blender, add all the spices, nuts and yogurt, slowly pour in the coffee. We recommend drinking such smoothies with small sips, fully enjoying a bouquet of taste and aroma. We recommend you to prepare smoothies from chocolate, not less tasty and appetizing.



- 1 glass coffee cold
- 0,5 teaspoons orange peel
- 2 tablespoons orange juice
- 2 tablespoons natural yoghurt
- 20 ml strawberry puree
- 1 pc. orange slice
- · mint for decoration
- 1. We whisk the coffee with yoghurt, orange juice, strawberry puree in a homogeneous mass, add the orange peel, which will give the smoothie a special
- 2. We serve drinks with a piece of orange and a mint leaf. If you like this spicy plant, then we offer a selection of cocktails with mint.



Print Recipe

This recipe requires a little preparation. Therefore, even in the evening, pour out the ready-made strong coffee in the icebox in the freezer compartment of the refrigerator. Should be small cubes of coffee ice in size no more than 2 \* 4 centimetres. Then in the morning just put it in the blender bowl:

- 250 ml of strong coffee in ice cubes
- 1/4 cup oat flakes
- 1 tbsp. coconut chips
- 1 tbsp. Flaxseed
- Cinnamon on the tip of the knife
- 250 ml almond milk
- Banana
- 1 tsp. honey
- 1. When everything is ready, turn on the blender, bring it to the desired state and pour it into a glass or mug. If desired, we decorate with whipped cream.
- 2. Then you just have to enjoy the great taste of smoothies with coffee and please yourself in a cheerful morning, which starts with such a delicious breakfast.
- 3. For the taste experiment in the recipe "Coffee morning" you can try to replace almond milk with soy in the same volume. In addition, the composition is great for those who sit on a smoothie diet and lose weight.



Print Recipe

- 1 glass freshly brewed coffee
- 1 teaspoon mint syrup
- 1 leaf mint
- 2 tablespoons cream ice cream
- 0,5 pieces banana
- 1. We whisk coffee, banana slices, ice cream and mint syrup in the blender, serve with a fresh mint leaf.



The recipe for coffee drinks with a banana differs in original taste and does not require preliminary preparation, as in the previous recipe. It's enough just to make a base of milk with a banana and then add a dry powder. The sequence and formulation are described below:

- 250 ml of milk
- Average banana
- 2 tsp. instant coffee
- Cinnamon
- grated chocolate
- 1. We whisk in a bowl one banana with a glass of almond milk.
- 2. Add 2 teaspoons of instant coffee and turn on the blender again.
- 3. In a minute, a quick coffee with a banana is ready! To enhance the taste, you can add a little cinnamon, for decoration grated chocolate. If desired, almond milk can be replaced with usual milk and in the summer, pre-cool in the refrigerator.



Print Recipe

- 200 ml cold coffee
- 1 pc walnut waffle
- 50 g ice cream white or chocolate
- 3 g each cinnamon and vanilla
- 0.5 pcs frozen banana
- 1. Just mix all the ingredients in a blender, serve dessert smoothie, sprinkled with cinnamon and vanilla.



- 1 cup espresso cold
- 0.5 pcs. frozen banana
- 2 tablespoons Strawberry or raspberry
- 5 g cocoa
- 50-70 ml yoghurt
- 2 pinch cinnamon
- 1. We whisk the ingredients to a homogeneous mass and get a magnificent dessert.



Print Recipe

This recipe is a discovery for fans of intensive sports. Such drinks will replace you coffee before the morning training, when it is hard to wake up without breakfast and to go in for sports. Such a drink will energize you for a long time due to the vegetable fats contained in the recipe.

- 200 ml natural black coffee
- 1 tablespoon coconut oil
- 1 tablespoon coconut milk

- 2-3 grams cinnamon and ginger
- 1 tablespoon cherry frozen
- 1. We whisk coffee with milk and butter in a blender, season with ginger and cinnamon.



Print Recipe

- 150 ml coffee
- 50 ml milk
- 1 tablespoonoat flakes
- 1 teaspoon honey
- 1 tablespoon cherry frozen
- 5 g almonds
- 5 g cinnamon
- 0,5 teaspoons cocoa
- 1. We put oatmeal in warm milk, we lei it stay for a while.
- 2. In a blender, whisk coffee with milk porridge and cherry.
- 3. In the resulting homogeneous mass, add cocoa, cinnamon and almonds, bring to taste with the help of honey.

Cocktails with coffee is an unchangeable source of gaining energy. In addition, recipes of a cocktail with coffee can always be changed in accordance with your taste preferences. Besides, it's an original solution for those who cannot live without coffee, as well as those who do not like it.

The fact is that for a full and healthy diet the drink represents a unique combination of vitamins, plant fibres, antioxidants and other beneficial substances without heat treatment. That is so appreciated by followers of a healthy lifestyle. In addition, it is surprisingly delicious and unusual.

Be sure to try this magic drink, get everything amazing out of life!

# Top 10 bright red smoothies with fruits and vegetables

Nowadays smoothies have become top drink in proper nutrition diets. Let's remind, smoothies – drinks from vegetables, berries and fruit, prepared with the help of a blender.

Vegetables and fruits of red colour can protect our body from serious diseases. They contain many vitamins and minerals. Red fruits and vegetables are rich in lycopene, which has an antioxidant function, ellagic acid, which has an anti-inflammatory effect and can even reduce the risk of HIV disease and the appearance of tumours.

Today we share with you ideas of cocktails from red products. The method of preparation is the same as in the case of usual cocktails. It is necessary to crush vegetables and fruits in a blender to a homogeneous mass and if necessary add a little water.





This smoothie is literally filled with pectins, eliminating any gastrointestinal ailments.

- Red currant;
- pear or apple;
- a couple of pieces of boiled beetroot



The combination of beets and carrots gives this drink unique cleaning properties.

- boiled beetroot;
- lime juice;
- fresh carrots.



Print Recipe

A refreshing cocktail, saving from overwork and depression.

- a handful of ripe cherries;
- mint leaves;
- half a grapefruit.



Print Recipe

Delicious tomato smoothies with a light sour!

- ripe tomatoes;
- a bunch of parsley;
- lemon fresh.



It is prepared from boiled beet, which preserves all the biologically active substances.

- fresh mint;
- boiled beetroot;
- 1 slice of ginger;
- 1 red apple.



Delicious smoothies, full of natural antioxidants.

- ripe tomatoes;
- a couple of slices of red bell pepper;
- fresh cucumbers.



This smoothie differs in incredible natural strength (a mixture of flavonoids, pectins, vitamins, fibre, plant proteins and minerals).

- 2 kiwi fruit;
- 1 red apple;
- a handful of ripe strawberries.



Print Recipe

A powerful antioxidant smoothie with amazing taste.

- lemon fresh;
- water;
- a handful of ripe strawberries.



🗗 Print Recipe

Vitamin Dietary cocktail, abundant with folic and ascorbic acid.

- watermelon
- a handful of ripe strawberries



Print Recipe

Red antioxidant smoothie with a weight loss effect!

- a handful of fresh raspberries;
- pomegranate fresh;
- half apple;
- 2 slices of watermelon.

Making your perfect smoothy, you can use a variety of fruits, vegetables and berries so that everyone will find a favourite version of the drink, but not to make a drink too thick, you need to add a little water during the whipping of the products.

#### Smoothies of watermelon, raspberry, pomegranate and apple

Watermelon has many useful ingredients and is considered a dietary product that contributes to weight loss. To make the drink the most useful, you need to add a small amount of pomegranate juice, raspberries and apple. It is better not to drink cocktails with watermelon before the night because it has a strong diuretic effect.

#### Cocktails of watermelon and strawberries

Adding a small number of strawberries to the watermelon, you can get a drink rich in folic acid and vitamin C. Strawberry not only protects against viruses but also has an antimicrobial and anti-inflammatory effect. Caloric content of strawberries and watermelon is not very large so that drink can be drunk both in the morning and in the afternoon.

#### Cocktails with strawberries and lemon

If you regularly get cold, then a drink made of strawberries with a small amount of lemon will be an excellent remedy for fighting colds, besides, it will replenish the supplies of vitamin C in the body.

#### Cocktails from tomatoes, pepper and cucumber

If you are tired of sweet drinks, you can prepare a refreshing drinkfrom vegetables. Tomatoes are a powerful antioxidant, they have a positive effect on digestion, normalising it. The freshness of the drink will give cucumbers, and an unusual taste will come if you add a small amount of red pepper to the smoothie.

#### Smoothies of tomatoes, parsley and lemon juice

Another great version of vegetable cocktails. Parsley is rich in vitamins and minerals, and it can eliminate unpleasant odours and whiten teeth. If you like a little sourness in the drinks, in tomato drinks with parsley, you can safely add a little lemon juice.



Look carefully at all the facts below and find out what are the benefits of cocktails. After that, it seems you cannot resist trying them anymore!

Honestly, we love them very much, and they help us not only to keep fit but also solve many of our health problems. But okay, let's look at the list of advantages:

#### 1. Get your daily norm of fruits and vegetables

Consuming a sufficient amount that is recommended by nutritionists, fruits and vegetables can be a problem. But by mixing a few servings of each of them into a beautiful cocktail, you will get what you need. Red drinks will satisfy your daily need for this with ease.

#### 2. Smoothies – it's quick and easy

Creating your own, nutrient-filled cocktail does not take long. This is easier than preparing most dishes. This gives you more time for other things.

#### 3. Cocktails for children

Fortunately, most children love the taste of this creamy mashed potatoes. It has a natural flavour, sweetened with fruit or a healthy sweetener: honey, maple syrup or stevia.

#### 4. Drinks for losing weight

Provide your body with a lot of vitamins and minerals, necessary for its proper work, with the help of drinks. If you make them do them right, you will notice how quickly and easily you lose your extra pounds.

#### 5. Cocktails for digestion

I know it's hard for many of you but eating disorders occur in most people. To solve this problem, throw more greens into your blender and mix all the ingredients. Give your digestive system the most valuable thing that it needs: vitamins, fibres and so on. Our cocktails will quickly contribute to excellent digestion.

Stay fit and healthy!

## Making your own fruit smoothies. Recipes for coloured smoothies



A smoothie is an amazing drink! Not only does it nourish the body with useful microelements, but also puts you in a good mood with its appearance alone. Check it out for yourself!

In order to make a decent cocktail, all you need to do is just to blend its ingredients (fruit, berries, vegetables) and pour it into your favorite glass. If this delicious vitamin cocktail seems too thick, you can dilute it with fat-free yogurt, milk or water. It is necessary to cool it before drinking, so either put it into the refrigerator or add ice cubes.

As for the ingredients, everything depends on your taste preferences and the desired effect. In order to make it easier for you to determine the optimal combination of the ingredients of this magic drink, we offer you a small cheat sheet. It will allow you to make your own fruit cocktail. Here are some recipes for colored for some of them.



Fruit and vegetables that can go into them: kiwi, avocado, green asparagus, cabbage (broccoli, Brussels sprouts, savoy cabbage), green leaf lettuces, onions, celery, zucchini, spinach, apples, pears, grapes, peppers, rhubarb.

The effect of drinking green cocktails: strengthening eyesight, tooth enamel, improves metabolism, normalizes blood pressure and the work of the cardiovascular system, reduces the risk of developing certain types of tumors.

Who should drink green ones: people that are watching their figure.

Here are some recipes for green cocktails for weight watchers:



A refreshing beverage that will cleanse your system and charge you with energy Servings: 1

- 1 Granny Smith apple
- 1 celery stick

- 1 handful of spinach
- 1 cup of water
- 1. Mix everything in a blender, refrigerate for an hour and enjoy while cold. Garnish with a celery stick (optional).



This green smoothie is delicious! It's perfect for those who want to lose weight and stay in good shape! Servings: 1

- 1 cup of green grapes
- 1 cup of spinach
- 1 green pear
- 1 kiwi
- 1. Peel the kiwi, take the grapes off the stems
- 2. Place everything into a cup of a food processor or blender and mix until homogeneous. Enjoy!

Fruit and vegetables that can go into yellow ones: yellow citrus, apples, light-green grapes, yellow bell peppers, cantaloupes, pineapples, papaya, bananas.

The effect of drinking yellow cocktails: strengthening of the immune, nervous and endocrine systems, anti-inflammatory effect, activation of brain processes, improvement of the general condition of the skin.

Who should drink yellow smoothies: whoever does mentally and morally-hard work.

#### Here are a few recipes of yellow cocktails for workaholics



Take a break from all the hard work, make yourself a smoothie and imagine that you're on vacation on a tropical island!

- 1 pineapple
- 250 ml of coconut milk
- 1/4 papaya
- 1. Peel the pineapple and papaya
- 2. Extract all the seeds from the papaya
- 3. Blend everything to the desired consistency and pretend that you're on the Bahamas!



Print Recipe

Try out this energy-blasting beverage and you will feel that you're ready for work again!

- 1 orange
- 1 lemon with zest
- 1 banana
- 1 mango
- · honey to taste
- 1. Peel the orange, mango and banana
- 2. Blend all the ingredients together and have yourself a tasty yellow smoothie!

Fruit and vegetables that can go into them: black currants, blueberries, blackberries, chokeberry, black grapes, dark plums, "blue" cabbage, eggplant.

The effect of drinking purple cocktails: reducing the level of stress and risk of developing certain types of cancer, improving memory and brain function, strengthening the nervous and cardiovascular system, increasing concentration.

Who should drink purple them: those who are very active and are always the life of the party.

Here are some wild dynamic recipes for wild dynamic people:



This one can almost pass as a cheesecake! Grab a straw and enjoy!

- 1/2 cup of blackberries
- 1/2 cup of black currants
- 2 tbsp of almonds
- 1 cup of greek yoghurt
- 1. Crush the almonds into a paste
- 2. Add the paste to the fruit and the yoghurt, blend together.



A recipe for all the active folks who can't just sit still!

- 1/4 blue cabbage
- 1/2 beetroot
- 1 purple beauty pepper
- 1/2 purple onion
- 1. Peel the beetroot and the purple onion
- 2. Cut the purple beauty pepper and discard the seeds
- 3. Use a blender to mix these together and have a cold veggie smoothie on the go!

Fruit and vegetables that can go into them: cherry, cranberry, rosehip, redcurrant, pomegranate, raspberry, strawberry, radish, watermelon, red lettuce and chicory, tomatoes, red sweet pepper, red apples.

The effect of drinking red cocktails: strengthening the cardiovascular and immune systems, improving memory, energy, vital optimism.

Who should drink red ones: those who feel weak and frail, those who are constantly cold.

Recipes for those who are feeling weak and cold



Feeling frisky? This cocktail is just for you!

- 2 tomatoes
- 2 celery sticks
- 1 tsp of Worcestershire sauce
- celery salt for garnish
- 1. Blend the tomatoes, celery sticks and Worcestershire sauce
- 2. Moisten the rim of a glass with water, then put it in a plate with celery salt (wet side down)
- 3. Pour the smoothie into a glass and enjoy!



To feel warm in the winter you need to eat berries in the summer!

- 50 grams of strawberries
- 50 grams of raspberries
- 1 tsp of rose water
- 1/2 cup of greek yoghurt
- 1 tsp of honey
- 1. Blend the ingredients until homogeneous and enjoy a home-made yoghurt smoothie!

Fruit and vegetables that can go into them: some citrus fruits, orange sweet peppers, carrots, apricots, persimmons, yellow apples, peaches, melons, bananas.

The effect of drinking orange cocktails: improvement of digestive processes, vision, strengthening of the immune system, prevention of heart disease, the influx of vital energy and optimism.

Who should drink orange ones: those can't imagine their lives without communication and creativity.

#### Recipes for creative free-spirits:



Feel the fall with a fresh aromatic beverage!

- 1/4 sweet pumpkin
- 1 persimmon
- 3 tbsp of lemon juice
- cardamom to taste
- cinnamon to taste
- cloves to taste
- 1. Peel the pumpkin, cut it into cubes
- 2. Peel the persimmon
- 3. Blend all the ingredients together and you'll have a hearty fall cocktail



Print Recipe

This fluffy orange smoothie is just what the doctor ordered! Give it a try and see for yourself!

- 100 grams of apricots
- 1 carrot
- 30 grams of almonds
- 100 grams of greek yoghurt
- 1. Grind the almonds into a paste in a food processor
- 2. Add the rest of the ingredients to the almond and blend until it reaches a frothy consistency.

Each one of us is different and we all have our preferences. A great way to accentuate your individuality is to prepare your favourite cocktail!

## Top 7 healthy seasonal orange pumpkin smoothie recipes



The pumpkin is by far one of the versatile fruits. It has plenty of vitamins and minerals in store. These vegetables are delicious, nutritious and there's a vast variety of dishes one can make with them (including healthy orange smoothies). There are more than 50 different varieties of this fruit. One can write a whole book about all the healthful properties of the gourd (including its use in cosmetology).

What are the benefits of pumpkin? In fact, it is a perfect mineral-vitamin complex. The pumpkin contains a lot of beta-carotene, vitamins C, B1 B2Z, E, D, PP, T. Many beneficial properties of this vegetable are manifested in fiber and low caloric content. Those who want to lose weight can easily include pumpkin in your diet. It contains vitamin T that helps to absorb hard food.







The name of this recipe speaks for itself. Think of all the nutrients!

- 1 cup of pumpkin puree
- 1 cup of coconut milk
- 5 dates pitted
- 2 pieces of lemon
- 1/4 tsp vanilla extract
- 1. Use a blender to mix the ingredients, pour into glasses and enjoy!



Print Recipe

Amp up the positive effects of the pumpkin with sea buckthorn, which also happens to improve eyesight, lower cholesterol and help digestion.

- 125 grams of sea buckthorn
- 150 grams of pumpkin puree
- 100 ml of water
- cinnamon to taste
- 1. Pulse in a blender until homogeneous, pour into glasses and enjoy!



Print Recipe

If you're a fan of persimmon - you're in for a treat!

- 1 cup of pumpkin puree
- 2 persimmons
- 2 mandarin oranges
- 1 pinch of turmeric
- 1 tsp of lemon juice
- honey to taste

- 1. Peel the persimmons and cut them up into chunks
- 2. Blend everything in a blender. If the consistency turns out too thick add a splash of water or non-fat milk.



Treat yourself to a glass of this aromatic beverage and share it with your loved ones. You'll be their best friends if you give them a try of this!

- 1 cup of orange juice freshly-squeezed
- 1 cup of pumpkin puree
- 1 tsp of orange zest
- cinnamon to taste
- honey to taste
- 1. Mix all the ingredients together in a blender, pour into glasses and enjoy.



Print Recipe

This recipe will make the germs and infections go away for good!

- 2 apples
- 1 cup of pumpkin puree
- freshly-grated ginger to taste
- 1 tbsp of lemon juice
- 1. Peel the apples and discard the seeds
- 2. Place all ingredients into a bowl of a blender. Blend until smooth.



This smoothie is low in fat, vegan and perfect for autumn evenings! Try it out!

- 1/3 cup pumpkin puree
- 1 banana
- 1 tbsp ground flaxseed
- 1 tbsp honey
- 1/4 tsp cinnamon
- 1 cup vanilla soy milk
- 1. Add everything to a blender.
- 2. Blend until smooth. You may need to stop to stir once or twice. If the smoothie is too thick, add a touch more soy milk or even a little water.



