

# 50+ FAT-FLUSHING GREEN SMOOTHIES

Flush Out Every Last  
Ounce of Fat



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## **Slimming Detox Drink**

### **Ingredients:**

1 frozen banana, peeled and sliced

2 handfuls baby spinach

¼ cup shredded coconut

½ cup water

1 scoop protein powder

1 tsp ground ginger

## **Green-Pineapple Smoothie**

### **Ingredients:**

2 cups frozen collard greens

1 banana, peeled and sliced

1 cup frozen pineapple chunks

1 cup unsweetened almond milk

2 tbsp. chia seeds

1 tsp. cinnamon

## Greenie Coconut Smoothie

### Ingredients:

- 2 handfuls baby spinach
- 1/2 cup unsweetened coconut milk
- 2 tablespoons almond butter
- 1 cup plain Greek yogurt
- 1/2 cup ice
- 1 tsp. coconut oil

## Green Dream

### Ingredients:

- 2 handfuls kale
- 1/2 avocado
- 1 cup plain Greek yogurt
- 1 teaspoon vanilla extract
- 1 tsp. sage

## Skin Glow Smoothie

### **Ingredients:**

1 cup blueberries

1 kiwi

1 handful kale

¼ cup plain sunflower seeds

½ cup water

1 scoop vanilla protein powder

## Lean Green Smoothie

### Ingredients:

1 cup frozen pineapple chunks

2 handfuls baby spinach

1 cup water

1 tsp turmeric

## Exotic Green Blend

### Ingredients:

1 cup sliced mango

1 cup frozen strawberries

2 cups frozen collard greens

1 cup water

1 scoop vanilla protein powder

2 tbsp. hemp seeds

## Bright Skin Smoothie

### Ingredients:

- ½ broccoli, chopped
- 1 cup blueberry
- 2 tablespoons plain sunflower seeds
- 1 cup water
- 1 tbsp. fresh thyme
- 1 scoop vanilla protein powder

## Green Papaya Smoothie

### Ingredients:

- ½ Papaya, skinned and chopped
- 2 handfuls kale
- 1 green apple, sliced
- 1 cup unsweetened almond milk
- ½ cup plain Greek yogurt
- ¼ cup tightly packed basil leaves

## Kiwi Refresher

### **Ingredients:**

1 Green Apple

1 Kiwi

½ banana, chopped and frozen

1 cup Ice

1 cup Water

1 tbsp. fresh tarragon

## Green Energizer

### **Ingredients:**

2 cups frozen collard greens

2 handfuls baby spinach

1 cup frozen blackberries

1 cup unsweetened almond milk

1 scoop vanilla protein powder

2 tsp. ground ginger

## Green Apple Berry Smoothie

### Ingredients:

- 1 green apple, sliced
- 1 cup frozen blueberries
- 1 cup water
- 1 frozen banana, chopped
- 1 scoop vanilla protein powder
- 1 tsp. turmeric

## Flat Belly Smoothie

### Ingredients:

- 1 cup frozen mixed berries
- 3 handfuls baby spinach
- 1 cup unsweetened almond milk
- 1 frozen banana, chopped
- 1 scoop vanilla protein powder
- 1 tsp. cardamom
- 2 tbsp. hemp seeds



## Peachy Green Smoothie

### **Ingredients:**

2 cups frozen collard greens

1 handful kale

1 peach, sliced

½ cup rolled oats

1 cup ice

1 cup water

1 scoop protein powder

## Flavor Burst Smoothie

### **Ingredients:**

½ cup plain Greek yogurt

3 handfuls spinach

½ cup cashew milk

1 cup raspberries

1/2 teaspoon vanilla extract

Ice

## Heart Health Blend

### Ingredients:

- 1 green apple, chopped
- 1 cup frozen cherries
- 1 banana
- 1 cup ice
- 1 cup unsweetened almond milk
- 1 scoop protein powder
- 1 tbsp. tarragon

## Green Berry Blend

### Ingredients:

- 2 cups frozen mixed berries
- 2 handfuls kale
- 1 cup frozen collard greens
- ½ cup water
- 1 scoop protein powder
- 1 tsp. cinnamon

