



*Natural*  
SMOOTHIE DIET

3-DAY  
**DETOX**

By Anderson T

# Natural SMOOTHIE DIET

*This information is for your personal use ONLY. You cannot distribute, copy, reproduce, or otherwise sell this product or information in any form whatsoever, including but not limited to: electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.*

*The information, including but not limited to, text, graphics, images and other material contained in this guide are for informational purposes only. No material from this guide is intended to be a substitute for professional medical advice, diagnosis or treatment.*

*Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen, and never disregard professional medical advice or delay in seeking it because of something you have read in this guide.*

# Welcome!

If you're tired of yo-yo dieting, there are plenty of simple and effective ways to cleanse your body without giving up food entirely. One of the best approaches is the 3-day smoothie detox, which requires you to consume smoothies every few hours in place of meals over a three-day period, allowing your body time to reset and start losing weight again once you introduce normal foods back into your diet.

In this delicious guide, you're going to learn what detox is, why it's important and how smoothies can help.

You'll receive smoothie recipes to get your detox started over the next 3 days.

Let's get started!



# What is detox?

*and why is it important?*

If you're trying to lose weight or get healthier, a smoothie detox is an excellent way to start. Even if you're not trying to lose weight, incorporating a daily smoothie habit into your lifestyle can have a positive impact on your health and well-being. Smoothies are easy to digest, so they don't cause bloating that some people experience after eating solid foods; they also offer a variety of vitamins and minerals in one beverage.

By replacing one or two meals per day with smoothies made from vegetables and fruits, you may be able to easily reduce your caloric intake by 500 calories or more, depending on how much you normally eat during lunch and dinner. The result is that you shed fat faster and get a little jump start on healthier habits. A smoothie detox helps reset your body by eliminating processed sugars, replacing those empty calories with fibrous foods that leave you feeling full but not bloated after eating them. You'll notice yourself becoming less and less hungry while consuming fewer calories overall.



# 3-day detox *Option 1*

The first option to your smoothie detox is by replacing 3 main meals (breakfast, lunch and dinner) with the same smoothie and having two healthy snacks in between.

You can make 3 servings of the same smoothie at once or you can make them separately throughout the day. Sometimes it is faster to make everything all at once, but it is also fresher if you prepare them as you're about to consume them. Either way, as long as you consume the right number of servings of the smoothie for each meal then you will be absolutely fine!

Here is a breakdown of the next three days:

DAY 1	DAY 2	DAY 3
<b>Smoothie 1:</b> Purple Power Smoothie <b>Snack 1</b> <b>Smoothie 2:</b> Purple Power Smoothie <b>Snack 2</b> <b>Smoothie 3:</b> Purple Power Smoothie	<b>Smoothie 1:</b> Green glow smoothie <b>Snack 1</b> <b>Smoothie 2:</b> Green glow smoothie <b>Snack 2</b> <b>Smoothie 3:</b> Green glow smoothie	<b>Smoothie 1:</b> Blueberry Power Smoothie <b>Snack 1</b> <b>Smoothie 2:</b> Blueberry Power Smoothie <b>Snack 2</b> <b>Smoothie 3:</b> Blueberry Power Smoothie

The recipes and shopping lists are on the following pages.

# 3-day detox *Option 2*

The first option to your smoothie detox is by replacing 3 main meals (breakfast, lunch and dinner) with different smoothies and having two healthy snacks in between.

Although this requires a little more time and prep, it will also give you a better variety throughout the day which is what most people prefer. You can choose option one or two, whichever you feel most suitable with. With the snacks, you want to aim for approximately 200 calories each.

Here is a breakdown of the next three days:

DAY 1	DAY 2	DAY 3
<b>Smoothie 1:</b> Purple Power Smoothie <b>Snack 1</b> <b>Smoothie 2:</b> Green glow smoothie <b>Snack 2</b> <b>Smoothie 3:</b> Blueberry Power Smoothie	<b>Smoothie 1:</b> Purple Power Smoothie <b>Snack 1</b> <b>Smoothie 2:</b> Green glow smoothie <b>Snack 2</b> <b>Smoothie 3:</b> Blueberry Power Smoothie	<b>Smoothie 1:</b> Purple Power Smoothie <b>Snack 1</b> <b>Smoothie 2:</b> Green glow smoothie <b>Snack 2</b> <b>Smoothie 3:</b> Blueberry Power Smoothie

The recipes and shopping lists are on the following pages.