₱ Print Recipe

Stock up on protein with this scrumptious, nutritious gourd smoothie!

- 1 banana
- 1/2 cup yogurt or kefir
- 1/4 tsp of cinnamon ground
- 1/4 tsp of cloves ground
- 1/4 tsp of allspice
- 1/4 tsp of ginger powder
- 1/4 gourd
- honey optional
- 1. Carve the vegetable and scrape the seeds out.
- 2. Cut the vegetable into 4 pieces, use only 1/4. Get rid of the peel.
- 3. Cut the banana and gourd into chunks
- 4. Place everything in the bowl of a blender or a food processor and pulse until frothy and homogeneous.

Now you know that the vegetable consists 90% of water. However, this specific liquid works miracles for your body! The juice of the pumpkin is highly nutritious. One of the many most vital contents is pectin (which is a fiber). This wonder juice improves metabolism and has anti-inflammatory properties. It https://askyourfitnessquestion.com/?post-type=post&order-date=asc&order-menu=asc&statuses%5B0%5D=publish&taxonomies%5Bcategori... 53/159

reduces bad cholesterol, betters the circulation of blood, cleanses the body of toxins and heavy metals (such as mercury, zinc, cobalt). Here are some orange recipes for every day:

**READ MORE:** Orange smoothies for optimists

The pumpkin is a seasonal fruit that has a long shelf life. It's inexpensive, easy to procure and goes with almost anything! It's totally worth adding to your diet because it prevents cardiovascular diseases, gallstone disease, colds, obesity, insomnia and many more. Not to mention that it's low in calories. To recap, here are the benefits of the vegetable:

It's a good source of iron, vitamin A and T. Helps to restore vision.

It has good cleansing properties. Helps prevent diseases of the liver and kidneys.

The gourd is a dietetic food product.

Improves blood circulation. Extracts harmful cholesterol from the blood. An excellent prevention of strokes and myocardial infarction.

Possesses cosmetological properties of organism rejuvenation. Both external and internal.

It increases tonus, vitality. Helps with insomnia and nervous system disorders.

The vegetable may be called a "home apothecary". It has everything a person needs. This fruit can be used in different dishes. And one of the benefits that we didn't mention is that you can always use leftover Halloween pumpkins!

### Top 10 recipes for lunch smoothies with cucumber



Many people know about the benefits of vegetable salads and freshly-squeezed vegetable juices, but there is something else that is even more helpful for our body. These are vegetable <a href="mailto:smoothies">smoothies</a> – thick drinks from all kinds of vegetables with an addition of other natural products: nuts, <a href="mailto:fruit">fruit</a>, honey, milk, yoghurt, kefir, etc. We will explain the benefits the of <a href="mailto:cocktails">cocktails</a> with vegetables for our body, and we will share a few recipes for making them at home. This time we'd like to draw your attention to lunch smoothies with cucumber.

Smoothies are different than vegetable juices because they are denser (due to the pulp) and packed with minerals and vitamins. Also, these drinks have a few other healthy properties. Here are some of them:

**Fibre.** They contain valuable fibre that sweeps all the harmful excess from the intestine. It cleanses the body of toxins and normalises the functioning of the digestive system. Also, fibre gives you a sense of being full, which is essential for those who want to lose weight.

Compatibility with other products. You can add other ingredients to these beverages: fruits, nuts, seeds, etc. Having a neutral reaction, vegetables do not "compete" with components of a different nature, that's why people who drink them do not feel discomfort in the stomach or gut.

If you try drinking these vegetable mixes for a while, you will improve the colour and condition of your skin, nails and hair. You will become healthier and lose weight.

You can invent your vegetable smoothie from what you already have in your fridge. They are prepared quickly and easily: the only things that you need is a powerful blender and vegetables.





🗗 Print Recipe

- 1 cucumber;
- 1 tomato;
- 1 handful of parsley;
- 1/2 cup of kefir;
- 1 clove of garlic;
- salt to taste
- freshly-ground pepper to taste
- 1. Peel the tomato and cucumber.
- 2. Cut the vegetables into pieces.
- 3. Grind the garlic clove and a handful of greens.
- 4. Blend the crushed ingredients, adding kefir.



- 1 cup of Kefir; • 1 tomato – 1 piece;
- 1/4 of a red onion;
- 1/2 bell pepper;
- 1 cucumber;
- 1/2 of a celery stick;
- 1/2 handful of dill;
- 2 leaves of basil;
- Salt and pepper to taste.
- 1. Peel the vegetables
- 2. Extract the seeds from the bell pepper, cut into pieces.
- 3. Pulse all the ingredients in a blender, do not forget to add salt.
- 4. Pour into glasses and enjoy!



- 1 beetroot
- 2 celery sticks
- 1 yellow bell pepper
- 1 cucumber
- 1 tsp of lemon juice
- 1/2 tsp of Worcestershire sauce
- 1. Peel the beetroot and cucumber
- 2. Discard the seeds from the bell pepper
- 3. Cut the vegetables up into chunks
- 4. Place into the cup of a blender and blend.
- 5. Serve and enjoy!



Print Recipe

- 1 carrot
- 1 apple
- 1 handful of fresh spinach
- 1 cucumber
- 3 leaves of fresh basil
- 1. Peel the apple, carrot and cucumber
- 2. Cut the vegetables into smaller pieces
- 3. Pulse in a blender or food processor until smooth



- 125 ml of tomato juice
- 2 whole tomatoes
- 1 sour apple
- 1 cucumber
- 1 clove of garlic
- 1 Chili pepper
- 1 sprig of thyme
- 1. Peel the tomatoes, apple and cucumber.
- 2. Remove the seeds from within the apple.
- 3. Cut everything into pieces.
- 4. Blend all the ingredients until a homogeneous mass forms.



Print Recipe

- 125 ml of apple juice
- 2 tbsp of lemon juice
- 1 zucchini
- 1 cucumber
- 1 celery stick
- 1/4 tsp of curry
- 1/8 tsp of celery salt
- 1. Peel the zucchini, celery stick and cucumber
- 2. Cut the vegetables into chunks
- 3. Mix the ingredients in a cup of a blender or food processor
- 4. Make sure it's nice and smooth. Serve and enjoy!



Print Recipe

- 2 cucumbers
- 1/4 of white cabbage;
- 2 tbsp of oats;
- 3 sprigs of fresh dill;
- 1 cup of kefir;
- salt to taste
- 1. Use a spice grinder to grind the oats into flour.
- 2. Wash the cabbage and finely chop it.
- 3. Peel the cucumbers and cut them into small pieces.
- 4. Put the cucumbers and the cabbage in a blender bowl, add the oat flour, salt, a few sprigs of dill and fill it with kefir.
- 5. Blend all the ingredients.



- 1/2 avocado
- 1 cucumber
- 1 handful of lettuce
- 1/2 green bell pepper
- 1 tsp of lemon juice
- salt to taste
- pepper to taste
- 1. Wash the lettuce and dry it on a kitchen towel
- 2. Peel the avocado, bell pepper and cucumber
- 3. Extract the seeds from the bell pepper and pit from the avocado
- 4. Cut everything into chunks
- 5. Add all ingredients to a bowl of a blender
- 6. Blend until homogeneous
- 7. Add salt and pepper and enjoy!



- 1/2 head of broccoli
- 2 cucumbers
- 2 portobello mushrooms
- 1 tsp of nutritional yeast
- salt to taste
- 1. Peel the cucumbers and mushrooms;
- 2. Cut the ingredients into smaller pieces;
- 3. Place all the ingredients into a bowl of a food processor
- 4. Blend slowly while gradually adding the nutritional yeast.



- 1. Peel the parsnip and cucumber
- 2. Cut them up into chunks
- 3. Place the parsnip into a blender and pulse until a puree forms
- 4. Add the cucumber and the rest of the ingredients
- 5. Serve and enjoy!

Nutritionists recommend drinking cucumber cocktails for weight loss. Thanks to these drink you can lose a couple of unnecessary pounds, feel healthy and active and remain youthful. Smoothies with cucumber in them are great for satisfying hunger because all dietary fibre and vitamins are preserved.

Cucumber smoothies are very healthy because they consist of fresh vegetables. 96% of the cucumber is water, but rich in nutrients that improve metabolism - vitamins PP, C and group B, carotene, magnesium, calcium, potassium, iron. The drink enhances the immune system and rids the body of harmful toxins.

Despite the fact that the cucumber is a vegetable, it has a fairly neutral taste. For this reason, it combines well with both vegetables, fruits and berries. Do not be afraid to cook sweet cucumber smoothies – they have a harmonious taste and are refreshing.

It is beneficial to prepare such beverages with kefir. This mixture is beneficial to health and beauty, it nourishes and moisturises the skin, the body becomes younger and healthier.

# Top 10 banana smoothie recipes for weight loss

Bananas are considered to be one of the best fruits for snacking. They're accessible, portable, delicious and nutritious. A unique complex of vitamins, macro- and microelements provides useful properties of this fruit for the body. Drinking banana <a href="mailto:smoothies">smoothies</a> for weight loss will benefit your health in other ways:

**Heart and blood vessels**. Even though it isn't sour it has a lot of vitamin C, that helps to fight disease and strengthen the walls of blood vessels and cell walls, enhancing the immune system.

**Eyesight.** There's a lot of carotene in the little yellow fruits (a special form of vitamin A).

Sexual activity and potency. They contain vitamin E, which is responsible for the reproductive system.

Muscles and bones. A high content of potassium relieves muscle tension. In combination with magnesium, the element struggles with spasms and cramps in the muscles

Two of these a day will provide you with a supply of these vitamins and will keep your youth and beauty for a long time.





This frothy beverage will let you enjoy the first month of autumn. Grab a quilt, a pair of woollen stockings and try not to drink a lot (and we know for a fact that you won't get enough of it).

- 2 apples
- 1 banana
- 1/2 cup of non-fat milk
- 1/2 tsp of cinnamon
- 1/2 tsp of ground cloves
- 1/3 tsp of allspice
- 1/4 tsp of ground ginger
- 1. Peel the apples and banana
- 2. Extract the seeds from the apples
- 3. Cut everything into chunks
- 4. Place all ingredients into a blender
- 5. Blend until smooth
- 6. Pour into glasses, garnish with cinnamon and serve



Print Recipe

This fruity banana beverage will blow your pants off! Try it out and you'll realise that you can't get enough.

- 1 banana
- 1 kiwi
- 1/2 pear
- 1/2 cup of water
- honey to taste
- 1. Peel the kiwi, pear and banana
- 2. Cut into small pieces
- 3. Place in a bowl of a blender, add water and start blending
- 4. Then add honey to taste and mix again.



Print Recipe

Surprise your significant other with this creamy romantic cocktail!

- 1 banana
- 1 handful strawberry fresh or frozen
- 1 tbsp of instant oats
- 1/2 cup of milk -
- honey if desired
- 1. Peel the banana and cut it
- 2. Blend everything on high speed until it's homogeneous
- 3. Add the honey (if desired), garnish with a strawberry and serve

### Print Recipe

Vitamins are very important for the proper functioning of the body. "Close" the daily need for some of them with a cocktail called "The Vitamin Bomb".

- 1/2 cup of orange juice
- 1/2 carrot
- 1 banana
- 1/2 cup of non-fat yoghurt
- 1. Peel the orange and banana
- 2. Cut them into small pieces
- 3. Dump everything into a blender and mix on high for 20 minutes



This is a highly nutritious protein smoothie with goat's milk. Dairy products rarely combine well with fruit, but creamy bananas and dried dates are one of the most delicious combinations that your stomach can easily cope with.

- 1 glass of goat milk
- 1 ripe banana
- 12 dates
- 1 tsp of lemon juice
- 1. Peel the banana, cut it into chunks

- 2. Remove the pits from the dates
- 3. Combine all ingredients in a cup of a blender
- 4. Blend until frothy and serve



Fruits and vegetables for this smoothie are available in stores all year long. Beetroot juice cleanses the liver and blood, celery has a positive effect on the weight and condition of the skin, apples stimulate digestion and fill the lack of iron.

- 3 apples
- 1 celery stick
- 1 cucumber
- 1 small beetroot
- 1 tsp of freshly grated ginger
- 1. Peel the vegetables and fruits
- 2. Cut into big chunks
- 3. Use a blender to mix them into a homogeneous mass.



Print Recipe

Choose a citrus to taste: if you like a bitter taste - choose grapefruit or kumquat, sweetness - choose a mandarin orange, acidity - lime, rich taste - blood orange. Each of them will enhance metabolism, and flaxseeds are the best plant source of Omega-3.

- 1 citrus of any kind
- 10-15 frozen strawberries
- 1/2 avocado
- 1 banana
- 1 kiwi
- 1 tsp of lemon juice
- 1 tsp flaxseed
- 1. Use a mortar and pestle to crush the flaxseed into a paste
- 2. Peel the kiwi, banana and avocado
- 3. Discard the pit from the avocado
- 4. Place all the mortar into a bowl of a food processor and mix.



The vitamin content of mango can compete with any drugstore-bought vitamin complex. In Asia, it is often served seasoned with chilli, which stimulates digestion and enhances blood circulation.

- 1 ripe mango
- 1/2 banana
- 1 cup of coconut milk or coconut cream
- pinch of chili powder
- 1 tsp of lime juice
- 1. Peel the mango and banana and cut them into cubes
- 2. Use a blender to mix with coconut milk, lime juice and chili
- 3. Pulse until smooth
- 4. Pour into a glass and enjoy!



The heaping handful of greens will fill the lack of fibre for the day. We often forget about the ingredients that contain it. Fibre from fresh herbs reduces the absorption of fat by the walls of the intestines, lowers cholesterol and cleanses the body.

- 1 small avocado
- 1 banana
- 1 orange
- 1/2 lime or lemon
- a bunch of spinach can be replaced with a whole bunch of parsley or mint
- 150 ml of water
- 1. Peel the avocado, banana and orange
- 2. Cut them into cubes
- 3. Place in a bowl of a blender, add the lemon juice, greens
- 4. Mix while diluting with water to the desired consistency.





This is the ideal solution for those who want to stay full for a few hours. It is easy and quick to prepare.

- 1 banana
- 1 handful of almonds
- 1 cup of mineral water
- 1/2 tsp of cinnamon
- 1 pinch of salt
- 1. Soak the almonds beforehand (preferably overnight)
- 2. Peel the banana and cut it into pieces
- 3. Place all the ingredients into a bowl of a blender
- 4. Pulse until frothy
- 5. Pour into glasses and serve

This exotic fruit is tasty, and as it turns out, a very healthy one – you can make salads and cakes, pies and bread with it. But it is best for the health to eat a ripe and aromatic banana right out of its peel, or make a smoothie with it!

### Top 5 spinach smoothie recipes for weight loss



Spinach is a leafy plant which contains lots of nutrients and few calories. It can be eaten raw, boiled, fried, sauteed, can be added as an ingredient for many dishes, cooked separately or served fresh, canned and frozen. When eaten raw it has no significant taste, but when cooked – the green plant develops a mild flavor. There are a few types: Savoy, Flat-Leaf, and Semi-Savoy. The best part is that you can easily buy it at any supermarket and it is easy to cook, for example, follow these top 5 spinach smoothie recipes for weight loss.

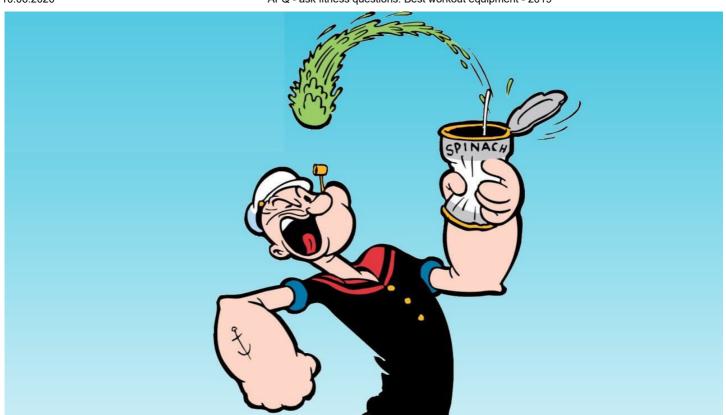
The titular ingredient is a superfood which is highly nutritious, rich in fiber and its caloric content is only 7 calories, contains proteins, minerals, carbohydrates, and vitamins:

**Tryptophan**, an amino acid that is responsible for producing serotonin (a particular hormone found in different parts of the human body). People think of it as responsible for one's well-being. The body needs it for the brain to function normally and a good night's sleep. An abundance of this element is essential for keeping your hair from growing grey.

**Iron** – 0.8 g per 100 g. Helps the body produce healthy red blood cells. A deficiency of the aforementioned red blood cells has negative consequences, such as low hemoglobin, hepatic failure, weakness, anemia, and others.

Vitamin K – 482.9 µg per 100 g, a fat-soluble vitamin that is crucial for weight loss. Prevents Alzheimer's disease, maintains a balanced level of insulin, and reduces the risk of developing diabetes.

**Lutein** – an organic pigment, carotenoid (helps to improve vision). New research from the University of Illinois in collaboration with the University of Georgia in Athens has unveiled essential results – lutein can counteract cognitive aging at any age.



This unique plant does not have a significant smell and taste unless you cook it. When selecting it, you should focus on its appearance:

A quality product has a uniform dark green color. There should be no yellow leaves or black spots.

The leaves should be juicy and supple. Wilted and soft leaves indicate poor-quality.

Do not buy it at outdoor markets, as the greens can be contaminated with bacteria that cause food poisoning.

If you buy pre-packaged fresh or canned, check the integrity of the package and look at the expiration date. This leafy green has a very short shelf life. Therefore one should appropriately store it – only in the refrigerator and no more than 2 days. For soups and main dishes, you can make prep and freeze the spinach. It will last up to a year. Do not forget to thoroughly wash leafy greens before freezing and using them as food.



This cocktail is super nutritious and perfect for those who watch their figure. Not to mention how tasty it is! Give it a try, and you won't regret it!

- 100 grams of spinach
- 50 grams of almonds
- 1 orange
- 1 banana
- · honey optional

- 1. Soak the almonds in warm water overnight.
- 2. Juice the orange, run the juice through a fine-mesh sieve and discard the pulp.
- 3. Peel the banana and cut it into chunks.
- 4. Thoroughly wash the spinach and let it dry.
- 5. Drain the almonds, add them to the cup of a blender and pulse until smooth paste forms. Gradually add the rest of the prepared ingredients. Blend until homogeneous, pour into glasses and serve.



This fiber-packed smoothie has it all for a balanced breakfast and will give you that satisfying feeling of fullness throughout the day.

- 150 grams of spinach
- 30 grams of oat flakes
- 1/2 cup of greek yogurt
- 100 grams of blueberry
- 1/4 cup of kombucha optional
- 1. Pour the yogurt over the oats and let sit in the fridge overnight.
- 2. Make sure to wash the spinach carefully
- 3. Add all the ingredients to a blender cup and pulse for a few minutes.
- 4. Pour into glasses and serve garnished with a few additional blueberries.



A yummy beverage you can make when you crave a little something sweet. One of the ingredients (carob) is naturally sweet, tastes similar to chocolate and is healthier than cocoa powder.

