

How to make Glorious Weight Loss Green Smoothies

Green smoothies are the ultimate healthy fast food but can quickly turn into high calorie sugar bombs if not made correctly. Below is our FIT CHICKS Academy Guide to Glorious Weight Loss Green Smoothies to make sure you are getting the most balanced nutrition while keeping the calories and blood sugar in check. Please make sure when creating your weight loss green smoothie it includes PER serving:

- Approximately 300 – 400 calories if replacing a meal
- Between 20-30 grams of protein per serving
- A minimum of 5 grams of fibre per serving
- Remember to make sure it is "Complete in 3 Approved" for blood sugar balancing

STEP	CHOOSE YOUR	HOW MUCH	SUGGESTIONS	
1	Base/Liquid	1 – 1 1/2 cups	<ul style="list-style-type: none"> • Water • Nut or seed milk • Coconut Water 	<ul style="list-style-type: none"> • Herbal tea • Cold decaf coffee
2	Greens	2 handfuls	<ul style="list-style-type: none"> • Spinach • Kale • Collards • Swiss chard • Beet greens 	<ul style="list-style-type: none"> • Dandelion greens • Cilantro • Mint • Basil
3	Healthy Fat	1–2 tbsp	<ul style="list-style-type: none"> • Flax oil • Nut butter • Seed butter 	<ul style="list-style-type: none"> • Avocado • Chia seed • Coconut oil
4	Protein Source	1 scoop*	<ul style="list-style-type: none"> • All natural whey • Egg Whites 	<ul style="list-style-type: none"> • Hemp seeds • Pea protein • Brown rice protein
5	Fruit	1 handful	<ul style="list-style-type: none"> • Berries • Pears • Mangos 	<ul style="list-style-type: none"> • Plums • Banana • Kiwi
	Optional Extras	1–2 tsp	ALL NATURAL SWEETENER <ul style="list-style-type: none"> • Stevia • Dates • Raw honey • Maple syrup • Banana 	
	Superfoods	2 tsp	<ul style="list-style-type: none"> • See "Make Superfood Smoothies on next page" 	

Follow the Complete in 3 Rule!

Make sure your weight loss smoothie is a complete balance of protein, fibre and fat!



*Please use 1 scoop if protein powder or equivalent to approx 20 - 30 grams of TOTAL protein in your smoothie if using other sources. Please calculate total calories & macronutrients using <https://www.myfitnesspal.com/recipe/calculator>

Make Superfood Smoothies

To give your smoothies an extra nutrition punch, add in superfoods! While alone some of these may not taste appetizing the flavor is masked when blended in your tasty drink.

Here a few of our fave add ins:

- ✓ Chia Seeds
- ✓ Hemp Seeds
- ✓ Flax
- ✓ Maca Root Powder
- ✓ Cinnamon
- ✓ Turmeric
- ✓ Raw Cacao
- ✓ Spirulina
- ✓ Wheatgrass
- ✓ Vitamin C Powder
- ✓ Grass Fed Gelatin

For serving size, follow the recommended use on the product.

Why we love Green Smoothies...

At FIT CHICKS, we have a health crush on green smoothies. They are a super simple way to “get a chicktastic” meal or snack in minutes: the ultimate fast food!

What is a green smoothie?

A green smoothie is a power packed, delicious drink that consists of a mix of greens and other foods blended together to fuel your body with vitamins, minerals, antioxidants, amino acids, omega-3s, healthy fats, phytonutrients and proteins.

Why do green smoothies rock for health?

As smoothies are blended it breaks down the cellulose in the greens to make the nutrients up to 90% more absorb-able than eating veggies. This means the blender does the chewing for you so your body can quickly absorb all of the nutrients. Plus, you still get the fierce fibre from veggies that juicing doesn't allow.

The benefits of drinking green smoothies are endless including:

- Increase in awesome energy
- Promote weight loss, clearer skin, harder nails and more!
- Help reduce sugar cravings and hunger levels.
- Packed with antioxidants and phytonutrients to fight the nasty illnesses, aging and the damage from free radicals.
- Makes you happy. Food affects your moods and the health benefits will help you process stress, balance nerves and feel positive.
- They are delicious! Your taste buds will love you.

Remember chicks, the purpose of a green smoothie is to get more GREENS in your diet. This is not a sweet sugary milkshake. But not to worry... it will still be delicious!