

5 Weight Loss Smoothies



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THE BENEFITS OF SMOOTHIES

Hi there!

My name is Melissa Weatherall! I am a Registered Holistic Nutrition Practitioner! I have been practicing since 2018 and its my passion to help my clients live their best lives.

We have one life- and it's time we live it to the fullest. For some people losing some stubborn pounds that holds them back is a great start.

Can I be honest? I love Salads but after eating them a couple times a day it's refreshing to switch it up to keep you on target! You may start out with good intentions, but staying on your path to healthy eating can be difficult if you find yourself becoming bored or disinterested in what you're eating.

Smoothies offer a great alternative as a meal replacement. By simply blending your favorite vegetables and fruit with yogurt, eating clean could not be easier. You can incorporate textured, sweet, sour, bitter, or even spicy ingredients to maximize the variety in your healthy eating plan.

YOUR WEIGHT LOSS WEAPON

Including smoothies into your diet can have major benefits, including rapid weight loss. It all depends on the ingredients. Some fat-burning powerhouses include berries, red pepper, and green vegetables like broccoli and kale. Be sure to include protein to promote satiety and keep those cravings at bay.

HYDRATION

Your body needs eight to 12 glasses of water a day; that's a lot of water! Proper hydration is crucial for so many of our body's functions, include energy and weight loss, but it can be challenging to consume that much water. Smoothies can serve as an additional, more interesting way to get the water we need, especially those that include fruits and vegetables with high water content.

YOU STAY FULL FOR A LONG TIME

Smoothies, especially those rich in fiber, are great for people who love to snack. Starting your day with protein- and fiber-packed smoothies can help curb your appetite and keep you feeling fuller longer. Try including ingredients with healthy fats, as well, like half of an avocado.

IMPROVED DIGESTION

Poor digestion is often the root cause of many diseases; smoothies can become your guard against that. Green smoothies especially provide the hydration and fiber your body needs to improve your digestion and increase your metabolism. Alkaline-based smoothies may also resolve a variety of other internal issues, such as heartburn or acid reflux.

STRENGTHEN THE IMMUNE SYSTEM

Smoothies are a quick, easy way to get your body the protein, vitamins, and antioxidants it needs to strengthen your immune system. Sweet potato is an unexpected, great-tasting ingredient that can help support your bones, eyes, and overall immune health.

HERE ARE FIVE GREAT RECIPES TO TRY:

SIMPLE SMOOTHIE

- 1 cup green tea
- 1 scoop protein powder
- ½ cup kale
- ½ cup blueberries
- ½ avocado
- 1 teaspoon flax seeds

SPICY SMOOTHIE

- 1 ½ cups dairy free milk
- 1 scoop protein powder
- 1 cup spinach
- ½ grapefruit – without skin
- 1 tablespoon coconut oil
- Dash of cayenne pepper

BOOST SMOOTHIE

- 1 ½ cups green tea
- 1 scoop protein powder
- ½ avocado
- 1 cup spinach
- ½ cup pineapple
- Dash of cayenne powder

ORANGE MOOTHIE

- ½ cup green tea
- ½ cup coconut milk
- 1 scoop protein powder
- 1 cup kale
- 1 orange – without skin
- 3 Mint leaves

COCO SMOOTHIE

- 1 cup coconut water
- 1 cup spinach
- 1 tablespoon almond butter
- 1 scoop protein powder

1 banana
1 teaspoon flax seeds
1 teaspoon alcohol-free vanilla extract

WANT TO LEARN MORE?

Think about how amazing your body could feel with even more nourishing food and healthy habits.

Are you ready to dive deeper into a holistic health program that will take your health, life, and energy to the next level? I work with people from all walks of life, with all types of schedules, and every level of budget to bring health and wellness back into their lives. Life is about more than just being alive, through *Nutrition, Movement, Mindset and Maintenance* my mission is to help people replace extra weight, stress, and sleep deprivation with energy, confidence, and vitality. For more information visit www.melissaweatherall.com

I'd love for you to join me on my social media pages for lots of free learning. If you're interested in finding out about more ways that I can help you reach your goals set up a free discovery call with me [HERE](#). I will never push you to make any purchase, I sincerely believe that people need to consider their health and what they value before making decisions. You are much more likely to succeed when you have made the choice that feels right for you.

A great first step toward clean eating is my [Creative Cooking Club](#). For only \$6.99 monthly you will receive all you need to make clean eating part of your daily life. It's quick, easy, and affordable. Each month a new in-depth guide with recipes for the month, a meal plan already set up for each day of the week, a shopping list, and journal for you to make notes becomes available to you. Mouthwatering, allergy-friendly, easy-to-make recipes, and a step-by-step plan of action with suggested whole foods meals that will help you cleanse your body naturally. Most importantly, you'll get access to me to address any questions, concerns or struggles that are coming up for you.

HERE'S WHAT OTHERS ARE SAYING ABOUT WORKING WITH ME

Melissa has helped me so much. With her help and encouragement, I now prep good food for the week, sleep better all around. I have lost almost 10 pounds in the month since I first met with her. Thank You Melissa!

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