- 100 grams of spinach
- 50 grams of strawberry could be frozen
- 1/2 avocado
- 1 tbsp of carob
- 1/3 cup of non-fat milk
- 1/2 tsp of vanilla extract
- 1. Be sure to give our titular ingredient a shower.
- 2. Peel the avocado, discard the pit.
- 3. Place all the ingredients into a food processor or blender and blend for a few minutes until it reaches the desired consistency. Pour and have a drink!



Print Recipe

Veggie smoothies can also be considered as the main course (soup), so you can have this one for dinner without having to worry about gaining those nasty extra pounds.

- 1/2 cucumber
- 1/4 cup of parsley
- 1 tbsp of lemon juice
- 1/2 cup of spinach
- 1/2 cup of kefir
- 1. Wash the greens
- 2. Chop the cucumber into chunks
- 3. Mix all the ingredients in a cup of a blender until smooth and serve



Print Recipe

Whoever said pizza is not allowed on a diet obviously didn't know about this smoothie. Perfect for vegans and those who are on a low-carb diet.

- 1 tbsp of tomato sauce canned or home-made
- 1 handful of spinach
- 3 basil leaves
- 1 pinch of oregano
- 1 tbsp of nutritional yeast
- 1/4 head of cauliflower
- 1/3 bell pepper
- 1. Wash all the greens and veggies.
- 2. Discard the seeds from the bell pepper.
- 3. Cut the bell pepper and cauliflower into chunks.
- 4. Use a blender to mix the ingredients until they reach a smooth consistency.

People praise this miracle-working leafy green for its high fiber content that prevents digestion problems, like constipation and indigestion. By increasing your spinach intake, you reduce the risk of developing type 2 diabetes, breast cancer, and asthma. The high content of vitamin C contributes to the production of collagen, which is responsible for the strength of the structure of the skin and hair.

However, before making any changes to your diet please consult your doctor since this plant is not suitable for everyone. People taking anticoagulants should stay away from spinach (vitamin K does not work well with them). Those who have kidney diseases should also be cautious when consuming.

## Top 5 avocado smoothie recipes for weight loss



The avocado (also known as "alligator pear") is a fruit in the form of a pear, ellipse, or a ball. People have considered it a nut for a long time, but yet it is a fruit that originates from Mexico and Central America. While ripening, the avocado increases in size and can reach 20 cm in length. The mass varies from 50 g to 1.8 kg. There's a large pit inside. The flesh is oily, juicy, rich, has a yellow-green or green color.

The taste is mellow and delicate, resembles an underripe pear or a pumpkin. A nutty flavor is possible, similar to an aftertaste of pine nuts. That's why it's widely used in cooking. You can add it to salads, cold appetizers, sandwiches. But the main reason we're here is to teach you to prepare 5 avocado smoothie recipes for weight loss. Check out more recipes.

### The general advantages of consuming are:

weight loss and dissolving excess cholesterol in the blood; memory improvement;

reduces the risk of cardiovascular diseases.

But these are not all the advantages of this plant. It contains a large number of nutrients and therefore gives a feeling of fullness. Despite the high-calorie content, it people actively use it in diets. Polyunsaturated fatty acids contribute to the process of normalizing weight. This vitamin bomb contains such vitamins as A, PP, E, F, D, and group B) and minerals: magnesium, potassium, iron, phosphorus, manganese, calcium, sodium, iodine.

Nutritional Facts (per 100g): Calories - 167 Total Fat - 15.4g Saturated Fat - 2.1g Trans Fat - 0g Total Carbohydrate - 8.6g Dietary Fiber 6.8g Sugars 0.3g Protein 1.9g Many watchers who encounter this fruit are often intimidated by its nutritional value because it contains up to 75% fat. The idea of losing weight with the help of a product with so much fat may seem absurd because thousands of pages have been written about its harm. But in this case, we are talking about the most useful type of fat - monounsaturated fatty acids (we've mentioned them above).





This shake is loaded with protein and is perfect for those who work out a lot. The fiber content is enormous!

- 1 avocado
- 1 cup of spinach
- 1/2 cup of broccoli
- 1 tsp of olive oil
- 1 pinch of basil dried
- salt optional
- 1. Remove the harsh stems from the spinach.
- 2. Half the avocado, discard the pit and extract the pulp.
- 3. Add the contents to a cup of a blender, pulse until homogeneous.
- 4. Pour into glasses, add a few drops of olive oil (optional) and serve.



- 1 avocado 1/2 lime
- 1/2 cabbage
- 1 green apple
- 1 cucumber
- 1. Half the avocado, throw away the pit.
- 2. Juice the lime.
- 3. Chop up the main ingredient.
- 4. Peel the apple and discard the seeds.
- 5. Chop the cucumber.
- 6. Mix everything with a blender until smooth.



Not only will you feel like you're at a party, but you'll lose weight and prevent a cold by drinking this mixture of herbs, juice, and avocado.

- 1/3 cup of sugar-free pomegranate juice
- 1/2 avocado
- 1/2 lime
- 1 sprig of rosemary
- 1 leaf of mint
- 1 tsp of elderberry extract
- 1. Roll the lime on your tabletop with the palm of your hand, then cut it in half and get as much juice out of it as possible.
- 2. Add the rest of the liquid ingredients and blend them into one syrupy juice.
- 3. Bruise the herbs to make them more fragrant and add them to the juicy party.
- 4. Peel the avocado and throw it into the same blender bowl without the pit.
- 5. Blend until smooth, pour into glasses and enjoy.



Here's something we bet you haven't tried yet! This milkshake is not only tasty. It's nutritious, healthy and enjoyable. Give it a try, and you'll end up having it on your menu.

- 1/2 avocado
- 1/2 cup of non-fat milk
- 1/2 tsp of espresso powder
- 1/3 cup of ice
- 1/4 tsp of vanilla extract
- 1 tsp of honey optional
- 1. Peel the titular ingredient, get the pit out, cut it up into pieces and mash it into a paste with a blender.
- 2. Gradually add the liquid ingredients and keep blending.
- 3. Put the ice into a glass and pour the cocktail over the ice. Let sit for 15 minutes. Enjoy while cool.



Just because you're on a diet doesn't mean that you have to deny yourself your favorite drink! The only catch here is that there's no added sugar and alcohol in it.

- 1/2 avocado
- 1/3 cup of coconut milk
- 1/2 mango
- 2 rings of pineapple
- 1 tsp of honey optional
- 1. Cut the alligator pear into halves, remove the pit and use only one half.
- 2. Do the same with the mango.
- 3. Mix the ingredients into a homogeneous mass and refrigerate until cold.
- 4. Pour into glasses. Garnish with bright umbrellas, coconut shavings, and a single cocktail cherry.

The alligator pear is very nutritious and will keep you full, which is essential when losing weight. These 5 recipes will help you do just that. Let us remind you that however healthy these recipes may be - one should consume them in moderation. Do not have too much and you'll do just fine on your diet.

The avocado can slightly harm people who have an individual intolerance to latex and citrus fruits since an allergic reaction is possible. So make sure that you have no allergies before attempting to prepare these smoothies.

Caution! Do not eat the leaves of the tree, as well as the pit from the inside of the fruit. They contain toxic substances and can not only cause allergies but also provoke serious poisoning.

Also, do not eat too much of the pulp of the fruit, it has a high caloric content and can contribute to weight gain.

# Top 6 pineapple smoothie recipes for weight loss



The fragrant tropical pineapple has long been used for medical purposes. This fruit has not only a pleasant taste but also specific substances that improve the processes of digestion, stabilize blood pressure and cleanse the intestines. It's a well-known fact that if you use it for weight loss, the process of losing excess pounds will be much faster and more efficient than with a healthy diet.

Today, you can find a lot of products, which include pineapple: capsules and tablets, tea and so on. Manufacturers knowingly chose this tropical fruit for manufacturing products for slimming down. This fruit contains a unique substance – bromelain. Once in the body, it produces an enzyme that promotes a more active breakdown of fats and proteins. Also, bromelain blocks the accumulation of fats in the body and contributes to the normalization of metabolic processes. That's why we would like to share with you these 6 pineapple smoothie recipes for weight loss.

However, the use of this fruit is explained not only by the presence of bromelain. The pulp of this fruit contains ascorbic and citric acids, sucrose, vitamins of various groups and water. But, despite the presence of sugar, the energy value of this fruit is less than 50 calories per 100 grams of product, making it a safe supplement to any diet.



There are several options for losing weight. Many nutritionists advise eating a piece of this fruit or drinking a glass of juice 20 minutes before meals. Pineapple substances will help speed up the process of splitting fats, trapped in the body with food so that you can achieve a gradual weight loss. Also, eating only 50 grams of pineapple before a meal, you will quickly get enough of it, which will allow you to reduce the volume of a common portion unnoticed.

It's important to stress the key elements in the process of burning fat and shedding extra pounds:

potassium – helps reduce water weight without dehydrating the body by activating the urinary system. Helps to prevent cardiovascular diseases. magnesium is especially useful for the female reproductive system;

iron - boosts the hemoglobin level and consequently, your breathing improves and you sleep better (which is also essential when losing weight); Calcium – adds bone strength, good for your teeth and hair.

iodine – which is required most for the thyroid gland. This is important because your metabolism depends on it. This gland is also responsible for producing hormones;

vitamins of groups A, B, C, PP have a positive effect on the skin and on the general mechanisms of self-healing and strengthening of cells and tissues of organs, reduce the level of cholesterol and the risk of atherosclerosis, strokes and heart attacks.

Pineapples also contain thiamine, riboflavin, folic acid, pyridoxine and minerals (copper, phosphorus). It is low in calories, cholesterol, and fat. Rich source of fiber. A large amount of fructose provides the body with readily available energy due to the acceleration of metabolism.



Print Recipe

Basil paired together with pineapple speeds up metabolism, strengthens the immune system and helps the skin and hair.

- 100 grams of pineapple
- 50 grams of cucumber
- 5 basil leaves
- 1/2 banana
- 1. Peel the banana and pineapple cut them up into chunks.
- 2. Cut the cucumber into chunks.
- 3. Mix everything with a blender, pour into glasses, and serve.



Print Recipe

A fragrant blend of spice mixtures that will not only help you lose weight but take pleasure in the process.

- 200 grams of pineapple
- 100 grams of Greek yogurt
- 1 tbsp of orange zest
- 1/2 tsp of vanilla extract
- 1/4 tsp of cumin
- 1/4 tsp of cinnamon
- 1 tsp of honey optional
- 1. Zest an orange to get a tablespoon of zest.
- 2. You can use freshly-ground toasted spices or store-bought pre-ground ones, depending on your taste preferences.
- 3. Put the spices and the fruits into a cup of a blender or food processor and mix until homogeneous.



Prevent colds using this recipe. Ginger is known for its anti-inflammatory properties, and it also helps digestion. When paired with pineapple - it will work miracles for your figure and well-being.

- 1 piece of fresh ginger
- 50 grams of pineapple pulp
- 50 ml of water
- 1/2 grapefruit
- 1/2 cucumber
- ice cubes
- 1. Chill the ingredients.
- 2. Peel the ginger and grate it.
- 3. Cut the fruits and the cucumber into pieces.
- 4. Place all the ingredients into a cup of a blender. Pulse until completely incorporated.



Print Recipe

Pineapple pulp is rich in vitamins, micro, and macro elements, so necessary for the human body. When paired with other fruits, the healthy effect increases several times.

- 50 grams of pineapple
- 5 strawberries
- 1 peach
- 50 grams of cantaloupe
- 100 grams of yogurt
- 1. Peel the pineapple and cut it into pieces.
- 2. Cut the peach and throw the pit away.
- 3. Cut some cantaloupe (remove the skin)
- 4. Put the ingredients into a cup of a blender and pulse until you are greeted with a smooth beverage.



A fruity summer cocktail that will bring a smile to your face and rid you of that muffin top. Don't be afraid to experiment with new combinations of ingredients!

- 200 grams of pineapple fresh
- 2 oranges
- 50 ml of water
- 75 grams of non-fat yogurt
- ice cubes
- 1. Peel the pineapple and cut it into chunks.
- 2. Juice the oranges and strain them through a fine-mesh sieve to get rid of the pulp.
- 3. Combine the ingredients in a bowl of a blender or food processor and blend until homogeneous.
- 4. Pour into glasses and garnish with additional pieces of fruit. Serve and enjoy!

Juicy pineapple pulp with original taste and pleasant aroma is a true wonder of nature. Useful and dietary properties make exotic fruit arguably the most valuable product for weight loss.

Pieces of this sweet&sour fruit can completely replace an evening meal: there is a lot of fiber, which neutralizes the feeling of hunger. Of course, we are talking only about fresh fruits and freshly squeezed juices — canned ones lack bromelain and many vitamins.

The potassium that is part of the fruit also contributes to a decrease in body weight, which well removes excess fluid from the body.

Summarizing all that was mentioned above, we can conclude that the pineapple not only improves all the vital processes in the body but also is an excellent anti-aging tool, helps to lose weight without actually putting effort into it. However, do not forget to consult your doctor before indulging in these drinks. The titular ingredient can provoke an allergic reaction. Do not overuse and consume in moderation and you'll achieve that slender figure.

# Top 10 kale smoothie recipes for weight loss



Kale is a superfood that gained popularity within the latest few years. Everybody's nuts about it! The remarkable thing about it that you can find it in supermarkets and farmer's markets all year round. This vegetable can survive in the conditions of extreme cold. Kale becomes even tastier after frosts, which explains its popularity throughout the world. People have made many recipes with it.

This type of cabbage is a recognized source of plant-based protein. It doesn't matter how much protein is in the vegetable, what matters is the amount of protein assimilated by the body (more thoroughly than from identical plant sources, for example, mushrooms). This veggie contains a small amount of essential omega-three fatty acids, that is irreplaceable for the cardiovascular system. That's why we offer you to try these top 10 kale smoothie recipes for weight loss.

In modern nutrition, the role of omega-three is even higher. There is a theory that some autoimmune diseases, as well as cancer, metabolic syndrome, and diabetes, in many ways provoke inflammatory processes in the body. To reduce them, it is recommended to shift the balance of dietary fats in the direction of omega-three.



This superfood contains a large amount of vitamins A and C, which allows it to be considered an excellent antioxidant. It is not only included in the list of anti-aging products, but also used when recovering from injuries, surgeries, and various types of overloads.

### The beneficial properties of the plant include:

indispensable in vegan and vegetarian cuisine, as it is able to replace meat dishes;

a part of a healthy diet and healthy nutrition;

normalization of the digestive tract organs, especially after protein diets;

restores and improves vision;

reduces the amount of "bad" cholesterol;

affects blood clotting;

has antitumor effects.

This vegetable contains a significant amount of plant fiber, which has a favorable effect on the gastrointestinal tract, prevents constipation and improves digestion. One can not argue that such properties are irreplaceable for weight loss and improving metabolism. In addition, it works as a detox agent, which means that it significantly affects the function of kidneys and liver.

Under the influence of iron, also contained in the leaf cabbage, the processes of synthesis of vital hormones: serotonin, dopamine, and noradrenaline. Also, this mineral raises the level of hemoglobin in the blood, which improves the access of active oxygen to all internal organs.

Kale cabbage has absolutely no fat content and contains about eighty percent of water, which for a long time retains a feeling of fullness in the stomach. Vitamin C significantly accelerates metabolic processes, which leads to effective weight loss. In addition, getting rid of extra pounds leads to a decrease in blood sugar and prevents the occurrence of diabetes.



Print Recipe

Now you won't have to worry about kale being bitter! A delicious drink that will supply you with fiber and give you a feeling of fullness for the whole day.

- 1 cup of spinach
- 2 cups of kale
- 1/2 mango
- 2 drops of vanilla extract
- 1/2 cup of ice
- 1. Peel the mango and discard the pit.
- 2. Place everything into a blender cup and mix until even consistency.



An unexpected blend of ingredients! This beverage may sound strange, but it's actually greater than the sum of its parts. Give it a try!

- 1 cup of kale
- 1 cup of strawberries
- ½ cup of blueberries
- ½ cup of raspberries
- 1 cup of non-fat Greek Yogurt
- ½ cup of Cranberry Juice
- 1 cup of ice optional
- 1. Add all the ingredients into a bowl of a food processor and blend until homogeneous.
- 2. If the berries that you're using are frozen ice is not necessary.





This sugar-free drink is perfect for those who want to lose weight fast. It's very nutritious and is also suitable for vegans

- ½ cucumber
- 1/4 cup parsley
- 1/2 cup of kale
- ½ avocado
- 2 cups of raw spinach
- 1 cup of coconut water
- 6 ice cubes
- ½ lemon
- 1. Chop the cucumber into chunks.
- 2. Peel the lemon.
- 3. Peel the avocado and discard the pit.
- 4. Use a blender to mix the ingredients until it reaches a smooth texture.



This fruity cocktail will make you forget you even put any kind of cabbage in there. Perfect for those that don't like kale, but want to take advantage of its benefits

- 1 cup of fresh or canned pineapple
- ½ sweet apple
- 1 cucumber
- 4 kale leaves
- 2 tablespoons of hemp seeds
- ½ cup of mango juice
- ½ cup of pineapple juice
- 1. Chop up the cucumber
- 2. Make sure to cut up the pineapple if you're using fresh ones.
- 3. Combine all the components in a blender and pulse until fully incorporated.



Print Recipe

A drink that impresses with its depth and beautiful color.

- 3 cups of blueberries frozen
- 3 cups of coconut milk
- 1 cup of kale
- ½ cup of plain greek yogurt
- 2 teaspoons of pure maple syrup
- water if needed for consistency
- 1. Add all the ingredients to a cup of a food processor and mix until it reaches a frothy consistency.



Craving chocolate on a diet? We've got the answer! Have some of this healthy drink and satisfy your tummy.

- 1 cup of soy milk
- 1 banana
- 4 ice cubes
- 1 cup of frozen blueberries
- 3 tablespoons of cocoa powder
- 1 ½ cup of kale
- 2 tablespoons of oats optional
- 1 tablespoon of chia seeds optional
- 1. Cut the bananas into pieces
- 2. Remove the tough stems from the green cabbage leaves.
- 3. Use a food processor or blender to combine all of these ingredients.



Print Recipe

A yummy beverage for the whole family packed with vitamins and nutrients.

- 1 ½ cups of spinach
- 1 ½ cups of kale
- 1 orange
- 8-10 strawberries fresh or frozen
- 1 cup of mango and/or pineapple
- 1/3 cup of greek yogurt
- 1/4 cup of water
- 1 tablespoon of honey optional

- 1. Peel the orange, cut it into pieces.
- 2. Remove large stems from the titular ingredient.
- 3. If the mango and/or pineapple is fresh, be sure to peel it (if you have a mango remember to remove the pit).
- 4. Mix in a food processor until it reaches an even consistency.



The smell of this one is simply incredible! This one is an ideal drink after a rigorous workout.

- 2 cups of kale
- 2 cups of water
- 2 cups of pineapple
- 1 banana
- ½ lime
- 2 tablespoons of chia seeds
- 1. Juice the lime.
- 2. Chop up the banana and pineapple.
- 3. Freeze the banana and pineapple beforehand.
- 4. Remove the harsh stems from the you-know-what
- 5. Combine the contents in a blender and serve.