# Before you get started

Here are some tips to help you get through this 3-day detox challenge without any problems!

01

Try to prep ahead of time, especially if you run a busy lifestyle. Having the smoothies prepped ahead of time will make it easier to grab the smoothie rather than an unhealthy snack. If you're hungry, the only thing that might be on your mind is to grab something as quickly as possible, so get your smoothies ready ahead of time.

---

02

Avoid doing any strenuous exercise like high intensity interval training or weight training. You will be on a calorie deficit and your energy levels might drop a little. Exercising might make you feel dizzy and shaky.

---

03

Make sure to drink plenty of water! Water is great for detoxifying the body and helping you keep your cravings under control. Carry a filled bottle with you at all times, and g-keep hydrated throughout the day.

# Shopping list

## Fruits

- 80g blueberries
- 75g frozen mixed
- berries
- 1.5 banana
- 2 medjool dates

## Powders and spices

- 75g vanilla whey protein powder

## Other

- 24g rolled oats

## Vegetables

- 0.5 beetroot
- 0.5 cup spinach
- 0.5 cup kale

## Liquid and dairy

- 360ml almond milk
- 100ml coconut water

## Healthy fats

- 0.5 tsp. almond butter

# DAY 1

## SMOOTHIE 1

# Purple Power Smoothie

## Ingredients

- ½ cup (120ml) almond milk
- ½ cup (75g) frozen berries
- ½ banana
- ½ medium beetroot, cooked, grated
- 1 scoop (25g) vanilla whey

## Directions

Add all ingredients into a blender. Pulse until smooth, pour into a glass and serve straight immediately.

### Did you know?

The color of beetroot is a beautiful deep red, which means that it's rich in pigment antioxidants. Beets are also a great source of folate, which is an essential for your immune system, and reduces your risk of stroke, promotes healthy heart function, and may even help prevent Alzheimer's disease.



# DAY 1

## SMOOTHIE 2

### Green glow smoothie

#### Ingredients

- ½ small banana
- ½ cup spinach
- ½ cup kale
- ½ tbsp. almond butter
- ½ cup (100ml) coconut water
- 1 scoop (25g) vanilla protein powder, optional

#### Directions

Place all ingredients into a high-speed blender and blitz until smooth.

Serve immediately.

#### NOTE:

The protein powder is optional, but adds a boost of protein. You can use whey or any plant-based protein powder. You can also replace the protein powder with a few tablespoons of Greek yogurt (in that case reduce the amount of liquid).

#### Did you know?

Coconut water is high in potassium—which helps maintain a healthy heart—but it also has magnesium, which relaxes muscles. It's no wonder that increasing your intake of coconut water may help alleviate muscle soreness after exercise as well as boost athletic performance.



# DAY 2

## SMOOTHIE 2

# Blueberry Power Smoothie

### Ingredients

- ½ cup (80g) blueberries, frozen
- ½ medium banana, ripe
- 2 tbsp. rolled oats
- 1 tbsp. almond butter
- 1 cups (240ml) almond milk, unsweetened
- 2 medjool dates
- 1 scoop (25g) vanilla protein powder

### Directions

Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

REMEMBER the order.

### Did you know?

With more vitamin C than oranges, blueberries have a powerful antioxidant that fights free radicals in your body and boost your immune system. They are also great for regulating high cholesterol levels and reducing blood pressure.

# What's next?

## CONGRATULATIONS ON COMPLETING YOUR 3-DAY DETOX!

Isn't it an amazing feeling when you complete something for yourself and for your health? That sense of accomplishment is so powerful.

Now that you have completed a 3 day detox, do not detox for any longer. These kind of challenges are perfect for a body reset and temporary boost of nutrients. However, they are unhealthy to keep long term. Your body needs solid food to function properly.

The next step is a 21-Day Smoothie Diet. Check out our other guide that will help you perfect your smoothie game and your health within just 3 weeks.

