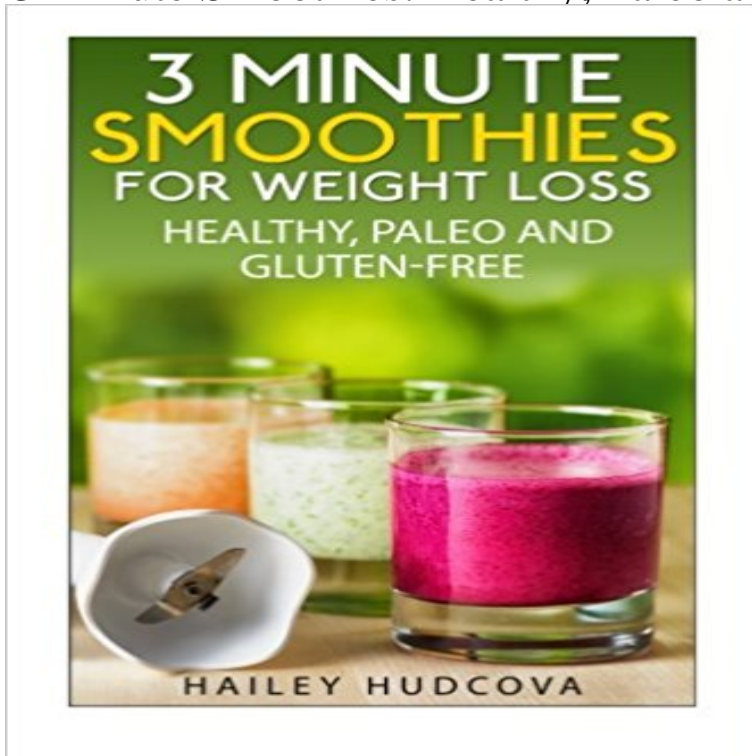


3 Minute Smoothies: Healthy, Paleo and Gluten-Free



Smoothies Done Wrong Will Ruin Your Weight Loss Okay. Youve heard lots of good stuff about smoothies. Youve heard that smoothies are packed full of nutrients. Youve heard that smoothies are great for losing weight. This is all great and true, but Only when smoothies are done right! At this point, you want to know one thing: How can smoothies be done wrong? Good question. Mistake #1 - You May Be Starving Your Body It is incredibly easy to overlook calories when you replace your meals with smoothies. Lets take a look at the Super Green Banana Smoothie youll find in this book. It contains ? cucumber, 2 handfuls of spinach, 2 sticks of kale and ? green banana. Sure, this looks like a lot of food, but it only contains 138 calories. Yes you may feel full after drinking it, but this smoothie will not be sufficient to replace a meal. A general replacement smoothie should be in the ballpark of 350-400 calories. Not eating enough calories on a regular basis will ruin your metabolism and put your body in a state of starvation, where it stores and retains fat. Do not make this mistake. Mistake #2 - Using Too Much Fruit Smoothies overloaded with fruit is the perfect example of the old adage, You can have too much of a good thing. Dont get me wrong here, fruits provide your body with the necessary nutrients to support your body functions, give you energy and help you lose weight. But when it comes to food, an excess in good thing will put your body at increased risk of health problems like weight gain. That is because fruits can contain high levels of sugar (sucrose, fructose and glucose). This excess in sugar consumption will make you fat and hinder your weight loss goals. I dont want you to make the mistakes that I made so Ive included an easy to follow guide on creating your own healthy smoothie blend in this book. Mistake #3 Not Having Enough Fiber Fiber helps you feel fuller

and it helps keep your digestive system in working order. So, it is important that you include good sources of fiber in your weight loss diet plan. The smoothies you will find in this book include a large variety of ingredients to ensure that you will enjoy delicious, energizing and nutritious smoothies to help you reach your dieting goals. Do Smoothies Right. Kickstart Your Metabolism. Lose Weight. Download Your Copy Today

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