A nutritious cocktail that will keep you full, boost your energy level and make you feel great. Give it a try and treat yourself and your friends.

- ½ cup of almond milk
- 2 tsp pure maple syrup
- 1 tsp vanilla extract
- ½ cup of raw cashews
- 1 cup of kale leaves
- 2 frozen bananas
- 1. Soak the cashews overnight.
- 2. Remove the tough stems from the leaves.
- 3. Cut the bananas up into chunks.
- 4. Blend all the ingredients until the desired consistency. You may add more almond milk if desired.

The beneficial properties of this amazing plant are due to its rich vitamin and mineral composition. This vegetable is a powerful source of vitamin A and ascorbic acid. It also contains the B vitamins, a fair amount of vitamin K, vitamins E and PP. The mineral complex is represented by magnesium, calcium, potassium, copper, iron, phosphorus, zinc, sodium, and selenium. There is more calcium in it than in milk.

However, not everybody can enjoy our titular vegetable. It is not recommended to eat cabbage to those people who suffer from urolithiasis and gallstone disease since this vegetable contains oxalates. The increased content of vitamin K in vegetables will significantly complicate the dilution of blood. The use of kale is sometimes a source of problems with the stomach and intestines and can cause flatulence, diarrhea, stomach cramps. So be sure to consult your doctor before making these smoothies.

You will not be hungry with kale! It will keep you full and provide your body with the necessary protein and fiber!

## Healthy mango smoothie recipes for weight loss



Mango is one of the exotic fruits found in South and Central America, Arabia and Africa, India and Burma. No matter how far its homeland is from you, almost every inhabitant of the planet can appreciate the taste of this fruit. It is now sold in almost every supermarket or online store.

In some cases, mangoes can lead to weight gain. According to reliable sources, one medium-sized mango has 150 calories. This way, consuming this fruit on a daily basis, you are adding calories that can lead to weight gain.

It is good for health to consume this fruit every day, as it has lots of health benefits. Among them, an improved immunity, digestive health and eyesight, as well as a lower risk of certain cancers.

In some countries, people eat a mango before going to bed using it as a natural sleep aid. This fruit is known to help lower LDL (bad) cholesterol due to its significant fiber, pectin, and vitamin C content.

The truth is that sweet fruits like mangoes have a significant amount of sugar. But fruit sugar is different from processed one because it's balanced out by fiber and a host of nutrients for the body.

One medium sized mango has approximately 150 calories.

Mango is rich in vitamins A, C and E plus beta-carotene that are beneficial for skin health. It contains components that restore your skin, vitamin A helps to defend and renew your skin cells and mucous membranes.

It is not good for health. If you haven't eaten for a long time, do not haste to eat this fruit. Its natural sugars can cause a drastic spike and drop in your blood sugar levels.

Mango is healthy to eat for people with diabetes. People with this disease should follow a balanced diet that provides enough energy and mango can be part of such a diet in moderate amounts.

There are many varieties of this fruit, but the most used throughout the world – African, is considered the most succulent and healthy. Not less beneficial are coconut milk smoothie recipes. The mango pulp has a pleasant sweet&sour taste, and a slightly tart note gives the juice a pleasant piquancy and originality.

The exotic fruit is incredibly good for you, as it contains plant-based proteins, sugar, fiber, minerals, vitamins, beta-carotene, folic acid, and twenty-five different carotenoids, that beneficially affect the body.

That's why we would like to share these top 5 mango smoothie recipes for weight loss. In addition, it contains a variety of minerals that contribute to weight loss: iron, calcium, zinc, magnesium, and others.



A fun and tasty drink you can make to treat yourself. A great mid-day snack.

- ½ cup of non-fat Greek yogurt
- 1 mango
- ½ cup of fresh or frozen raspberries
- ½ banana
- ½ teaspoon of chia seeds
- 1. Peel the main ingredient, remove the pit and cut it up into pieces.
- 2. Cut the banana into chunks.
- 3. Freeze the fruits beforehand.
- 4. Use a blender to mix the ingredients into a homogeneous smooth mass.
- 5. Pour into glasses, garnish with raspberries and enjoy.



An exotic refreshing fruity cocktail that will help you burn fat and fill you up until your next meal.

- ½ cup of non-fat Greek yogurt
- 1 cup of pineapple chunks fresh or frozen
- ½ cup of unsweetened apple juice
- 8 ice cubes optional

- 1. If the pineapple is fresh peel it and cut it into chunks
- 2. Peel, pit and cut the mango into pieces.
- 3. Mix all the ingredients in a blender or food processor until they reach an even consistency.



A frothy delicious drink. Pour yourself a glass and imagine you're on an exotic island. Lose those pounds while indulging yourself.

- 1 mango
- 1 cup of freshly-squeezed orange juice
- 1 banana
- ½ cup of non-fat Greek yogurt
- 5 ice cubes
- 1. Peel the mango, discard the pit and cut it into pieces.
- 2. Peel the banana, cut it and freeze it beforehand along with the mango.
- 3. Squeeze some fresh orange juice.
- 4. Combine the ingredients in a blender and pulse until fully incorporated.



Try making this creamy pleasurable frothy drink. Do not deprive yourself of pleasure just because you're on a diet.

- ½ cup of coconut milk
- 1 mango
- 1 peach
- ½ of a banana
- 8 ice cubes optional
- 1. Prepare the fruits (peel the mango and banana, cut them up into pieces, discard the pit)
- 2. Slice the peach, remove the pit.
- 3. Pulse in a blender to combine, enjoy while cold.



An aromatic mix will relax you after a hard workout. Have a delicious cocktail, kick back and relax!

- 1 mango
- 1 cup of low-fat plain yogurt
- 1/4 teaspoons of ground cinnamon
- 1 teaspoon of lime juice
- ½ tablespoons of honey optional
- 1. Juice the lime.
- 2. Prepare the main ingredient
- 3. Mix everything in a blender or food processor.
- 4. Serve and enjoy.

Look at the nutrition facts of mango (serving size 1 cup):

	WheelyBird Auto- Feed Trap	WheelyBird 2.0	EasyBird Auto- Feed Trap	EasyBird Auto- Feed Doubles Trap	EasyBird Auto- Feed 6-Packer Trap	Workhorse Auto Feed Electric Trap
Cycle Time	2 sec	1.75 sec	1 sec	1 sec	1 sec	2.5 sec
Magazin e Capacity	50 clays	50 clays	50 clays	100 clays	150 clays	50 clays
Launch Angle Adjustme nt	30 degrees	3 launch angles: 14 degrees, 20 degrees, 27 degrees				
Throwing Range	55-70 yards	55-70 yards	55-70 yards	35-50 yards	55-70 yards	55-70 yards
Foot Pedal Cord Length	25 ft.	25 ft.	50 ft.	50 ft.	50 ft.	25 ft.
Usable Clay Sizes	Standard 108mm or International 110mm	Standard 108mm or International 110mm				
Weight	48 lbs.	48 lbs.	80 lbs.	91 lbs.	125 lbs.	32 lbs.

## Edit

When used, it increases the production of leptin (a hormone), which regulates fat accumulation in the body. Adding mango to one's diet improves the breakdown and elimination of fats. Vitamins of the B group in this fruit stimulate the liver, helping to burn and remove carbohydrates, which are deposited in the form of fat.

It activates the excretion of fats from the body, that is, it has the ability to convert fats into pure energy and thereby increases the burning of more calories. Check also cabbage, onion, broccoli and swiss chard smoothie recipes. Making this cocktails every day, you'll boost your immune system and health in general.

Healthy properties of mango:

It has a low glycemic index which is crucial for diabetics.

Strengthens the heart muscle, as it has a lot of potassium.

Vitamin E improves the condition of the hormonal background and increases libido.

It has a positive effect on hearing and vision, as it contains carotenoids.

It contains many proteolytic enzymes that help digest proteins, which helps strengthen and build muscle.

Normalizes blood sugar levels. A glass of freshly squeezed juice will fully provide the fourth part of the daily requirement of vitamin A. Lowers cholesterol.

Studies by doctors have shown that it has an enzyme that inhibits the growth of cancer cells.

Glutamic acid is able to improve memory and stimulate the work of brain cells.

It is recommended for anemia, as it contains a lot of iron.

As part of a lot of enzymes that help improve digestion.

Reduces acidity.

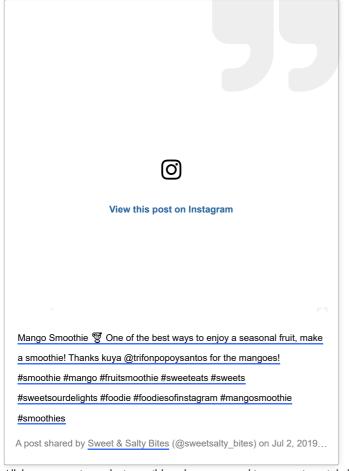
Has antioxidant properties.

Due to the high content of vitamin (C) helps to remove free radicals from the body and improves the immune system.

Stimulates the production of red blood cells.

This tasty fruit not only improves health and health but also affects the slim figure.

The active ingredients reduce the appetite and the desire to eat more, which will help to do without snacking throughout the diet. The potassium content is much higher than in bananas. This mineral eliminates the retention of excess fluid in the body. And thanks to pectin and fiber, the fruit improves digestion and metabolism, which is also important for weight loss. The main advantage is its low-calorie content. 100 g is only 75 Kcal.



All these properties make it possible to have great achievements in weight loss and the transition to a healthy diet. Also, the fruit will help satisfy your cravings for sweets without extra calories.

### Conclusion: to lose weight you need to eat



research was conducted at the University of Cameroon and its results showed that the fruit has a positive effect on the process of losing weight since the components in it slow down the growth of fat cells. Another experiment showed that those who consumed a hundred and fifty grams of the titular fruit a day during a month, significantly reduced their weight and fat deposits.

However, the fruit is not a magical way of losing weight. With greater certainty, it can be attributed to healthy foods, rather than to weight loss products. Like any other type of plant food, the mango has a positive effect on the acceleration of metabolism and the improvement of the digestive system (due to the presence of fiber).

The effect of it on the immune system is also worth mentioning. Studies have shown that it a sufficient amount of ascorbic acid, which increases the body's resistance to various diseases.

It is possible to lose weight, but not at the expense of the fat-burning qualities of the fruit, but at the expense of its charitable influence on the whole organism. And, of course, in conjunction with proper nutrition and an active lifestyle. Mango goes well with meat, seafood, it can be added to salads, cocktails, smoothies, mousses. However, there are a few health restrictions:

Do not eat the fruit if you are taking anticoagulants.

People who are allergic to latex-fruit, especially if it is green.

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Urushiol can cause dermatitis.

Including it in the diet can be without much effort and starvation to reduce weight and provide the body with essential vitamins and nutrients.

# Top 5 cabbage smoothie recipes for weight loss



Cabbage is the **perfect food for weight loss**. This is confirmed not only by numerous studies but also by people. Everyone who had tried losing extra pounds knows how hard it is to limit yourself in everything. People like 7-day cabbage soup meal plan, saying it's quite affordable.

Look at the nutritional value of cabbage per 100 g:

Bearing	Two-way Bearing
Vertical Adjust	Yes - Quick Release
Horizontal Adjust	Yes
Tension Knob	8-level tension knob
Controller	Manual Tension
Console	LCD
Certification	CE, ROHS
Resistance Levels	8 levels
Transmission System	Belt

## Edit

Cabbage green smoothies are full of useful substances. The cooking method of smoothie is simple. Just mix all ingredients in a blender (choose high powered blender), add any fruits and vegetables you like, such as frozen blueberries banana and vanilla. Add **green, while, red cabbage, purple cabbage**. Sounds tasty – red cabbage smoothie, green cabbage smoothie.

First of all, all kinds of cabbage are the most low-calorie among all the vegetables. For example, 100 g of it contains only 27 kcal, broccoli – 28 kcal, red – 24 kcal, cauliflower – 30 kcal. Sauerkraut in the process of fermenting becomes even less high in calories – 19 kcal. The champion in this list is Peking cabbage (12 kcal).

For comparison: 100 g of beef is equivalent to 700 g of this veggie in energy terms. And to gain as much energy as is contained in a hundred-gram bar of chocolate, one must eat 2 kg of this leafy vegetable.

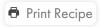
The reason the titular vegetable is great for weight loss is its content of tartronic acid. According to this property, it is a record among other plants. This acid inhibits the conversion of carbohydrates into fat in our body, which makes it a real "magic wand" for obese people.

However, we should remember that tartronic acid is destroyed by heat treatment and cannot give us its former benefit. At the same time, sauerkraut and its brine contain this substance a lot. Therefore, this fluid has considerable value for our body.



The mix of ingredients may seem somewhat strange at first, but once you taste it - you'll realize how tasty purple smoothie is.

- 8 oz of purple cabbage
- 1 cup of blueberries
- 1 cup of strawberries
- frozen bananas
- 5.3 oz of Greek yogurt
- 1 cup chilled Hibiscus tea optional
- 1/2 cup almond milk
- 1. Peel the banana and cut it up into chunks. Freeze it beforehand with the strawberry and blueberry.
- 2. Make some tea (I had Hibiscus). Chill it.
- 3. Add all of the ingredients to a cup of a blender or food processor and pulse until homogeneous.
- 4. Serve and enjoy!



Stay healthy and slim with this delicious cocktail!

- 1 cup of grapes
- 1 cup of peaches
- 3/4 cup of chopped cabbage
- 1 large carrot
- 1/4 cup of ice cubes
- 1/4 cup of water

- 1. Half the peach, discard the pit, slice and freeze beforehand.
- 2. Peel the carrot and grate it.
- 3. Mix ingredients in a blender (or food processor) until it reaches a smooth consistency.



Print Recipe

We would like to offer you this unusual beverage that is packed with fiber and protein.

- 150 g of cabbage
- 100 g of fresh spinach
- 1 banana
- 1 kiwi
- 200 ml of still mineral water
- 1 tbsp of lemon juice
- 1 tbsp ground flaxseed
- 1. Chop up the cabbage.
- 2. Peel the banana and kiwi, cut them into pieces.
- 3. Mix in a blender on full speed until an even liquid forms.



Print Recipe

This sweet cocktail will flip your idea of smoothies once and for all!

- 1/2 red cabbage
- 1/3 of pineapple
- 2 mangos
- ginger to taste
- 1 teaspoon of honey optional
- 1. Peel the pineapple and mango, cut them in pieces.
- 2. Peel the ginger and finely grate it.

3. Blend until smooth, garnish to taste and enjoy!



Print Recipe

- 1 avocado
- 1/2 lime
- 1/2 cabbage
- 1 green apple
- 1 cucumber
- 1. Half the avocado, throw away the pit.
- 2. Juice the lime.
- 3. Chop up the main ingredient.
- 4. Peel the apple and discard the seeds.
- 5. Chop the cucumber.
- 6. Mix everything with a blender until smooth.

### Look at health benefits from consuming cabbage:

The green outside leaves contains folic acid, which has a favorable effect on metabolic processes in the body and blood circulation.

Due to the predominant content of potassium salts over sodium salts, it does not allow the fluid to linger in the cells of the body.

Tartronic acid has an anti-sclerotic property. This acid helps to delay the process of conversion of carbohydrates into fats and prevents cholesterol and fats from being adjusted. But the acid breaks down.

The juice has a neutral acid-alkaline balance, which makes it beneficial for those who suffer from a low acidity of gastric juice.

Normalizes metabolism, as it contains a large amount of choline.

Contains glucose, more than in oranges, lemons, and apples.

The content of fructose exceeds carrots, onions, potatoes, and lemons.

Sauerkraut – rich in lactic acid, as fermented milk bacteria are used for fermentation. These good bacteria, when released into the intestine, have a beneficial effect on its microflora and eliminate dysbacteriosis.

Fiber has a healthy effect on the proper functioning of the intestines, removes cholesterol and slags from the body. Doctors recommend it for obesity, as it is a low-calorie product.

It can be considered to be a is a miracle food. The leaf contains glucosinolates, which can neutralize toxic compounds in the liver, and block the malignant cells. Thus, it can be said that this veggie is capable of preventing certain types of cancer. Including breast cancer.

In addition to breast cancer, this vegetable prevents the development of cancer in the lungs, bladder, colon, and many other organs. Its anti-cancer effect is universal. In addition, it has a beneficial effect on the gastrointestinal tract as a whole.

Thanks to the ability to inhibit Helicobacter bacteria, cabbage protects against ulcers and stomach cancer. It also binds bile acids in the intestines and removes them.

First of all, **the cabbage for weight loss** is the most valuable because of low-calorie content. Following the <u>cabbage diet</u>, you will get a flat stomach for only 14 days.

Did you know that 5% excessive calories that you do not spend during your lifetime activity, leed to storing 5 kilos fat tissue during the year? The following benefits of cabbage help to lose weight:

It contains very few calories. You can eat cabbage in big quantities but still maintain a slim waist.

It is useful. Like any other vegetable with high fiber content, it improves digestion, takes away different toxins and cleanses the body. It also contains phosphorus, that maintains teeth and bones in a health condition. Besides, vitamin A that is popular by its skin care properties. Vitamin C – its properties knows everyone.

Despite its low-calorie content, cabbage has a high saturation coefficient. Because it contains hard vegetable fibers, that fill the stomach. Usually, one plate of cabbage soup is enough for me not to feel hunger during 3-4 hours. Such a good property.

Some people claim in their reviews that cabbage dieting **promotes fast and intensive weight loss**. They say one can lose up to 1 kilo per day. But the downside is that such express diets do not bring any benefits for human health.

### Conclusion: drink healthy smoothies with the most unexpected ingredients

As you could have seen in our recipes – green cabbage is more universal than you think. It's compatible with fruits, veggies, and other leafy greens. It's inexpensive, accessible and very healthy to consume. Give them a try and see for yourself!

The most interesting thing about white cabbage is its rich composition. It contains a lot of potassium, which quickly removes excess fluid from the body. It has high water content. Thanks to tartronic acid, metabolism is normalized. Iodine stabilizes the thyroid gland. As a result, the task of losing weight with cabbage is greatly simplified.

Initially, you need to determine a clear number of extra pounds. Then you can choose any version of weight loss with white cabbage.

## Top 7 kiwi smoothie recipes for weight loss



Kiwi is now famous around the world. It got its name from the New Zealanders, because of its peel, similar to the feathers of the bird of the same name.

The ripening starts around October-November. The advantages and value of it are that even after six months of storage, the vitamin C in the fruit remains up to ninety percent.

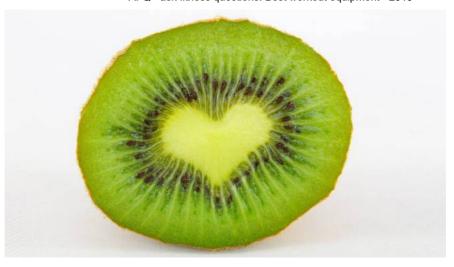
The green fruit retains its value and freshness for several months and is therefore available almost all year round. Considered the champion among fruit for weight loss. First of all, because it is low-calorie.

