

## 6 week Rapid Shred Smoothie Recipes

### **Breakfast Smoothie**

- 2 cups spinach
- 1 pear
- 1 handful of grapes
- ¾ cup Greek yogurt
- ½ avocado
- ½ lime – juiced.
- Ice & water to taste

### **Lunch Smoothie**

- 1 & ¼ cup frozen berries (Strawberries, blueberries, raspberries etc.) Of your choice.
- 1 satsuma, clementine or ½ orange
- 1 serving vanilla or strawberry protein (diet whey or vegan protein)
- 1 handful of nuts
- Ice & water to taste

### **Dinner Smoothie**

- 1 apple
- 2 tsp seeds (linseeds, flaxseeds, sesame or sunflower)
- 1 handful spinach
- ½ frozen banana
- ½ cup Greek yogurt
- 1 tsp cinnamon
- 1 tsp nutmeg
- Ice & water to taste

### **Snacks – 2 per day women, 3 men.**

- Apple & 1 tbsp. nut butter
- Apple and 2 slices chicken or turkey
- 2 slices chicken or turkey & 1 bag popcorn (120 cals bag or less)
- 2 Ryvita or wholegrain rice cakes sliced turkey or chicken
- 2 Ryvita or wholegrain rice cakes with 1 tbsp. humus or fat free cottage cheese
- Vegetable sticks & ¼ cup humus
- 1 apple & 1 small handful of nuts

## Week 1:

	Breakfast	Snack	Lunch	Snack	Dinner
<b>Day 1</b>	Smoothie	✓	Smoothie	✓	Smoothie
<b>Day 2</b>	Smoothie	✓	Smoothie	✓	Smoothie
<b>Day 3</b>	Smoothie	✓	Smoothie	✓	Smoothie
<b>Day 4</b>	Smoothie	✓	Smoothie	✓	Smoothie
<b>Day 5</b>	Smoothie	✓	Smoothie	✓	Smoothie
<b>Day 6</b>	Smoothie	✓	Smoothie	✓	Smoothie
<b>Day 7</b>	Smoothie	✓	Smoothie		<b>FREE MEAL</b>

## Week 2:

	Breakfast	Snack	Lunch	Snack	Dinner
<b>Day 1</b>	Smoothie	✓	MENU CHOICE	✓	Smoothie
<b>Day 2</b>	Smoothie	✓	Smoothie	✓	MENU CHOICE
<b>Day 3</b>	MENU CHOICE	✓	Smoothie	✓	Smoothie
<b>Day 4</b>	Smoothie	✓	MENU CHOICE	✓	Smoothie
<b>Day 5</b>	Smoothie	✓	Smoothie	✓	MENU CHOICE
<b>Day 6</b>	MENU CHOICE	✓	Smoothie	✓	Smoothie
<b>Day 7</b>	Smoothie	✓	Smoothie		<b>FREE MEAL</b>