## Green Citrus Cooler

### Ingredients:

1 banana, chopped and peeled

2 cups spinach

1 orange, peeled and chopped

½ cup water

1 cup plain Greek yogurt

2 tbsp. flax seed

## Fruitful Heart

### Ingredients:

1 Peach, chopped

1 kiwi, peeled and chopped

1 cup blueberry

3 handfuls baby spinach

½ cup water

Ice

1 scoop protein powder

2 tbsp. chia seeds

## Heartfelt Smoothie

### **Ingredients:**

- 1 cup blackberry
- 1 cup blueberry
- 1 cup bok choy
- 1 cup unsweetened almond milk
- 1 scoop protein powder
- 1 tsp. nutmeg

## Peachy Green

### **Ingredients:**

- 1 peach, chopped
- 2 cups frozen collard greens
- 1 cup unsweetened almond milk
- 1 scoop protein powder
- 2 tbsp. hemp seeds

## Blue/Green Smoothie

### Ingredients:

2 cups spinach

½ cup frozen blueberries

½ Avocado

½ cup unsweetened almond milk

2 tbsp. flax seed

## Blueberry Avocado Wake Up Smoothie

### Ingredients:

½ avocado, diced

1 cup frozen blueberries

2 tablespoons chia seeds

1 cup coconut water

1 scoop protein powder

1 tsp. ground ginger

## Green Chia Smoothie

### **Ingredients:**

- 2 handfuls kale
- 1 cup frozen collard greens
- 1 cup frozen strawberries
- 1 cup coconut Water
- 2 tablespoon chia seed
- 1 scoop protein powder

## Blueberry Greens

### **Ingredients:**

- 1 cup blueberries
- 2 cup spinach
- ¼ cup basil leaves
- 1 cup unsweetened cashew milk
- 2 tbsp. plain sunflower seeds
- 1 tbsp. all natural almond butter

## Green Coconut Blend

### Ingredients:

2 cups blueberries  
1 tbsp. coconut oil  
½ cup coconut milk  
½ cup coconut water  
1 scoop protein powder  
1 tbsp. ground ginger

## Green Belly Slimming Blend

### Ingredients:

2 handfuls baby spinach  
1 kiwi  
1 frozen banana, chopped  
Juice from ½ lime  
1 cup plain Greek yogurt  
1 tbsp. flax seed

## Tight Tummy Blend

### Ingredients:

2 cups kale

2 tablespoons sage

1 Banana

2 prunes

1 cup unsweetened almond milk

1 scoop protein powder

## Great Green Smoothie

### Ingredients:

2 cups chopped lettuce

1 sage, chopped

1 cup frozen blackberries

1 cup unsweetened cashew milk

1 scoop protein powder



## By the Beach Green Pineapple Smoothie

### Ingredients:

- 1 cup frozen pineapple chunks
- 2 cups frozen collard greens
- 1 cup coconut milk
- 1 scoop protein powder
- 2 tbsp. chia seed

## Green Slim Belly Blend

### Ingredients:

- 1 frozen banana, peeled and sliced
- 2 handfuls spinach
- 1 cup water
- 1 scoop vanilla protein powder
- Juice from ½ lemon
- 1 tbsp. fresh tarragon

## Dark Green Smoothie Recipe

### Ingredients:

1 cup frozen strawberries

½ banana

2 cups spinach

1 cup frozen collard greens

1/2 cup unsweetened almond milk

1/2 cup ice

¼ cup tightly packed basil leaves

1 scoop vanilla protein powder

## Light & Lean Blend

### Ingredients:

1 frozen banana, peeled and chopped

1 green apple, chopped

1 cup ice

1 cup water

2 cups chopped lettuce

1 cup frozen collard greens

1 scoop protein powder

1 tsp. cinnamon

## Green Grapefruit Immunity Smoothie

### Ingredients:

- 1 grapefruit, chopped
- 1 cup frozen pineapple chunks
- 2 cups kale
- 1 scoop protein powder
- 1 cup unsweetened almond milk
- 1 tsp. ground ginger

## Green Lemon Detox

### Ingredients:

- 2 cups frozen collard greens
- ½ Lemon, peeled and chopped
- 1 cup water
- ½ banana, chopped
- 2 tbsp. hemp seeds