100 g of the fruit contains 84 g of water, 14 g of carbohydrates, 2.8 g of fiber, 290 mg of potassium, 95 mg of vitamin C, 35 mg of calcium, iron, and magnesium.

One fruit can cover the daily intake of vitamin C in the body. It also contains vitamins K, E, fruit acids, iron, organic acids and flavonoids, calcium, magnesium, potassium, and zinc.

It has a large number of insoluble plant fibers, which interrupt hunger well and play an active role in removing accumulation from the intestines. And the carnitine helps to burn fats effectively and quickly. Also, the fruit has the highest antioxidant activity.

Therefore, there are at least two good reasons for it to become necessary food for those who want to lose weight. The first reason is that it's low in calories and the second is that it's high in vitamin C and fiber, which help burn fat. This is why we'd like to draw your attention to our top 7 kiwi <a href="months:smoothie">smoothie</a> recipes for weight loss.



Contains enzymes and fruit acids that help burn fat, speeding up the metabolism.

Vitamin (E) reduces the amount of cholesterol, rejuvenates the skin, prevents the development of varicose veins and heart problems.

Vitamin (C) inhibits the aging process.

Vitamin (K) inhibits the formation of intestinal and stomach tumors.

Iron improves blood formation and increases hemoglobin level.

Calcium strengthens bone tissue and accelerates wound healing.

Due to its fibrous structure, the fruit can help control appetite.

Magnesium improves brain cell function, maintains heart rhythm, and has a beneficial effect on the nervous system.

Potassium is involved in the metabolism and synthesis of protein carbohydrates, resists the elimination of calcium in the urine, feeds the cardiovascular system.

Zinc strengthens nails and hair and bone tissue.

Insoluble fibers absorb fats that enter the intestines, preventing them from being partially incorporated into the blood, and also increase the speed of digestion and metabolism of the intestines, which is very important for weight loss.

This particular fruit is one of the most commonly consumed fruit, having a pleasant taste, maximum nutrients, vitamins and a minimum of calories. It can be stored for a long time without losing its properties and is suitable for almost all dishes: desserts, cereals, soups, cocktails, and juices. It is therefore ideal for diet food.



A refreshing drink that will fill you up in between meals. You can also use it as a detox agent.

- 1 kiwi
- 1 apple
- 1 banana
- 1 cup of spinach
- 3 tbsp of yogurt of choice
- 1 1/4 cup of almond milk

- Cinnamon
- Vanilla extract
- 1. Peel the kiwi and banana and cut them up into chunks.
- 2. Peel the apple, remove the seeds, slice it.
- 3. Put all the ingredients into a cup of a blender and pulse until homogeneous.
- 4. Pour into glasses, garnish to taste and enjoy.



Print Recipe

A rich aromatic cocktail that will lift your spirits and improve your mood.

- 1/4 of cup water
- 1/2 lime
- 1/2 ripe kiwis
- 1 large ripe pear
- 1 tbsp of honey optional
- 1 cup of ice cubes
- 1. Juice the lime.
- 2. Peel the kiwi and cut it up into chunks.
- 3. Half and core the pear.
- 4. Combine the ingredients in a blender and beat until smooth. Pour into glasses, garnish with lime.



Try this drink and you will feel like you're really on a Caribbean Cruise.

- 1/2 cup of strawberries frozen
- 1/3 cup of pineapple
- 1 cup of coconut milk
- 1/3 cup of cantaloupe
- 1/3 cup of green melon
- 1 tangerine
- 3 kiwis
- 1. Peel the pineapple, cut it into chunks.
- $2. \ \mbox{Remove}$  the peel from the cantaloupe and green melon and slice them.

- 3. Peel the kiwi and tangerine.
- 4. Place the fruits into a blender or food processor. Pulse until thoroughly incorporated, gradually add the coconut milk.
- 5. Pour into glasses, garnish to your liking and serve.



Print Recipe

Boost your immune system with this tasty drink without gaining extra weight.

- 1 handful of fresh baby spinach
- 1 cup of water
- 1/2 cup of unsweetened coconut milk
- 1 cup of fresh pineapple
- 1/2 banana
- 1 kiwi
- 1/2 cup of non-fat greek yogurt
- 1 tbsp of ground flax seeds
- 1 tbsp of coconut flakes
- 1 tbsp of honey optional
- 6 ice cubes
- 1. Peel the banana, cut it and freeze it beforehand.
- 2. Peel the pineapple and kiwi, slice them into pieces.
- 3. Use a blender to beat the ingredients into a smooth frothy cocktail.



Print Recipe

Get a load of this vitamin-packed beverage! Not only is it incredibly delicious, but it will also help you shed extra pounds.

- 1 cup of vanilla yogurt
- 1/2 cup of orange juice
- 1 cup of strawberries
- 1 cup of banana
- 1/2 cup of blueberries
- 1 cup of peaches

- 3 kiwis
- 1. Half the peaches and discard the pit.
- 2. Freeze the bananas beforehand.
- 3. Peel the kiwis and cut them into chunks.
- 4. Blend or process until smooth.



This particular drink is an explosion of vitamins and fiber. Awesome for after a workout.

- 2 cups of pineapple
- 3 mint leaves
- 2 avocados
- 1 orange
- 2 kiwis
- 3 green apples
- 1. Peel the avocado and discard the pit.
- 2. Peel the apples, throw away the seeds and cut them into chunks
- 3. Juice the orange
- 4. Peel the pineapple and cube it.
- 5. Mix all the ingredients with a blender until homogeneous.



This flavorful cocktail will help you slim down and protect you from inflammation and infection.

- 2 kiwi fruits
- 3 bananas
- 1 mango
- 1/4 cup of yogurt
- 1/2 cup of cranberry juice sugar-free

- · honey to taste
- 2 tbsp of chia seeds
- 1. Peel the mango, discard the pit.
- 2. Peel the banana, cube it and freeze it beforehand.
- 3. Place the ingredients into a food processor, or blender. Pulse until completely incorporated.
- 4. Pour into glasses and garnish. Enjoy!

Effective weight loss is the result of exposure to the human body of three components: a balanced diet, physical activity and taking products, the active elements of which act purposefully and break down (burn) the fat cells accumulated during the conduct of a wrong lifestyle.

Due to the high percentage of "fat burning" and normalizing the metabolic processes of substances, it helps to combat excess weight effectively and is used in various programs for weight loss.

If you decide to include this fruit into your daily diet, mind that it does not require adherence to strict schemes, as long as its active components systematically enter the body in sufficient quantities, which is convenient and especially appealing to those who want to lose weight, making a minimum of effort for this.

Before you decide to do this, you should know that there are health restrictions to eating kiwi systematically:

Gastric and duodenal ulcers (acids can provoke exacerbation of these diseases)

Gastritis in the acute phase.

Allergists, because kiwi contains peptidase, which can provoke an allergic reaction.

Be sure to visit your doctor before you try this method. You shouldn't encounter any problems with the preparation and use of the green fruit. You can just eat it simply by removing the skin or by making a smoothie using a blender. It can be used in various fruit and vegetable salads, desserts and even meat dishes. It is advisable to eat it raw, without subjecting the fruit to even minimal heat treatment, so that the maximum amount of vitamins and beneficial components will be preserved.

# Top 7 broccoli smoothie recipes for weight loss



Broccoli is a unique and very unusual <u>green vegetable</u>. It belongs in the cabbage family. Therefore it is one of the most healthy plants for the human body. This is rich in various vitamins and minerals. This veggie contains vitamins C and K, which are necessary for the normal functioning of the connective and bone tissue, as well as for the healthy work of the kidneys.

Our titular veggie holds a record for its content of vitamin A among cabbage plants. For example, cabbage contains 0.3% vitamin A (3  $\mu$ g per 100 g.), and the one we're talking about – 42.9% (386  $\mu$ g per 100 g.). The daily norm of this vitamin for an adult is 900 micrograms.

## Nutritional value per 100 grams:

Calories, kcal: 28

Proteins, g: 3.0

Fat, g: 0.4

Carbohydrates, g: 5.2

Nutritionists around the world recommend it to people who want to shape up and lose a few extra pounds. The main reason is the low-calorie content (no more than 30 kcal per 100 grams). And due to the high content of dietary fiber, this cabbage also correctly reduces appetite and cleans the intestines faster in a natural way. potassium, calcium, magnesium, phosphorus, and iron





🗗 Print Recipe

This may not be an idea of a fast recipe, but your patience will be rewarded with a tasty and nutritious beverage that will help you slim down and feel full at the same time!

- 1 cup of broccoli
- 1 apple
- 1 banana
- 1/3 cup of pineapple
- 1/2 cup of almond milk
- 1/2 lemon
- 2 tsp of honey
- 1/2 tsp of vanilla extract
- 1. Peel the banana and pineapple. Cut them up into chunks and freeze them overnight beforehand.
- 2. Juice the lemon (you can optionally add some lemon zest to the party).

- 3. Peel the apple, extract the seeds and cube it.
- 4. Chop up the broccoli.
- 5. Place all the ingredients into a blender or food processor and mix until an even texture.



This shake is loaded with protein and is perfect for those who work out a lot. The fiber content is enormous!

- 1 avocado
- 1 cup of spinach
- 1/2 cup of broccoli
- 1 tsp of olive oil
- 1 pinch of basil dried
- salt optional
- 1. Remove the harsh stems from the spinach.
- 2. Half the avocado, discard the pit and extract the pulp.
- 3. Add the contents to a cup of a blender, pulse until homogeneous.
- 4. Pour into glasses, add a few drops of olive oil (optional) and serve.



This recipe is not what you would normally think of when making a smoothie. But not only is it tasty, but it's very beneficial. Give it a go!

- 2 cups of kale
- 2 cups of broccoli
- 1 carrot
- 1/4 avocado
- 1/2 lemon optional
- 1/2 tsp of soy sauce low sodium
- 1 pinch of sesame seeds
- 1. Peel the carrot and grate it.

- 2. Juice the lemon (optionally zest)
- 3. Remove the pit from the avocado and scoop out the pulp.
- 4. You know the drill blend it all. Then pour into glasses and sprinkle some additional sesame seeds to garnish.



Try making a juicy, flavorful drink with entirely green ingredients! The color will fascinate you and the taste will not disappoint!

- 1 cup of broccoli
- 1 celery stick
- 1 sour apple
- 1/2 lime
- 1 tsp of maple syrup or to taste
- 1 cucumber
- 1 sprig of fresh dill
- 1. Chop up the cucumber.
- 2. Peel the celery stick.
- 3. Remove the seeds from the apple and cut it into chunks.
- 4. Juice the lime.
- 5. Use a blender to mix everything into a homogeneous liquid.
- 6. Pour into glasses and garnish with fresh dill.



Print Recipe

This is a cocktail made with all seasonal ingredients. So, whenever you feel like an energy boost in the fall – head over to the farmer's market and make yourself a treat.

- 1 cup of broccoli
- 1/3 cup of tomatoes
- 1/2 cup of orange bell peppers
- 1/3 cup of beetroot
- 1/3 cup of carrot
- 2 cloves of garlic

- 1 tbsp of lemon juice
- 1 tsp of olive oil
- 1. Remove the seeds from the bell peppers.
- 2. Prepare the other vegetables: peel and cut the beetroot, carrot, garlic cloves.
- 3. Use a blender to make a smooth puree of all the ingredients. When you pour the end product don't forget to add the olive oil and lemon juice.



Not what one would call a traditional drink, but surprisingly the flavors are entirely compatible.

- 200 grams of honeydew melon
- 25 grams of organic kale
- 70 grams of broccoli
- 200 ml of coconut water
- 2 sprigs of fresh mint to taste
- 1/2 lime
- ice cubes
- shelled hemp
- 1. Cut the melon up into cubes.
- 2. Juice and zest the lime.
- 3. remove the stems from the kale.
- 4. Use a food processor to process the ingredients until they reach an even texture.



You won't believe that something so delicious has so little calories once you try this recipe!

- 1/2 cup of arugula
- 1 cup of broccoli
- 1 tsp of nutritional yeast
- 1/2 cup of non-fat Greek yogurt
- 1/3 cup of oats
- 1. Use a blender to beat the contents into a paste. Pour into glasses or bowls. If the consistency is too thick try adding non-fat milk.



Print Recipe

Want a little something chocolate? Have no fear! Carob is the answer. It's sweet by default and you don't need to add sugar!

- 1 cup of strawberries
- 1/2 small banana
- 1/2 cup of chopped broccoli
- 1 handful raw spinach
- 1 cup of almond milk
- 1 tbsp of carob powder
- 1 tbsp of shelled hemp seeds
- 1. Freeze the banana (peeled and cubed) and strawberries beforehand.
- 2. Chop up the greens.
- 3. Add everything to a blender and pulse until you reach a homogeneous liquid.

It contains a large amount of fiber, proteins (that almost comes close to <u>animal-based protein</u>), amino acids (valine, threonine, tryptophan, lysine, leucine, methionine), antioxidants, which actively prevent the aging of cells in the body and are responsible for beauty and youth. That's why many movie and show business stars prefer consuming it to lose weight.

There's a whole list of components that have a very positive effect on the rate of fat and carbohydrate metabolism. And the B vitamins in it, in combination with chlorophyll, very actively contribute to the absorption of carbohydrate foods, forcing the body to work more actively, therefore spend calories faster, meaning that it accelerates metabolic processes.

Also, few people know that in fact, that it is a product with a harmful caloric content because the body spends more energy on its digestion than it receives from it. This fantastic food is also ready to fight not only with your weight but also with some diseases. For example, doctors recommend consuming this type of cabbage to people with heart failure, with disorders of the nervous system, constipation, and intoxication.



It very well strengthens blood vessels and cartilage tissue, cleanses the body of toxins, toxins and free radicals, rejuvenates the body and blood, copes with beriberi, improves the tone of the whole body.

And recent studies have shown that this green veggie contains a unique substance "sulforaphane," which is responsible for the destruction of ulcerative bacteria in the stomach, which means that it favourably affects the work of the gastrointestinal tract as a whole, and also opposes the growth of cancer https://askyourfitnessquestion.com/?post-type=post&order-date=asc&order-menu=asc&statuses%5B0%5D=publish&taxonomies%5Bcatego... 113/159



We have already mentioned that our star veggie is a type of cabbage, although it tastes more like cauliflower. Therefore, you can try to use it as a substitute in those recipes that you are familiar with. For example, you can fry, boil, stew, bake it, serve it with sour cream, sauce or butter. However, note that when losing weight, the best option for cooking will be boiling, baking, or steaming.

Over the years people have learned to cook delicious diet soup, so our advice to you is: experiment, invent new masterpieces, and then your diet will acquire something unique and more advanced, thanks to vitamin and mineral diversity. Besides, losing weight with this product is very easy! After all, you can eat it as much as you want, without worrying about the extra calories, which, you see, is a very significant argument on fasting days.

This regime has a duration of 10 days and in fact, consists of 5 phases of two days. If you decide to slim down with the help of this vegetable, then the main and only condition will be the following: the green in any form must be consumed daily. And drink as much non-carbonated mineral water as possible (at least 2 liters a day).

#### Day one and two

Breakfast: steamed or boiled green cabbage, preferably without adding salt and spices, green tea without sugar. Lunch: 180 gr. of chicken breast and a plate of chicken broth, 100 gr. Of the titular boiled vegetable, berry juice.

Dinner: 200 gr. Broccoli steamed, one grapefruit, black tea.



## Day three and four

Breakfast: our green veg and bell pepper salad or vegetable stew, black tea without sugar.

Lunch: vegetable stew with our cabbage and tomatoes, 200 gr. of tomato juice.

Dinner: repeat today's breakfast.

## Day five and six

Breakfast: 200 grams of light beef salad with the titular ingredient, seasoned with 10% sour cream or natural low-fat yogurt.

Lunch: steamed veggies, some buckwheat cereal, a plate of chicken broth, mineral water.

Dinner: boiled cabbage, tea without sugar.

## Day Seven and Eight

Breakfast: salad (with you-know-what), 2 hard-boiled eggs, black tea without sugar.

Lunch: vegetable soup, one loaf of sourdough bread, green tea without sugar.

Dinner: some veggies, 2 tomatoes, 200 gr. tomato juice.

# Day nine and ten

Breakfast: salad with a vinaigrette of your choice, black tea without sugar.

Lunch: boiled broccoli and 150 gr. of cooked fish to your taste, berry juice.

Dinner: steamed green cabbage or 150 gr. of boiled beef and a couple of baked potatoes, 200 gr. of kefir.



There are no alterations to this diet so if the result matters – you will not change the ingredients. It's best you stick to it as it is. Keep in mind that the weight loss is significant and rapid and is suitable if you need to slim down pretty fast to fit into a dress or a pair of your favorite jeans. Here is some feedback:

About one and a half years ago, before one very important event in my life, I noticed that I have gained a few pounds and need to get rid of them fast. I found an article about this way of losing weight. I immediately decided to try these recommendations for yourself. To be honest, psychologically it was incredibly difficult for me to stick to it, since I simply cannot stand this vegetable. Of course, I got the result and that's what really matters! – Shirley, 26

I have been eating this cabbage ever since I was a kid, so I have never been overweight. Since childhood, my mother taught me to eat properly, so I can't even imagine what it means to eat junk food. After all, there is a lot of good food that is both useful and tasty, so I can't imagine replacing them with junk food and sweets! – Sasha, 32

It is indeed a very versatile green! It's delicious, compatible with other healthy food and there's a variety of dishes that can be cooked with it! This cabbage is rich in indigestible fiber; these are the coarsest fibers that are necessary for the human gastrointestinal tract for normal functioning and high-quality cleaning.

Broccoli is a natural source of sulforaphane, a substance that can reduce the risk of cancer and reduce existing tumors, preventing them from developing. You can prevent disease by merely including this vegetable into your diet. But like every other fruit or veggie out there this one has its health restrictions as well.

# You can not eat it raw and/or fried if you suffer from:

increased acidity of the stomach, diseases of the pancreas; gastritis and ulcers;

compliance with the diet prescribed by the doctor, which excludes the intake of food containing coarse fiber; individual intolerance.

Many regimes include it in the diet. You can arrange a fasting day on cabbage, or try a few other diets, for example, starch-free or bread-free. Even if you don't want to confine yourself, try replacing a side dish with broccoli a few days a week, you can comfortably get rid of a few extra pounds and feed off with useful substances.

# Top 5 blueberry smoothie recipes for weight loss



Blueberries are considered one of the most healthy and tasty berries. There is a huge number of recipes with it. But do not forget that blueberries are not just a tasty treat, but also are equivalent to medicine. Thanks to the substances it contains, blueberries can have a positive effect on the human body.

It's a low-calorie berry (1/2 cup has a total of 40 calories), rich in antioxidants. Does not contain fats, cholesterol, and sodium, but there is ascorbic acid, potassium, magnesium, and fiber, that are beneficial to the digestive system. This is an excellent dietary food that promotes weight loss.

In addition, regular consumption of blueberries reduces the risk of heart diseases and strokes, helps fight infections, improves vision and memory.

### **Nutritional value:**

Calories – 44 Proteins – 1.1 g. Fat – 0.4 g

Carbohydrates – 7.6 g.

