

50+ FAT-FLUSHING RED SMOOTHIES

Flush Out Every Last
Ounce of Fat



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Belly Slimming Red Smoothie

Ingredients:

- 1 frozen banana, peeled and sliced
- ½ cup frozen chopped strawberries
- ½ cup frozen raspberries
- 1 scoop protein powder
- 1 tsp ground ginger
- 1 cup water

Anti-Inflammatory Red Smoothie

Ingredients:

- 1 medium beet, peeled and cubed
- 1 apple, chopped
- ½ cup frozen strawberries
- 1 cup unsweetened almond milk
- 2 tbsp. chia seeds
- 1 tbsp. coconut oil

Red Smoothie Cleanse

Ingredients:

- 1 handful baby spinach
- 1 red apple, chopped
- ½ pomegranate, seeds only
- 1 cup unsweetened coconut milk
- ½ tsp. cinnamon
- 1 cup plain Greek yogurt
- ½ cup ice

Berry Anti-Aging Antioxidant Blend

Ingredients:

- ½ cup frozen strawberries
- ½ cup frozen raspberries
- ½ cup plain Greek yogurt
- 1 teaspoon vanilla extract
- 1 tsp. sage
- 1 scoop vanilla protein powder
- 1 cup unsweetened coconut milk

Red Slim Belly Blaster

Ingredients:

1 cup beets

2 large carrots, chopped

½ cup frozen strawberries

1 tbsp. flax seed

1 cup water

1 scoop vanilla protein powder

Red Power Smoothie

Ingredients:

- ½ pomegranate, seeds only
- ½ cup red grapes
- ½ cup frozen raspberries
- 1 tsp ground ginger
- 1 cup unsweetened almond milk
- 1 scoop vanilla protein powder

Red Velvet Smoothie

Ingredients:

- 1 handful baby spinach
- 1 cup frozen strawberries
- ¼ cup beets
- 1 cup unsweetened coconut milk
- 1 scoop vanilla protein powder
- 2 tbsp. hemp seeds
- ½ banana

Red Mango Smoothie

Ingredients:

- 1 handful spinach
- ½ cup frozen mango
- ½ cup frozen raspberries
- 1 cup unsweetened almond milk
- 1 tbsp. fresh thyme
- 2 tbsp. hemp seed
- 1 scoop vanilla protein powder

Red Papaya Smoothie

Ingredients:

- ½ Papaya, skinned and chopped
- ½ cup frozen strawberries
- 1 cup unsweetened almond milk
- ½ cup plain Greek yogurt
- 1 tsp turmeric
- 2 tbsp. flax seed

Sweet Belly Burner

Ingredients:

- ½ cup frozen mango
- 1 red apple, chopped
- ½ banana
- 1 cup Ice
- 1 cup unsweetened almond milk
- 1 tbsp. fresh tarragon
- 1 scoop vanilla protein powder

Red Energizer

Ingredients:

- 1 cup frozen collard greens
- ½ cup beets
- ½ pomegranate, seeds only
- 1 cup unsweetened almond milk
- ¼ cup avocado
- 2 tsp. ground ginger

Red Apple Berry Smoothie

Ingredients:

- 1 red apple, sliced
- 1 cup frozen strawberries, chopped
- 1 cup water
- ½ frozen banana, chopped
- 1 scoop vanilla protein powder
- 1 tsp. turmeric

Flat Belly Vitamin Blend

Ingredients:

- ½ cup frozen cherries
- 2 handfuls baby spinach
- 1 cup unsweetened almond milk
- ½ banana
- 1 scoop vanilla protein powder
- 1 tsp. cinnamon
- 2 tbsp. chia seeds

Light & Lean Dessert Smoothie

Ingredients:

- ½ cup frozen strawberries
- ½ cup cherries
- ¼ cup rolled oats
- 1 cup ice
- 1 cup unsweetened coconut milk
- 1 tbsp. coconut oil
- 1 date, pitted and chopped
- 1 scoop protein powder

Red Heart-Healthy Blend

Ingredients:

- ½ cup plain Greek yogurt
- 1 handful spinach
- 1 cup unsweetened almond milk
- 1 cup frozen raspberries
- 1 tbsp. hemp seeds
- 1 tbsp. flax seed
- Ice

Slim & Sexy Delight

Ingredients:

- 1 red apple, chopped
- ½ pomegranate, seeds only
- 1 banana
- 1 cup ice
- 1 cup unsweetened coconut milk
- 1 scoop protein powder
- 1 tbsp. turmeric

Red Berry Blend

Ingredients:

- ½ cup red grapes
- ½ cup frozen raspberries
- 1 cup water
- 1 scoop vanilla protein powder
- 1 tsp. cinnamon
- 1 cup ice

Red Glow

Ingredients:

- 1 frozen banana, chopped and peeled
- 1 cup kale
- ½ cup beets
- 1 cup unsweetened almond milk
- ½ cup plain Greek yogurt
- 2 tbsp. flax seed
- 1 tsp. tarragon

Red Bombshell

Ingredients:

- ½ cup frozen strawberries
- 1 kiwi, peeled and chopped
- 1 handful baby spinach
- 1 cup water
- Ice
- 1 scoop protein powder
- 2 tbsp. chia seeds

Red Antioxidant Slimming Shake

Ingredients:

- ½ cup frozen cherries
- ½ cup frozen strawberries
- ½ cup frozen raspberries
- 1 handful baby spinach
- 1 cup unsweetened almond milk
- 1 scoop protein powder
- 1 tsp. nutmeg
- 1 tbsp. coconut oil

Afternoon Refresher

Ingredients:

- ½ cup frozen blackberries
- 1 cup chopped romaine lettuce
- ¼ cup frozen raspberries
- ½ cup beets
- 1 cup unsweetened almond milk
- 1 scoop protein powder
- 1 tbsp. all natural almond butter
- ½ tsp. cinnamon

Red Recharger

Ingredients:

- ½ cup frozen cherries
- ½ cup frozen strawberries
- ½ cup plain Greek yogurt
- 1 cup unsweetened almond milk
- 2 tbsp. chia seed
- 1 tsp. ground nutmeg

Strawberry Avocado Wake Up Smoothie

Ingredients:

- ½ avocado, diced
- 1 cup frozen strawberries
- 2 tablespoons flax seeds
- 1 cup coconut water
- 1 scoop vanilla protein powder
- 1 tsp. ground ginger

Red Chia Smoothie

Ingredients:

1 cup frozen collard greens

½ cup frozen cherries

½ banana

1 cup unsweetened almond or cashew milk

2 tablespoon chia seed

1 scoop vanilla protein powder

Raspberry Greens

Ingredients:

½ cup frozen raspberries

2 cups spinach

½ cup red grapes

1 cup unsweetened cashew milk

2 tbsp. plain sunflower seeds

1 tbsp. all natural almond butter

Red Coconut Blend

Ingredients:

- ½ cup frozen strawberries
- ½ cup frozen raspberries
- 1 tbsp. coconut oil
- ½ cup unsweetened coconut milk
- 1 tbsp. coconut oil
- 1 scoop vanilla protein powder
- 1 tbsp. ground ginger

Red Belly Slimming Blend

Ingredients:

- 1 handful baby spinach
- 1 red apple, chopped
- ¼ cup beets
- 1 frozen banana, chopped
- Juice from ½ lime
- 1 cup plain Greek yogurt
- 1 tbsp. flax seed

Vitamin Energy Blend

Ingredients:

- 1 cup chopped romaine lettuce
- 1 celery stalk, chopped
- 2 tablespoons hemp seed
- ½ banana
- ½ cup frozen strawberries
- 10 red grapes
- 1 cup unsweetened almond milk
- 1 scoop vanilla protein powder
- 1 tsp. ground ginger

60-Second Slimming Smoothie

Ingredients:

- ½ cup frozen raspberries
- 1 banana
- 1 cup unsweetened cashew milk
- 2 handfuls baby spinach
- 1 scoop vanilla protein powder

Red Berry Blend

Ingredients:

3 celery stalks, chopped

½ banana

1 red apple, chopped

½ pomegranate, seeds only

½ cup frozen cherries

1 scoop vanilla protein powder

2 tbsp. chia seed

1 cup unsweetened almond or cashew milk

Red Slim Belly Blend

Ingredients:

1 frozen banana, peeled and sliced

½ cup beets

2 handfuls spinach

1 cup water

1 scoop vanilla protein powder

1 tbsp. fresh tarragon

Dark Red Vitamin Blend

Ingredients:

- ½ cup frozen strawberries
- ½ banana
- ½ cup chopped romaine lettuce
- 1 cup unsweetened almond milk
- 1 scoop vanilla protein powder

Red Smoothie Liver Cleanse

Ingredients:

- ½ cup chopped beets
- ½ cup chopped carrots
- 1 cup spinach
- Juice from ½ lemon
- ½ cup frozen strawberries
- 1 tbsp. coconut oil
- 1 scoop vanilla protein powder
- 2 tbsp. hemp seed