## Super Green Detox

### Ingredients:

2 cups spinach

1 cup chopped romaine lettuce

½ chopped cucumber

1 tbsp. fresh mint

1 tsp. turmeric

Ice

## Green Slimmer Belly Blend

### Ingredients:

½ cup chopped celery

½ cup chopped cucumber

1 cup baby spinach

1 cup unsweetened coconut milk

1 tablespoon plain sunflower seeds

1 frozen banana, sliced

Ice

## Green Pear Smoothie

### Ingredients:

2 cups frozen collard greens

1 banana

1 pear, sliced

1/2 cup water

4 ice cubes

1 tsp. turmeric

1 scoop protein powder

## Sweet Tropical Smoothie

### Ingredients:

1/2 cup frozen mango chunks

1 banana

1/2 cup unsweetened coconut milk

1 tablespoon chia seeds

5 ice cups

## Anti-Inflammation Smoothie

### Ingredients:

- 3 tablespoons almonds
- ¼ ginger root, sliced
- ¼ garlic clove, chopped
- 1 cup frozen pineapple chunks
- 2 handfuls baby spinach
- 1 cup unsweetened almond milk
- 1 tsp. ground ginger
- 1 tsp. cinnamon

## Going Green Smoothie

### Ingredients:

- ½ cup chopped celery
- 1 green apple, chopped
- ½ cup chopped cucumber
- 2 cups frozen collard greens
- 1 cup unsweetened almond milk
- ½ cup plain Greek yogurt
- 2 tsp. lemon peel spice

## Green Hawaiian Smoothie

### Ingredients:

- 1 banana, peeled and sliced
- 1 cup frozen mango chunks
- 1 cup frozen pineapple chunks
- ½ cup water
- 2 handfuls baby spinach
- 1 handful kale
- 1 scoop protein powder
- 1 tsp. ground ginger

## Green Fat Fighter

### Ingredients:

- 1 cup frozen raspberries
- 1 cup frozen strawberries
- ½ cup plain Greek yogurt
- ½ cup unsweetened almond milk
- 2 handfuls kale
- 1 handful spinach
- 2 tbsp. chia seeds

## Fresh Green Smoothie

### Ingredients:

1 orange, peeled and chopped

2 mint leaves

1 pear, chopped

Juice from ½ lemon

2 handfuls chopped romaine lettuce

½ avocado

Handful of fresh parsley

## Super Green Juice Cleanse

### Ingredients:

1 cup chopped celery

1 green apple, chopped

1 handful baby spinach

½ cup water

1 tsp. turmeric



## Guava Green Blend

### **Ingredients:**

- 1 guava, sliced
- 1 banana, peeled and chopped
- 2 cups frozen collard greens
- 1 handful baby spinach
- 1 teaspoon ginger, grated
- 1 cup water

## Green Banana Smoothie

### **Ingredients:**

- 2 cups kale
- 1 frozen banana, peeled and chopped
- 1 cup spinach
- ½ cup unsweetened almond milk

## Bikini Ready Blend

### Ingredients:

- 1 pear, chopped
- 2 cups chopped romaine lettuce
- ¼ cup plain sunflower seeds
- ½ cup unsweetened almond milk
- 1 scoop protein powder
- Ice
- 1 tsp. turmeric
- 1 tbsp. chia seeds

## Tight & Toned Blend

### Ingredients:

- ½ frozen banana, chopped
- 1 handful spinach
- 1 cup chopped romaine lettuce
- ¼ ginger, sliced
- 1 cup frozen strawberries
- 1 tbsp. flax seed
- 1 scoop vanilla protein powder

## Stunning Super Green Detox

### Ingredients:

- 1 green apple, chopped
- 1 frozen banana, sliced
- ½ cup chopped cucumber
- 1 cup green grapes
- 1 cup unsweetened almond milk
- 2 handfuls baby spinach

## Drop a Dress Size Green Detox Drink

### Ingredients:

- 1 cup chopped romaine lettuce
- 1 handful spinach
- ¼ cup pomegranate
- ½ cup frozen blueberries
- Juice from ½ lemon
- 1 cup unsweetened almond milk
- 2 tbsp. chia seeds
- 1 tsp. ground ginger
- 1 scoop protein powder