The glycemic index (GI) classifies sources of carbohydrates depending on their ability to increase the level of glucose in the blood. Distribution of food by GI helps to plan a nutrition program aimed at losing weight and controlling appetite. From this point of view, low-index foods are more efficient. One of them is wild blueberry with GI 53.





This is a very delicious creamy drink. Even though it seems relatively simple - it's greater than the sum of its parts.

- 1 cup of almond milk
- 6 ounces of blueberry Greek yogurt
- 1 tbsp of honey optional
- 1 cup frozen blueberries
- 1 tbsp of carob
- 1/2 tsp of vanilla extract
- 1. You can pour the almond milk into ice cube molds and freeze it overnight. Or, if you prefer the drink to be on the warm side don't hesitate to use your
- 2. Mix all the ingredients until they reach an even smooth texture. Pour into glasses and garnish with more carob and berries.



A perfect way to catch up on your protein! It's easy to make, fast to drink and it will give you strength for your next workout!

- 1 cup cantaloupe
- 1 cup blueberries
- 1 cup of light vanilla yogurt
- 1/4 cup of non-fat milk
- 1 scoop vanilla protein powder
- 1 tsp ground flaxseed
- 1. Cube the cantaloupe. You can freeze it beforehand if you like.
- 2. Combine the contents of the recipe in a food processor or blender and start mixing. Stop when you see a creamy consistency.
- 3. Drink it right away or on the go, but don't forget to refrigerate it.



Print Recipe

You will definitely not regret this explosion of flavor and its texture will blow you away. A sweet aromatic drink for you, your friends and family.

- 1/2 cup of blueberries
- 1/2 cup of strawberries
- 1/3 cup of raspberries
- 1/2 banana
- 1 cup of coconut milk
- 1 cup of baby spinach
- 1 teaspoon of chia seeds
- 1 tablespoon of maple syrup optional
- 1. Peel the banana, tear it up and freeze it overnight along with the berries.
- 2. Place in a cup of a blender and give them a good mix. Do it until it's completely homogeneous.
- 3. Serve in tall cups, garnished with chia seeds.



Print Recipe

This one is low-sugar, suitable for vegans and tasty beyond expectations! Your figure will thank you later!

Servings: 2 Calories: 68kcal

- 1 zucchini
- 3 oz of blueberries
- 1 plum
- 1 tbsp of flaxseed
- 1 sprig of basil
- 1 sprig of rosemary
- 1 tbsp of honey optional
- 1 cup of ice
- 1. Pit the plum.
- 2. Peel the zucchini and chop it up into cubes.
- 3. Mix all the ingredients in a blender or food processor. Stop mixing when you see that the elements are fully incorporated.
- 4. Enjoy right away or refrigerate up to 3 hours.



Print Recipe

You couldn't have seen this one coming! Low sugar, high fiber blueberries combined with the extra-healthy goji berries.

- 1 banana
- 3 oz of blueberries
- 1 orange
- · 2 tbsp of goji berries
- 1 tbsp of flaxseed
- 1 cup of ice
- 1/2 tsp of almond extraxt
- 1 tbsp of maple syrup optional
- 1. Peel the banana, tear it into chunks and freeze it.
- 2. Peel the orange and cut it up into large pieces to lose less juice.
- 3. Place everything into a blender cup and start pulsing. You'll know that you're done when you see a creamy texture.
- 4. Pour into glasses, garnish with more goji berries and serve. Enjoy!

Many overweight women or simply the ones that are adhering to a healthy low-calorie diet are interested in a rational the use of blueberries for weight loss. Since this berry has a very low nutritional value it helps to improve digestion, it may well become a vitamin supplement to the diet.

You can replace dinner with a cup of fresh berries or drink a tea made with its leaves (which are very fragrant) for breakfast every morning. It is also very favorable to consume teas and infusions of blueberries and leaves, whose caloric content will not exceed 10 kcal per 100 ml, as a tonic, choleretic and

Surely, jams and jellies from this berry cannot be considered a dietary product. Jam made of it is rather high in calories – 214 kcal per 100 g of product. Of course, this figure is highly dependent on cooking recipe. But nevertheless, in a proper diet probiotic drinks and non-fat products with blueberries look more promising, their caloric content does not exceed 80 kcal per 100 g - yogurts, milk kefir, water kefir, curds.



This berry is arguably the most glorified and praised among nutritionists. Besides working miracles for your figure, it has the most marvelous impact on your body due to its vitamin and mineral content.

#### Vitamins:

C - 10 mg per 100 g;

A - 1.5 mg per 100 g;

B1 - 0,010 mg per 100 g;

B2 - 0.02 mg per 100 g;

PP - 0.3 mg per 100 g;

#### Minerals:

Calcium - 16 mg per 100 g;

Potassium – 51 mg per 100 g;

Iron - 0.7 mg per 100 g;

Phosphorus and magnesium in meager amounts.

By consuming blueberries you improve your eyesight, reduce the risk of tumors and diseases and lose weight. But mind that it has health restrictions, just like any other food. It is not recommended to use fresh berries and their juice to people with kidney stone diseases. Also known rare cases of idiosyncrasy – intolerance to substances in the composition of blueberries, manifested by allergic reactions. So, before rushing to make the smoothies from our list – make sure you consult your doctor first.

# Top 5 Cauliflower Smoothie Recipes. Healthy mashed cauliflower



There are lots of different smoothie recipes for weight loss with cabbage. Tasty, refreshing and fat-burning cocktails are widely used by healthy nutrition followers as well as by people losing weight. Besides, highly popular is cabbage diet. Different kinds of this vegetable possess not less useful content.

# SEE ALSO: Top 10 kale smoothie recipes for weight loss

Despite its peculiar appearance, cauliflower is a kind of the cabbage. The value of this vegetable confirms this identity. Cauliflower is famous not only due to its taste but also to its unique content, which makes it a highly useful product. It is much more than ordinary cabbage! It contains vitamin C and protein, many vitamins PP, A, group B, as well as potassium, calcium, phosphorus, magnesium, sodium, and iron. Healthy mashed cauliflower prevents some chronical diseases. Let's get to know more about this vegetable!

This vegetable is great for losing weight. Its impact from this point of view is versatile:

#### It is a low-calorie product;

the tartronic acid in its content prevents the conversion of carbohydrates entering the body into body fat; the body spends 50% more energy on digesting this plant than other vegetables;

Vitamin U in cabbage helps to cope with depression, which often accompanies periods of food restriction.

A refreshing, slightly sour taste of this smoothie will be perfect for the diet of healthy food fans. It is great to drink a glass or two of this cocktail after ongoing exercise activities.

Print Recipe



Prep Time 10 mins

Cook Time 10 mins

5 mins

Total Time 20 mins



Course Breakfast, Snack

**Cuisine** American



Servings 1

Calories 74 kcal

2 medium broccoli

2 medium cauliflower

1 stalk celery sticks

100 ml. soy or ordinary natural yogurt you can substitute kefir

1 tbsp. pine nuts

2 tbsp. lemon juice

Wash two kinds of cabbage in warm water: broccoli and cauliflower. We used frozen vegetables in the recipe.

The taste will also remain if you add fresh cabbage blossoms.

Wash celery in running water. If you use the fresh lemon juice in the preparation, then squeeze out the required amount immediately.

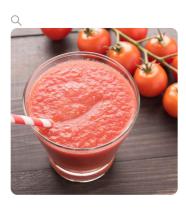
Throw broccoli and cauliflower in the blender bowl. For convenience, cut the celery stalk into small cubes and roll it.

Pour in the same pine nuts. You can pre-dry them a little to a golden shade on a hot frying pan.

Add lemon juice to enhance flavour.

At least, pour the yoghurt. It is better to choose a dairy product without filler, so as not to destroy the pleasant taste of vegetables.

Mix in the blender for approximately one minute. The contents of the bowl immediately pour into glasses.



We offer you a cauliflower smoothie breakfast that goes well with tomatoes and carrots. For those who love the sharper taste – add tabasco sauce. Serve this drink with half a small carrot, putting it on top of a glass.





Prep Time 10 mins

Cook Time 10 mins

4 mins

Total Time 20 mins



Course Breakfast, Snack

Cuisine American



Servings 1

Calories 82 kcal

200 g cauliflower

400 ml carrot

2 pcs. carrot

1 drop tabasco sauce

1 tsp salt

2 pcs. tomatoes

Boil the tomatoes, make cross-shaped cuts.

Then pour over ice water and remove the skin.

Cut the pulp and whisk in a blender until smooth.

In the boiling water, blanch the cauliflower for 3 minutes, pre-disassembled into inflorescences.

Beat in a blender. Add carrot juice (listed as carrots – 400 ml) and tomato puree and beat again.

Salt to taste and if you like spicy, add Tabasco sauce. Enjoy your meal!



It is not only incredibly tasty but also useful, especially in the fall during cold days. When we do not have enough vitamins, and we were full of fruit and berry cocktails in the summer.





Prep Time 10 mins

Cook Time 15 mins

4 mins

**Total Time** 25 mins



Course Breakfast, Snack

**Cuisine** American



Servings 4

Calories 86 kcal

250 ml Carrot Juice

50 gr Cauliflower

1 pc Tomato

125 gr Carrots

1 pc Celery stalk

Cauliflower or dried brown seaweed

1/4 tsp. Ground kukurma

Slightly boil and chop the cauliflower.

Pour the tomato with boiling water, easily peel off the skin and cut it.

Peel carrots, boil, chop.

All the ingredients placed in the bowl of the blender tightly closed with a lid and mixed at a low speed of 30 seconds.

Then gradually increase the speed to the maximum and mix another 30 seconds until a homogeneous mass.



This recipe for this cocktail is more unusual and original, with a unique rich flavour. This smoothie will not only give you a feeling of fullness but also warm you up in the cold.



Print Recipe Pin Recipe



**Prep Time** 5 mins

Cook Time 15 mins

5 mins

**Total Time** 20 mins



Course Breakfast, Snack

**Cuisine** American



Servings 1

Calories 126 kcal

250 ml Milk

175 gr Cauliflower

1/4 pcs Onion

50 gr Cheddar cheese

2 tsp. Oregano leaves

1 tsp. Thyme leaves

1/4 tsp. Salt

Boil and chop the cauliflower.

Onions cleaned from the peel, cut.

Sliced cheddar cheese, oregano leaves and thyme.

Boil the milk, put 125 ml in the blender bowl, add cauliflower, onion, cheese, oregano, and thyme.

Tightly close the lid of the blender and mix at a low speed of 30 seconds.

Without stopping the blender, add the remaining hot milk, increase the speed to the maximum and mix another 30 seconds to obtain a homogeneous mass.

Ready salami smoothie, optionally decorate with parsley and cucumber rings.







**Prep Time** 3 mins

Cook Time 18 mins

5 mins

Total Time 21 mins



Course Breakfast, Snack

**Cuisine** American



Servings 1

Calories 96 kcal

1/2 head cauliflower

1/2 head broccoli

1 pc. green apple

1 pc. lime or lemon

2 handfuls spinach can be replaced with celery

2 leaves Mint

If you bought fresh broccoli, then crumble it in a bowl, if frozen, wash thoroughly with warm water and send it to the blender.

Beat the ingredient number 1 to a thick consistency.

Add half a lime to broccoli; it will give a new taste to the product and contribute to a higher release of juice.

An apple can be either peeled or peeled. It all depends on what kind of smoothie you want to get at the end: more sour or sweetish. Cut into slices and add to broccoli and lime.

Throw spinach there.

Beat all the ingredients with a blender, pour into a beautiful glass and decorate with mint.

If the smoothie is a bit cloying, add half a teaspoon of sugar or honey; if tart, use kiwi or a banana instead of an apple the next time.

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Adults who do not suffer from severe chronic diseases and do not have contraindications can use the vegetable without restriction – it is only relevant to listen to your body.

During pregnancy, it is better to start using it with a minimum amount (50 g) and gradually increase the portion. Frequency – 2-3 times a week.

Nursing mothers can include the vegetable in their diet as early as 3-4 weeks after childbirth. You should also start with a minimum amount, the maximum amount per day should not exceed 200 g.

Paediatricians usually advise babies to include the plant into complementary foods from 4-5 months old, starting with 1/4-1/2 tsp per day. Be sure to monitor the baby's well-being during the day. The frequency of use – 1-2 times a week.

For people suffering from gastritis or gastric ulcer, the maximum amount of cabbage per day is 100-150 g.

# Eggplant relieves fat deposits in the abdomen! Top 3 vegetable smoothie recipes for weight loss



Eggplant – an excellent option for those who stick to a diet or want to lose weight. It is one of the most nutritious vegetables we can find on the market. This vegetable is a favourite ingredient in recipes for various dishes. Eggplants are baked in the oven, boiled, and salted. In this article, we will tell you how eggplant can help to reduce body fat in the abdominal area. Try three best vegetable smoothies with the guinea squash for fast weight loss!

Firstly, it is worth to know how does brinjal can help you to lose excess weight.



Many fruits and vegetables help us get rid of extra pounds, mainly in the abdominal area. Do not underestimate the effectiveness of eggplants!

The characteristic taste of these dark purple vegetables is familiar to each of us. The energy value of eggplants is minimal, but the benefits to our health are quite significant.

Eggplants owe their characteristic colour to anthocyanins. These substances are good for our body. Also, eggplants are characterised by a high content of antioxidants, minerals (including potassium) and vitamins.

100 g of vegetables contain only 20 calories. At the same time, eating eggplants brings a feeling of satiety, which makes them an ideal element of weightloss diets.

Eggplants have a high water content, improve blood circulation, supply our body with fibre, which helps to cleanse it. Also, the use of these vegetables helps to reduce the level of sugar and cholesterol in the blood. Moreover, eggplant has diuretic properties, which helps to cope with fluid retention in the body. Also worth noting are the features of eggplant, as the prevention of anaemia and the improvement of bile. A diet rich in eggplants has a beneficial effect on the skin. If your skin has suffered from sunburn, external application of eggplant will ease the pain.

For eggplants bring benefit to your health, you can cook them in different ways. There are many recipes!

We found the most beneficial for your health and body smoothie recipes, to lose weight and generally improve your well-being!

Product application: Eggplant terpenes are used in the treatment of skin cancer. These substances also act depressingly on steroid hormones involved in the development of the disease. Also, the potassium contained in eggplants helps regulate blood pressure. The inclusion of eggplants in diets due to low fat and low calorie. Eggplants are used boiled, baked and pickled for salads and side dishes.

Harvesting: When buying, it is better to give preference to a dense eggplant with a glossy surface of dark purple colour. It is desirable that the peel was free from damage and dents. It is recommended to use immediately. You can store in the refrigerator no more than two days.

Use in smoothies: Before putting into a blender, eggplants should be washed and peeled, then chopped. The peculiarity of eggplants is that they do not change the taste of the smoothie, making the texture thicker. Therefore, eggplants in small quantities can be added to any smoothie.



Eggplant contains fiber, soluble sugars, pectin, proteins, potassium, calcium, phosphorus, iron, magnesium, sodium, vitamins C, B1, B2, B5 etc.

Print Recipe Pin Recipe

Prep Time 10 mins

Cook Time 15 mins

5 mins

**Total Time** 25 mins



Course Breakfast, Snack

**Cuisine** American



Servings 2

Calories 67 kcal

- 1 eggplant
- 1 tomato
- 1 onion
- 1 garlic clove (small)
- 2 cilantro twigs

red pepper on the tip of a knife

salt to the taste

1 tbsp olive oil (for frying)

- 2 celery stalks
- 3 broccoli florets
- 1 avocado
- 1 fennel
- a small bunch of spinach

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small bunch of parsley juice of 1/2 lime 100-150 ml water salt

Baked eggplant in the oven, peel and cut into pieces.

Peel the tomato and seeds, cut into slices.

Cut the onion into cubes and fry in a small amount of vegetable oil until brownish.

Sliced eggplant, tomato, fried onions, cilantro, garlic, ground pepper and salt, punch with a blender, first at low speed, then at maximum until smooth and creamy.

Now chopped celery, broccoli, spinach, fennel, parsley, load into a blender.

Peel the avocados, remove the bone, cut into slices and add to the blender bowl.

Add there lime juice, salt, 50 ml of water and whip first, at a fine speed, then at maximum until smooth and creamy.

Add water if necessary.

Put in glasses in layers with a spoon.

You can decorate with cheese Baziron, Pesto, Verde.



Cream tomatoes tolerate roasting better. Instead of peaches, you can use apples, plums, pears and nectarines. Can be served both hot and cold.

Print Recipe P Pin Recipe



Prep Time 10 mins

Cook Time 20 mins

5 mins

Total Time 30 mins



Course Breakfast, Drinks, Snack

**Cuisine** American



Servings 1

Calories 142 kcal

- 1 eggplant
- 1 onion
- 2 tbsp olive oil
- 1 garlic glove
- 2 tomato
- 2 peach
- 125 ml spaghetti sauce
- 50 ml apple juice
- 1 tsp oregano leaves
- 1/2 tsp salt

Preheat	the	oven.
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Eggplant cut along.

Onion peel and cut into four pieces.

Divide olive oil into 2 portions.

Peel the garlic.

Peel the peaches, free from the bones and cut.

Peel tomatoes and cut.

Cut oregano leaves.

Lay the eggplant and onion on a greased baking sheet, sprinkle with a portion of olive oil and bake for 12 minutes.

Ensure uniform baking.

Turn eggplant and onion over, put garlic, peaches and tomatoes on a baking sheet (spread out in slices).

Sprinkle with a portion of olive oil. Bake 7-10 minutes.

Cool the vegetables.

Separate the pulp of eggplants and tomatoes, place in a blender together with baked garlic, peaches, onions and oregano.

Close lid tightly and mix at low speed for 1 minute. Increase speed to maximum.

At maximum speed, mix for another 1 minute or until smooth. Salt it.



Simple recipes usually include a standard set of vegetables and fruits. But we have prepared for you an unusual recipe from raw eggplant. Did you know that it contains much more good than boiled one?

It is represented by a high content of vitamins C and K and fiber, which can bring long saturation and not get into the refrigerator at the first opportunity for a harmful snack.

These vegetables contain very necessary and useful substances necessary for the whole organism, namely, potassium, magnesium, zinc, and iron. In addition, they contain phosphorus, sodium, copper, PP vitamins, group B, ascorbic acid, and carotene.

Print Recipe



Prep Time 10 mins

Cook Time 10 mins

10 mins

Total Time 20 mins



Course Breakfast, Snack

**Cuisine** American



Servings 1

Calories 87 kcal

- 1 eggplant
- 1 onion
- 1 tomato
- 1 tbsp olive oil
- 2 garlic cloves

Eggplant cut into slices, soak for 15 minutes in salt water (this will save the vegetable from bitterness).

Chop the onion and 2 cloves of garlic.

Put the eggplant slices, onion, garlic, tomato and a spoonful of olive oil in the blender bowl, close the lid tightly, mix at an average speed of about 2-3 minutes. Pour into glasses.

This recipe reminded us very well of the famous "crack tongues", only in its raw form.

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A little bit of the benefits of the ingredients included in the composition of the smoothies.

Eggplants accelerate the process of excretion of uric acid salts from the body. Normalise water-salt and lipid metabolism, have the anti-sclerotic effect, have a positive impact on the cardiovascular system, kidneys and liver. German narcologists recommend using more eggplants to those who decided to quit smoking. It turned out that the concentration of nicotine in eggplants is quite enough to ease the discomfort during withdrawal ("breaking").