Red Immunity Smoothie

Ingredients:

½ orange, peeled
½ cup frozen cherries
1 cup chopped romaine lettuce
1 scoop vanilla protein powder
1 cup unsweetened almond milk
1 tsp. ground ginger
½ cup ice

Red Detox Shake

Ingredients:

1 cup frozen collard greens
½ cup beets
1 red apple, chopped
1 cup water
½ banana, chopped
2 tbsp. hemp seeds

Super Red Detox

Ingredients:

1 cup spinach

1 cup chopped romaine lettuce

½ cup frozen strawberries

1 scoop vanilla protein powder

1 tsp. turmeric

Ice

Red Slimmer Belly Blend

Ingredients:

½ cup chopped celery

½ cup red grapes

½ cup frozen cherries

1 cup unsweetened coconut milk

1 tablespoon plain sunflower seeds

½ banana

Ice

Red Pear Delight

Ingredients:

1 cup frozen strawberries
1/2 banana
1 pear, sliced
1/2 cup water
4 ice cubes
1 tsp. turmeric
1 scoop vanilla protein powder

Red Tropical Tummy Tightener

Ingredients:

1/2 cup frozen mango chunks
1/2 banana
1/2 cup frozen cherries
1/4 cup frozen raspberries
1/2 cup unsweetened coconut milk
1 tablespoon chia seeds

Anti-Inflammation Vitamin Blend

Ingredients:

1 tbsp. all natural almond butter

¼ ginger root, sliced

¼ garlic clove, chopped

½ cup frozen raspberries

1 cup chopped romaine lettuce

1 cup unsweetened almond milk

1 tsp. ground ginger

1 tsp. cinnamon

Red Slim Belly Detox

Ingredients:

¼ cup chopped celery

1 red apple, chopped

½ cup beets

1 cup unsweetened almond milk

½ cup plain Greek yogurt

1 tsp. tarragon

Red Hawaiian Smoothie

Ingredients:

½ banana, peeled and sliced

½ cup frozen pineapple chunks

½ pomegranate, seeds only

½ cup water

1 handful baby spinach

1 scoop vanilla protein powder

1 tsp. ground ginger

Red Fat Fighter

Ingredients:

½ cup frozen raspberries

½ cup frozen strawberries

½ cup plain Greek yogurt

½ cup unsweetened almond milk

2 tbsp. chia seeds

1 scoop vanilla protein powder

Fresh Red Smoothie

Ingredients:

½ cup red grapes

½ cup beets

½ pear, chopped

2 handfuls chopped romaine lettuce

¼ avocado

2 tbsp. flax seed

1 scoop vanilla protein powder

1 cup unsweetened almond or cashew milk

Red Energy Blast

Ingredients:

½ cup watermelon

½ cup red grapes

1 handful baby spinach

½ cup water

1 scoop vanilla protein powder

1 tsp. turmeric

½ cup ice

Detox Beet Blend

Ingredients:

- 1 carrot, sliced
- ½ cup beets
- ½ cup red grapes
- 1 clementine, peeled
- 1 teaspoon ginger, grated
- 1 cup unsweetened almond milk
- 1 scoop vanilla protein powder

Red Banana Smoothie

Ingredients:

- 1 handful baby spinach
- ½ frozen banana, peeled and chopped
- ½ pomegranate, seeds only
- ½ cup watermelon
- ½ cup unsweetened almond milk
- 1 scoop vanilla protein powder
- 2 tbsp. chia seeds
- 1 tsp. cinnamon

Refreshing Belly Slimming Shake

Ingredients:

½ cup chopped watermelon
½ cup frozen strawberries
¼ cup plain sunflower seeds
½ cup unsweetened almond milk
1 scoop vanilla protein powder
Ice
1 tsp. turmeric

Red Energy Elixir

Ingredients:

½ frozen banana, chopped
1 handful spinach
1 red apple, chopped
¼ ginger, sliced
½ cup frozen strawberries
2 tbsp. hemp seed
1 scoop vanilla protein powder

Red Smoothie Slim Down

Ingredients:

- 1 red apple, chopped
- ½ frozen banana, sliced
- ½ cup red grapes
- 1 cup unsweetened almond milk
- ½ cup plain Greek yogurt
- 1 tsp. ground ginger

Weekend Slimming Shake

Ingredients:

- 1 handful spinach
- ½ pomegranate, seeds only
- ½ cup frozen strawberries
- 1 cup unsweetened almond milk
- 2 tbsp. chia seeds
- 1 tsp. tarragon
- 1 scoop vanilla protein powder