Tomatoes contain vitamins E, C, K, PP, as well as several vitamins of group B. It is worth noting that the brighter the plants, the more useful they are from the vitamin point of view. Also, vegetables contain an abundance of substances that lower harmful cholesterol, normalise metabolism, stop such harmful processes in the stomach as rotting and fermentation. Phytoncides are present in tomatoes – valuable biologically active substances that inhibit the growth and reproduction of bacteria. With this beneficial quality, vegetables prevent the occurrence of fungal diseases and most infections. Also, plants can not without reason, "boast" the ability to restore water-salt balance in the body. No wonder the juice from tomatoes is often advanced to drink with an intense hangover or after poisoning. Zinc, which is a part of plants, is good for the health of the skin – it reduces inflammation, promotes the regeneration of cells damaged by acne, and also strengthens the hair roots. Potassium has a beneficial effect on the heart; iron minimises the risk of anaemia.

Celery is the most valuable food and medicine. Its root crops and leaves contain the most valuable amino acids asparagine, tyrosine, carotene, nicotinic acid, trace elements, essential oils (up to 10 in root crops, up to 30 mg in leaves. All parts of the plant stimulate appetite. Celery is rich in vitamins – these are B vitamins (thiamine, riboflavin), vitamin K, E, provitamin A, and ascorbic acid. In addition to mineral substances, celery contains choline, protein, etc. Apiol gives a specific taste to celery. Celery does not give up useful properties of celery. Ageing, as the unique set of proteins, vitamins, acids, and minerals contained in it ensures the stability of the body's cells. Celery has soothing properties – celery greens are used to treat nervous disorders resulting from overwork. The essential oil found in the roots and stalks of celery stimulates secretion of gastric juice. Celery is included in the menu of patients with diabetes mellitus. It improves water-salt metabolism, so it is especially recommended for older people.

In *broccoli cabbage*, there are vitamins A, C, E, B1, B2, PP and mineral substances (potassium, calcium, iron, sodium, phosphorus, magnesium, copper, manganese, iodine, chromium, boron). Broccoli also contains methionine, thiamine, folic acid, choline, and riboflavin. Studies have shown that broccoli reduces the likelihood of developing breast and prostate cancer. Broccoli improves heart function and protects the lungs, helping with airway inflammation. Also, broccoli protects the stomach from bacteria that can cause peptic ulcer disease.

Fennel is the brother of dill. Fennel fruits contain an essential oil containing anethole, fenchone, pinene, camphene, anisic aldehyde, anisic acid. Methacholine and other terpenes, as well as a fatty oil containing unsaturated fatty acids. Such as petroselinic, oleic, palmitic, etc. Essential oil, carotene, vitamins C, Bi, K and E, and other substances were found in the leaves. Fennel preparations have expectorant, antimicrobial, weak diuretic, and antispasmodic action. Fennel is used for spasms of the gastro tract, bronchitis with vicious and difficult expectorant sputum, a tendency to oedema for rinsing the mouth and throat, as well as increasing the secretion of milk in lactating women.

Avocado contains enough protein to replace meat and cheese in the daily diet completely. Does not contain sodium and cholesterol, is very rich in potassium, iron, zinc, magnesium, vitamins A, PP, E, B1, B2, B6 and monounsaturated fats (easily digestible). Avocados are said to cure diabetes, high blood pressure, ulcers, gastritis, anaemia, eye, kidney, liver, cardiovascular and biliary diseases. Strengthen the immune system, increase metabolism, acting against tumours and cancer. Tones up the nervous system and psyche. It cleans the blood, regulates the menstrual cycle and other gynaecological problems, and there is almost no disease in which avocado does not give a positive effect.



It is a simple and effective recipe that will allow you to lose weight and get rid of fat deposits in the abdominal area. How to cook it?

Take one large eggplant (or two small), wash and dry it thoroughly, then cut it into small cubes.

Put the eggplant slices in a medium-sized pot and pour them with water. Water should cover at least half of the chopped vegetables.

Put the pan on the fire and boil the eggplants for five minutes, then remove them from the fire. Wait until they cool down.

Strain the resulting decoction with a sieve. It is recommended to store the decoction in glass containers. You can use vegetables as an ingredient in one of the dishes.

Cover the container with a lid and put it in the fridge.

Drink 4 cups of broth per day. You can mix it with natural freshly squeezed orange juice. The first glass of this drink should be drunk before breakfast, and the last one – before bedtime.

This diet should be followed for at least two weeks, each time using a new eggplant to make a decoction.

# Top 6 Zucchini Smoothies for Weight Loss. Zucchini vegetarian recipes



<u>Green smoothies</u> are an excellent choice for everyone who wants to lose weight and look healthy every day! No doubt that green vegetables and fruits have a healing effect on our body. Almost all of them are low-calorie, at the same time rich in vitamins and minerals. Besides that, greens perfectly cleanse our body. They improve metabolism and are recommended for body detoxification. Especially useful are cocktails with zucchini. They are not only beneficial but also delicious and refreshing.

## SEE ALSO: Top 5 Swiss Chard Smoothie Recipes

Green skin of zucchini contains a vast number of useful substances. This vegetable produces a healthy effect on the work of the digestive system. If you regularly eat it, then there will be no problems with the digestive process. The peel contains a lot of fibre. Thanks to it digestion are normalised, and the intestines become healthier. Besides, the recipes for zucchini smoothies are a perfect variant of snack for vegetarians. Let's get to know how to make the most exquisite combinations of smoothies.

## Beneficial Properties of Zucchini for weight loss

The pulp of these vegetables contains more than 90% of healthy water.

There are very few calories in the plant - 20-24 kcal; this caloric content is considered perfect for losing weight.

Adding it to different dishes you can lower the general calorie content of the ration.

This vegetable contains many useful substances; at least there are enough vitamins and minerals.

Young plants harvested in your garden are better to eat in a raw form when you want to lose weight.

Eating this healthy plant, you can also recover metabolic processes, clean the blood vessels, improve the blood balance, get rid of excess fluid.



Print Recipe

We recommend to choose ripe kiwi, a small zucchini, and also – add a little spinach and parsley so that the cocktail is greener. Lemon should be peel free. Here is the whole recipe how to make a perfect green cocktail.

Prep Time5 mins

Cook Time 10 mins

5 mins

Total Time 15 mins

Course: Breakfast, Snack

Cuisine: American Servings: 1

Calories: 59kcal

• 3 pieces kiwi

- 1 piece zucchini
- 0.5 pieces lemon
- greens To taste
- 1. First, prepare all the necessary ingredients. Wash and peel the vegetable. Cut into slices and put in a blender.
- 2. Now add the pulp of kiwi and greens.
- 3. And also half a lemon without the skin. All grind to a smooth mass.
- 4. Here is an amazing green vegetable cocktail! You can also add sugar or honey, if it turned out too sour. Enjoy your meal!



Zucchini – one of the most exciting vegetables regarding the menu for losing weight. Because not only allows for a short time to lose a few extra pounds but also provides a fairly decent variety of diet, even in the mono version.





Prep Time 10 mins

Cook Time 15 mins

5 mins

**Total Time** 25 mins



Course Breakfast, Snack

**Cuisine** American



Servings 1

Calories 118 kcal

- 1/4 cup cauliflower
- 1/2 zucchini
- 1/2 banana
- 1/4 cup raw almonds or cashews
- 5 dates
- 2 tablespoons cocoa
- 3/4 cup almond milk

- 1/2 cup strawberries
- 2 tablespoons almond oil or cashew oil
- 1 tablespoon chia seeds
- 1 tablespoon hemp seed

Beat all the ingredients in a blender until smooth.

Pour into a glass. Decorate with additional ingredients.

Or, for example, mash the berries with a fork, make a pattern on the glass, and then just pour a smoothie. Rather beautiful serving. Enjoy!



Garlic and pepper give a piquant flavor to the cocktail, so it is drunk easily, despite the thick and rather rough texture. If you are not used to green smoothies, you can start with this option. Such a cocktail cleans the intestines well, normalizes the water-salt balance. It is best to use it in the morning, an hour before breakfast or instead.





Prep Time 10 mins

Cook Time 20 mins

3 mins

Total Time 30 mins



Course Breakfast, Snack

**Cuisine** American



Servings 1

Calories 96 kcal

- 0.2 kg zucchini
- 25 g fresh parsley
- 25 g fresh dill
- 50 g spinach
- 1 clove garlic
- 0.2 kg Bulgarian pepper preferably green
- 0.2 l kefir or water

Wash, dry and chop the greens with a knife.

Wash the zucchini and without peeling, cut into small cubes.

Cut the pepper stem, remove the seeds from it. Cut the vegetable into small pieces of random shape.

Put all the ingredients shredded with a knife in a jug of a blender, throw a clove of garlic, pour kefir or filtered water.

Turn on the blender and beat the food until it turns into a homogeneous mass.



Green cocktail has a specific taste, but it is easy to get used to. The benefits of fresh vegetables and herbs bring much more than heat-treated.





Prep Time 10 mins

Cook Time 10 mins

5 mins

Total Time 20 mins



Course Breakfast, Snack

**Cuisine** American



Servings 1

Calories 89 kcal

0.2 kg zucchini

150 g cucumber

150 g broccoli

50 g leaf lettuce

kefir or vegetable juice optional – to taste

Cut the broccoli. If desired, you can use frozen cabbage. It does not need any preparation.

Lettuce leaves, washed and dried, tear into small pieces.

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Zucchini and cucumber wash, blot with a towel.

Cut off the ends of vegetables.

Cut the cucumber into cubes. It is not necessary to clean it.

Peel the vegetable. Cut it in half, remove the seeds. Slice the squash pulp into small pieces.

Put all ingredients in a whipping bowl and chop with a blender.

If the consistency of the smoothie seemed too thick to you, add a little kefir or vegetable juice, whisk again.

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A cocktail made according to this recipe improves metabolism and helps cleanse the body. Possesses a pleasant balanced taste, gentle aroma.

- 0.2 kg zucchini
- 10 g ginger root
- honey to taste
- 0.2 l water
- 0.2 kg apple
- 1. In zucchini, washed and dried, clean the skin and seeds. Cut into small cubes.
- 2. Wash the apple, blot it with a napkin. If desired, peel off. Be sure to cut the core. Cut the apple pulp into small pieces.
- 3. Load an apple and vegetable into a blender container, add to them the purified ginger root and honey.
- 4. Grind the ingredients to a state of mashed potatoes.
- 5. Add water and whisk.



Print Recipe

If you put ice cubes on the bottom of the glass before filling it with a smoothie, you will get a cocktail with a refreshing taste. This version of zucchini smoothie is also popular among those who are monitoring their health and want to keep a slim figure.

- 0.2 kg zucchini
- 150 g cucumber
- 1/4 lemon
- 5 ml honey
- 20 g dill

- 20 g fresh mint
- 1. Wash the vegetable, peel it off with a peeler. When cut, remove the spoon with seeds. Pulp cut into small cubes.
- 2. Wash, dry the cucumber. Cut off his tips, peel. Cut the cucumber pulp into quarters of quarters, wide enough.
- 3. Wash the greens, shake off the water. Mint sprig set aside for decoration. Chop the remaining mint and dill with a knife.
- 4. Melt the honey. To preserve the benefits of the product, it is better to heat it in a water bath.
- 5. Place the vegetables and herbs in the bowl for beating, squeeze the juice from a quarter of a lemon on them.
- 6. Pour all the honey.
- 7. Crush the vegetables until smooth.

Zucchini is a universal vegetable. It has an almost neutral fresh taste. During the heat treatment process, it acquires a soft texture and is perfect for warm salads and vegetable snacks.

Dishes made of this vegetable are easy to cook, useful and often dietic. It makes them popular among those who lead a healthy way of life, especially for vegetarians. Moreover, you can prepare this vegetable in different ways – fry, bake, boil, or grill. Of course, it is better to consume it in a row form. You can make cutlets, pancakes and the famous caviar out of it.

Vegetarian recipes are not worse than meat dishes: tasty, nourishing and easy to prepare. What is interesting, meatless dishes exist in almost every kitchen in the world. Vegetarian food is worth trying at least out of curiosity: this experiment not only changes the usual diet but also saves time. Flexible vegetarian food system allows you to include new ingredients into your menu every day: goat and sheep cheese, almond milk – with these and many other products dishes will have a bright and unusual taste.

# Top 6 Tasty Onion Smoothie Recipes for the Immune System



Today we will tell you about very unusual cocktails. Namely, onion smoothie recipes. This drink is a regular guest on our table in the period of cold and colds. We think that it is thanks to him that we very rarely get sick with colds. The unusualness of this drink lies in its form. It includes onions and garlic. If you now thought that, probably, such a teddy one does not smell very good. Then you are mistaken. The taste and smell of the drink are about the same as a tasty vegetable salad – quite pleasant.

# SEE ALSO: Eggplant relieves fat deposits in the abdomen!

It is cooked from fresh tomatoes, cucumbers, and sweet peppers. Which in our time can be bought year-round in any store. In principle, our smoothie differs from vegetable salad only in that I blend the ingredients in a blender to a uniform consistency. He even reminds ur a bit of cold tomato gazpacho soup.

So let's start making the onion smoothie recipes with garlic and onions!

# **Print Recipe**

0

1 small cucumber

1 small tomato

1/2 sweet pepper

5 cloves of garlic

1/2 small onion

200 ml sour milk

pinch of flax seeds

salt to taste

Preparation of products. Cut the tomato and cucumber into small cubes, free half of the onion from the husk and cut into several pieces. Peel the garlic and pass through a special garlic press. Peppers remove the sweet peppers and cut them into random pieces.

Cooking smoothies. Put in a blender the slices of tomato, cucumber, sweet pepper and onions. Add sour milk, garlic puree and salt. Beat the ingredients for 2 minutes.

Spill and taste. Pour the finished drink into glasses and sprinkle with flax seeds. Before use, stir the drink with a spoon and give the flax seeds a little time to soak up the liquid. Drink a drink before bedtime so that the smell of garlic will disappear in the morning. And if the smell still remains, then eat a handful of sunflower seeds or drink a glass of milk. Enjoy your meal!



Print Recipe Pin Recipe

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50 ml Vegetable broth

1 Potatoe

1 Leek stalk

25 gr Onion

1 tbsp Parsley

125 ml Milk

Peel the potatoes and chop them. Cut leek and parsley. Onions peeled and chopped.

In a small saucepan, boil the broth over high heat. Add potatoes, leeks, and onions to the broth. Boil on low heat for 10-12 minutes. Cool it down.

Without stopping the blender, add milk to the mixture. Increase speed to maximum. At maximum speed, mix for another 1 minute or until smooth. Add salt and pepper to taste.

Serve cold or cold. Use a blender with a hole in the lid to add ingredients during the cooking process. Instead of milk, you can use table cream 18% or soft tofu. Note that pregnant women and people suffering from inflammation of the kidneys, it is not recommended to use more than 1/2 teaspoon of parsley per day.



Print Recipe P Pin Recipe



125 ml tomato juice

2 tomato

1 apple

1/2 cucumber

4 cloves garlic

1 onion

2 tsp fresh cilantro

Peel tomatoes and chop.

Peel the apple and the core, cut.

Cucumber peel and chop.

Onion chop.

Cilantro slice.

Place all the ingredients in the blender at once and close the lid tightly.

Mix at low speed for 30 seconds.

Gradually increase the speed to the maximum.

At maximum speed, mix another 30 seconds.

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Print Recipe





175 ml Carrot juice

1 Celery stalk

1/4 Onion

1 clove Garlic

1 apple

Peel and chop the onion and garlic.

Apple peel and core, cut.

Place all ingredients in a blender at once and close the lid tightly.

Mix at low speed for 30 seconds.

Gradually increase the speed to the maximum.

At maximum speed, mix for another 30 seconds or until smooth.

Smoothies are recommended to use as a tonic at the first symptoms of acute respiratory infections.



Print Recipe Pin Recipe





125 ml Milk

2 Onion

1 Celery stalk

1 Parsnip root

50 gr Fennel

1/4 tsp Ground star anise

Ground nutmeg

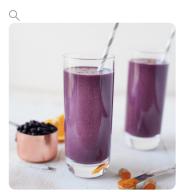
Put the milk in a medium saucepan and boil. Add onion, celery, parsnip, fennel. Boil for 12 minutes.

Close the lid tightly and mix at low speed for 1 minute. Place in a blender the contents of the pan, star anise, and nutmeg.

Close the lid tightly and mix at low speed for 1 minute. Increase speed to maximum.

At maximum speed, mix for another 30 seconds or until smooth.

Can be served both hot and cold. Can be further diluted with milk.



Print Recipe







1 eggplant

1 onion

2 tbsp olive oil

1 garlic clove

2 tomato

2 peach

125 ml spaghegtti sauce

 $50 \; \mathrm{ml} \; \mathrm{apple} \; \mathrm{juice}$ 

1 tsp oregano leaves

1/2 tsp salt

Preheat the oven.

Eggplant cut along.

Onion peel and cut into four pieces.

Divide olive oil into 2 portions.

Peel the garlic.

Peel the peaches, free from the bones and cut.

Peel tomatoes and cut.

Cut oregano leaves.

Lay the eggplant and onion on a greased baking sheet, sprinkle with a portion of olive oil and bake for 12 minutes.

Ensure uniform baking.

Turn eggplant and onion over, put garlic, peaches and tomatoes on a baking sheet (spread out in slices).

Sprinkle with a portion of olive oil. Bake 7-10 minutes.

Cool the vegetables.

Separate the pulp of eggplants and tomatoes, place in a blender together with baked garlic, peaches, onions and oregano.

Close lid tightly and mix at low speed for 1 minute. Increase speed to maximum.

At maximum speed, mix for another 1 minute or until smooth.

Salt it.

Cream tomatoes tolerate roasting better. Instead of peaches, you can use apples, plums, pears and nectarines. Can be served both hot and cold.

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Onions and garlic are natural antibiotics. For many millennia our ancestors treated them with various diseases. Both of these plants contain special substances. Thanks to which even the weakest immunity begins to work actively. They have an antimicrobial effect. And it is not for nothing that traditional healers advise you to wear onion or garlic pieces, threaded with a string, around your neck. After all, even the smell of these plants can destroy viruses and microbes around.

Onion smoothie recipes have a host of other beneficial properties. Garlic can reduce the risk of cancer by as much as 30%! I think that this is a significant reason to include garlic in your diet more often. And the bow is not a bit behind in its anti-cancer properties from its fragrant counterpart. These two beneficial plants also have a positive effect on the cardiovascular system, increase libido, treat neuroses, improve sleep, and help in the digestion of starches.

Properties: Onions have antibacterial, antiseptic, and diuretic effects. Onions also exhibit anti-cancer and antioxidant properties. In addition, onions improve blood circulation and digestion, neutralizes toxic substances, reduces the amount of cholesterol and sugar in the blood.

Use: Onions are used to protect against the formation of blood clots, lower blood pressure, reduce blood sugar and suppress cancer cells. In addition, onions are used to suppress inflammation. Many onion varieties contain a strong antioxidant and anticancer substance quercetin. Onions are used to prepare salads, first and second courses.

Harvesting: The bulbs must be dense with the dry outer skin. It is not advised to buy bulbs with stiffened central arrows and dark spots. When stored in the fridge. Onions are suitable for use for more than a month. When storing in a dry ventilated place, the onion should be used within two weeks.

Use in smoothies: Cooking smoothies better from varieties with a mild odor. Before adding onions to a blender, peel, and chop.

Of course, we know that not everyone prefers cooking onion smoothie recipes. Some do not like these healthy plants because of an unpleasant smell. And others because of their tart and spicy taste. Here I can offer one simple way out. Make a smoothie for the recipe below, but without adding onions and garlic. Cut the garlic and onion into small pieces, and without chewing, swallow like a pill. Washed down with a vegetable smoothie. As a result, you will get the benefit by protecting yourself from germs and viruses. And you will not taste the smell.

# 6 easy green smoothies recipes for weight loss



eed easy homemade recipes for weight loss? Today we share how to make tasty and healthy drinks from vegetables and fruits.

You might be wondering:

Cocktails gained their name because of the English word "smooth". It has a unique ability and can be good not only for the figure but also for health.

Recipes of detox smoothies made in the blender for weight loss is quite easy. And everyone is capable of making them.

The only thing you need – is to have the right set of products, a blender, and a will to change your life to better.

Do you have never tasted leafy green smoothies for weight loss?

Think about it:

Green, and even "smoothies," you say. Cocktail, by definition, is a drink made by mixing several ingredients. In order to make a green smoothie, we need a blender. We also need green or yellow ingredients. For example, any greens, avocado, kiwi, strawberry banana, mango.



In case you're a beginner, take water, some greens, and fruit as a basis. Spinach, for example, is very well suited as green because it has a fairly neutral taste.

#### Green smoothie for health

And why, in general, drink green smoothies? Green smoothies have a lot of health benefits. Here are my 8 arguments.

## These 8 benefits will make you drink smoothies every day

- Green smoothies are good for health. Greens contain a lot of chlorophyll, vitamins, and fiber. Chlorophyll, destroys germs, cancer cells, and even fungi. It is similar to hemoglobin. It, at the same time, is responsible for the transfer of oxygen from the lungs to the tissues of various organs. It can be even meal replacement for some time.
- Cocktails do not need to chew and chew. Although, of course, they say that such cocktails should be drunk as if you were chewing them. It means slowly and enjoying, in general, you do not need to chew them physically. All ingredients are already in the most optimal form!
- 03 With the help of weight loss smoothie, you can eat more greens at once. And this is always a plus!
  - They help with digestion, improve the shape, skin, and mood. The use of green cocktails leads to boost your metabolism of the
- 0.4 human body and stimulates the immune system. Cellulose in green leaves cleans our intestines from the inside. It helps to lose weight and get rid of toxins.
- Green cocktails are very tasty. The main thing, it seems to me, is not to overdo it. Do you put too many ingredients in? You can just spoil the taste. Have you ever painted? You know that if you mix a large number of colors together, you can spoil the picture. Also here, it is better to use 2-3 basic ingredients at a time. So you should not to spoil the taste and not cause bloating.
- Green cocktails have a bright and beautiful green color. When it's winter outside, and we are surrounded by gray-brown tones, the green color reminds us of nature. It helps our body to remind spring and waking. It causes an anti-inflammatory effect.
- Green cocktails save you time. If you have little time for breakfast in the morning, you can spend only 5-10 minutes. Depending on how ready you are for the ingredients, put everything in a blender and mix.
- Green smoothies do not cause a sharp jump in blood sugar. For me, this item is one of the most important. We all love juices. Since there is no fiber in juices, if they are fruit juices, they very quickly and very sharply raise blood sugar. The body has to produce insulin. It decreases blood sugar and fatigue. Green smoothies, are slower to digest and therefore better for the body. Due to their high fiber content.



Any diet based on the consumption of nutritious products with the lowest calorie content. From this perspective, green smoothie cleanse – is the ideal choice for weight loss.

Think about it:

**Fermented dairy products** make it with low fat or water content and with the addition of vegetables or fruits. Because of this ingredient, this drink is rich in vitamins, minerals and fiber, but does not contain calories.



Useful herbs and fruit cocktails bring invaluable benefits to the body. After drinking the cocktail after breakfast, you will be able to provide yourself with a full day of energy and vitality, and for a long time forget about hunger. Also, drinks can be served at lunch or dinner for snacks.

## Its systematic use helps to

speed up the exchange process; adjust the work of the digestive system; and soak cells through vitamins and minerals.

This drink improves all the inner functions of the body. When all the organs work together, it causes natural weight loss. It contains about **75-150 kcal in a 100 ml** of cocktail.

The exact number depends on the formula and the ingredients of the spinach smoothie.

Today, there are many recipes for the preparation of it, which can be attributed to the benefit of losing weight using our cocktails. Preparing different drinks every day can diversify the menu and eliminate the same type of risk of failure. Uniform consistency ensures that all nutrients are easily absorbed by the body.

### Secrets of weight loss

Reviews of people, that tried the smoothie weight loss on themselves, show a high effectiveness of the program. The system of weight loss can be selected, accordingly to personal needs.

Look:

If the express diet doesn't suit you, choose a week course. Eat low-calorie food. Breakfast, lunch, and dinner **replace with this cocktail**. You can lose 2-3 kg in a week.

## 5 tips that change your concept of losing weight

- 01 Drink a lot, 2 litres a day is a right amount
- O2 Drink the smoothie through the straw, it gives a feeling of satisfaction
- 03 Don't let yourself feel hungry, eat in small portions
- 04 Exclude sweet floury and fat products
- 05 Include protein rich foods, complex carbohydrates, and fibre.

### Conclusion

Recipe for the cocktail is universal. You only need to take the necessary product list, peel them, cut, place them in the bowl of the blender and stir until smooth. Usually, this takes **3-5 minutes**.



As a liquid substance, you can eat 1% kefir, also you can use almond milk, homemade yoghurt. To make a thick, nutritious cocktail, use green smothie recipes with oatmeal, cereal or bran. Fat burning food won't be useless, if you make the fruit mix, take the grapefruit, if the getable mix, put the pepper, celery, ginger root.

Cocktails help to lose weight fast and improve health in general – this fact is proved. Prepare useful fruit and vegetable cocktails every day, replace the snack with a sandwich or chocolate on smoothies, and you will definitely notice the changes taking place.

We recommend you to drink green smoothie every day!

# Top 5 coconut milk smoothie recipes for weight loss



Coconut milk is quite an underrated product. It is known mainly as an element of exotic Thai cuisine and some diets that imply the abandonment of one or another food of animal origin. It's very cool that nowadays it's accessible to those who don't live in the tropics. In this case, coconut milk is an alternative to the usual cow or goat's milk, cream or sour cream. Coconut milk smoothies for weight loss is a perfect combination!

However, a delicate creamy drink with a light sweet-ish taste has much more useful properties than just the ability to substitute dairy products. That's why it's so popular among vegans. The milk is not the water that's inside a whole shredded coconut. This liquid is called coconut water, consists of almost 95% of the actual water and contains virtually no fat or other nutrients. Milk, on the other hand, is a mixture of pulp and water that has been thoroughly processed to a homogeneous mass. It results in a high-calorie product with a high content of polyunsaturated chain fatty acid, vitamins and trace elements.

What is useful for coconut milk for men? Answering the question, it should be understood that the beneficial properties listed above are relevant for any person. It is regardless of gender.

But, given the difference, you can highlight a few more points. Milk acts as an aphrodisiac. It increases the degree of sexual desire. This skillfully can take advantage of girls. It is useful if they want to spend an unforgettable romantic evening with her man.

In addition, regular use will serve as the prevention of prostatitis. Improves hormones and potency.

Smoking is no longer a purely male defect. Much has been said and written about his harm. Do you are still unable to quit? Then at least take care of maintaining your own heart health. Drink helps to expand blood vessels. It happens naturally and without the use of drugs. As a result, the work of the lungs is greatly facilitated.

It is important to understand that only the systematic use of this product will be beneficial. With a properly selected diet, milk can even replace a cow. Although it is completely two different products. It can be added to coffee, make an omelet on it. Depending on body weight, it is not recommended to consume more than 100 ml per day. Yes, and you are unlikely to drink it every day. It still remains exotic.



Ladies, do you actively follow your figure? It is recommended to include in your diet this drink. On the one hand, he will permanently relieve the feeling of hunger. It will be able to avoid unplanned snacks. On the other hand, it will remove harmful cholesterol from the body. It also promotes active cleansing. This product nutritionists include in the diet of various diets. It is necessary to strictly observe the dosage. Coconut milk is sufficiently high in calories.

Coconut has a beneficial effect on the most important function – reproductive. You should follow a specific diet that takes into account your individual characteristics. The milk serves to prevent infertility.

Calcium helps to maintain a healthy nail, hair, and teeth. It is also widely used as a cosmetic product.

Women are advised to add it to their diet in the amount of 100 ml 2 times a week. Under certain conditions, this indicator may vary.

Coconut milk for children is recommended to give no more than 2 times a week, 35 ml. You can divide the rate in 70 ml and in three steps. It is important to observe the reaction of the body. Is everything normal? Then it is better to leave the dosage in this form. With a bad reaction of the gastrointestinal tract, temporarily remove it from the diet.

Do not rush to give it to very young children. Doctors recommend doing this no earlier than three years. By this time, the stomach and digestive system are already strong enough. It can safely perceive unfamiliar products.

Not all babies like coconut dairy milk in its purest form. Not worth insisting. Better try to prepare for your children a delicious smoothie or dessert.

Fresh coconut milk is also used in cosmetology. It is included in the composition of many creams, balms, and other means.



## Coconut milk for hair

You may have noticed that coconut is a part of some shampoos and masks. Such as conditioners for balsams is used too. Therefore, do not miss the opportunity to pamper your locks with this wonderful tool.

Lamination. In salons, this procedure is quite expensive. In addition, it will have to be repeated periodically.

The preparation of the composition occurs in several stages. First, squeeze lime juice and add a large spoonful of starch. Stir until a homogeneous slurry is formed. In another bowl, mix a spoonful of coconut oil and 3 tablespoons of coconut cream. We combine the contents of both containers. We put on the fire and slightly heated.

While the lamination compound is cooling, I wash my hair with shampoo. Apply the product on the scalp with a drive-in motion. We separate thin strands and process them. To provide warmth, we wrap up our heads with a towel or dress a shower cap. The composition should be kept on the head and a half hours. Thoroughly wash your hair with shampoo again.

After complete drying, you will immediately see the effect of the procedure. It will last for about 3 weeks. You can repeat it in a couple of weeks. So your hair will further delight you with its luster and silkiness.

Firming mask. You can also give the curls the desired elasticity. Or you can prevent or get rid of brittleness with the help of a mask with green coconuts. It takes only two ingredients. The juice of one lime and coconut pulp is mixed and applied to washed hair. The beauty of this method lies in the fact that the composition must be kept on the hair for only 10 minutes. In other recipes, it may take up to 2 hours. At the end of time, wash off with shampoo.

Harm to human health cannot bring such a drink. However, there are cases when it is absolutely not recommended to use it. It is necessary to find out whether you have an individual intolerance to those components that are part of it. If this is not done, allergic reactions and other negative consequences may occur.

Carefully consider the choice of coconut flesh. Very dangerous is the product, the shelf life of which is coming to an end. It is also worth making sure that the storage conditions of the drink have been met. Otherwise, it will cause irreparable harm to your body. Do not abuse the milk, if you are pregnant. Limit yourself to small portions of the drink that are not capable of harming your health. If we talk about its harm to the child you are waiting for, the product may cause allergic reactions.

### So, after drinking one cup (240 ml), you get:

Calories - 552 Fat - 57gProteins - 5g Daily value of vitamin C - 11% The amount of iron and magnesium 22% Daily potassium - 18% The value of selenium - 21%



For most of us, the word "fat" is associated with excess weight, but in this case, saturated fats contribute to weight loss. Top 5 delicious sweets suitable for weight loss with coconut products. Sounds absurd? Then we have some explaining to do.

The creamy mixture contains mostly polyunsaturated fats (including the famous essential omega-3, omega-6, and omega-9), which are very useful for metabolism. But that's not all. About half of all fatty acids account for lauric acid. This substance belongs to the category of so-called fatty acids, which have one unique feature: from the digestive tract they go straight to the liver, where they are also used to produce energy or ketones (these substances are the primary fuel for the brain).



Therefore, this kind of fat is much less likely to turn into healthy fat reserves – the body consumes it almost instantly. Also, lauric acid has another bonus: it participates in the work of brain receptors that control appetite and helps reduce hunger.

And it doesn't stop at weight loss. Coconut Oil as Healthy Butter Substitute. How to eat Coconut oil for weight loss. There are numerous benefits for the immune system as well. Lauric acid is also a powerful antimicrobial and antiviral agent that reduces the number of bacteria and viruses in the mouth and body as a whole. There is confirmed evidence that lauric acid is able to withstand such active and dangerous viruses as HIV, measles, and cytomegalovirus. This kind of coconut and coconut also fit to people who has lactose intolerance.



Print Recipe

Just because you're on a diet doesn't mean that you have to deny yourself your favorite drink! The only catch here is that there's no added sugar and alcohol in it.

- 1/2 avocado
- 1/3 cup of coconut milk
- 1/2 mango
- 2 rings of pineapple
- 1 tsp of honey optional
- 1. Cut the alligator pear into halves, remove the pit and use only one half.
- 2. Do the same with the mango.
- 3. Mix the ingredients into a homogeneous mass and refrigerate until cold.
- 4. Pour into glasses. Garnish with bright umbrellas, coconut shavings, and a single cocktail cherry.



Print Recipe

An unexpected mix of flavors and textures turns into a delicious milkshake that helps lose weight.

- 1/2 cup of coconut milk
- 1 banana frozen
- 1/3 cup of raspberry
- 1/2 cup of ice
- 1 tsp of honey optional
- 1. Peel the banana and cut it into chunks.
- 2. Place the raspberries into a cup of a food processor and blend until completely smooth.
- 3. Add the banana

- 4. Gradually add the coconut milk and the rest of the ingredients.
- 5. Pulse until fully incorporated. Pour into glasses, garnish with coconut shavings and an extra raspberry on top. Enjoy!



This frothy cocktail will give you a feeling of fullness in between meals. Is to be consumed in the first half of the day (preferably for lunch).

- 1/2 cup of coconut milk
- 1/2 cup of non-fat yogurt
- 1/2 cup of fresh dates
- 1/2 tsp of Vanilla extract
- 1/2 cup of ice
- 1 tsp of honey optional
- 1. Pit the fresh dates and chop them up into pieces.
- 2. Place all the ingredients into a cup of a blender or a food processor and mix until homogeneous.
- 3. Pour into glasses and enjoy.



Print Recipe

This beverage is perfect for the summer! It will save you from the heat and keep your tummy satisfied.

- 1/4 cup of blueberry
- 1/4 cup of wild strawberry
- 1/4 cup of raspberry
- 1/4 cup of blackberry
- 1 cup of coconut milk
- 1/2 cup of ice
- 1. Combine all the berries an freeze them overnight.
- 2. Pour the coconut milk into a cup of a blender and pulse.
- 3. Gradually add the berries. Do not overbeat the cocktail, otherwise, the berries will unmelt quickly and the drink will be warm.
- 4. Put the ice into glasses and pour the mixture over it. Serve while freezing cold.



A bright explosion of flavor that you will enjoy on a warm day. Packed with antioxidants that will help you lose weight in a jiffy!

- 1/2 cup of coconut milk
- 1 kiwi
- 10 strawberries
- 1/2 lime
- 3 leaves of mint
- 1/3 cup of ice
- 1. Peel the kiwi and cut it up into pieces.
- 2. Squish the juice out of the half of the lime.
- 3. Blend all the ingredients in a blender until the consistency is frothy.
- 4. Pour into glasses an garnish with additional pieces of fruit.



Print Recipe

This seemingly simple smoothie is anything but boring. The carob is naturally sweet and is better than cocoa powder! A healthy way to substitute a dessert and lose weight at the same time!

- 1 cup of coconut milk
- 1 banana frozen
- 1/2 tsp of vanilla extract
- 1 tbsp of carob
- 4 toasted almonds
- 1. Peel the banana, cut it into chunks and freeze it overnight.
- 2. Pulse the almonds in a food processor until thick paste forms.
- 3. Add the coconut milk gradually.
- 4. Add the rest of the ingredients and blend until you reach a uniform consistency.

Coconut and coconut milk are precious dietic products. Diets with its usage are popular nowadays. Coconut not only has a pleasant taste but also contains a considerable amount of coconut milk, low-calorie source of all vital trace elements. Do not worry, you will not be forced to drink a litre of coconut milk per day during the diet. You will not use it in its pure form, but together with the fruits of coconut. In addition, to make the coconut milk diet work, you need a very small amount of milk contained in the nut pulp.

Everyone knows about how much benefits coconut can bring to the body. But how much it is effective in losing weight, is not widespread info. The secret of coconut, as a product that actively reduces weight, is very simple. It is not only its chemical composition but also the nut structure.

### Day 1

Breakfast: half a coconut (coconut milk, it is desirable to drink immediately). 2 tablespoons of boiled rice. Eat rice 10 minutes before the coconut.

Lunch: 1 glass of green tea, 100 gr. cottage cheese (half a pack).

Dinner: half a coconut. Half a cup of rice. Eat rice 10 minutes before the coconut.

#### Day 2

Breakfast: half coconut (coconut milk, it is desirable to drink immediately). 2 tablespoons of boiled rice. Eat rice 10 minutes before the coconut. 1 cup of

Lunch: 150 gr. cottage cheese (a little more than half a pack).

Dinner: half a coconut. 2 tablespoons of boiled rice. Eat rice 10 minutes before the coconut. 1 cup green tea.

### Day 3

Breakfast: half s coconut (coconut milk, it is desirable to drink immediately). 3 tablespoons of boiled rice. Eat rice 10 minutes before the coconut.

Lunch: 2 glasses of green tea.

Dinner: half a coconut. 2 tablespoons of boiled rice. Eat rice 10 minutes before the coconut. 40 gr. cottage cheese (about 3 tablespoons).

### Day 4

Breakfast: half coconut (coconut milk, it is desirable to drink immediately). 2 tablespoons of boiled rice. Eat rice 10 minutes before the coconut.

Lunch: Half coconut.

Dinner: 100 gr. cottage cheese.

If the feeling of hunger is too strong (though this is unlikely), drink 1 glass of coconut milk. You can buy such milk concentrated or ready-made, diluted.

Drink no more than 2 cups per day.

We have already talked about the benefits of this ingredient for weight loss. But consuming this product, you're doing your body right in some ways:

boost the immune system;

improve the digestive tract;

treat intestinal heart disease, stomach ulcers;

strengthen teeth and bones;

stimulate brain activity;

optimize the work of the central nervous system;

increase haemoglobin;

stabilize hormones;

reduce cholesterol levels and sugar levels.

It perfectly quenches thirst, satisfies hunger, so it can be very useful to those who are on a diet. But remember, that however healthy this product may be – consume in moderation. People with allergies should consult their doctor before drinking such smoothies.