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## Zero belly diet smoothie recipes pdf

— -- It's summer and for many of us, that means cooling off with a delicious smoothie. Smoothies made from fruit juice are essentially liquid sugar that spikes the blood sugar. But smoothies done right can be a secret weapon for weight loss, according to ABC News Nutrition and Wellness Correspondent Dave Zinzenko. Zinzenko is the author of a new book, "Zero Belly Smoothies," which claims to help you lose weight by drinking smoothies. He points to a unique blend of nutrients that can help flatten your belly, boost your metabolism and heal your digestive system. For Zinzenko, the recipe for the perfect smoothie is a balance of fiber, healthy fats and protein. He's also a fan of smoothies made with plant-based proteins. Zinzenko shares some of his favorite smoothie recipes for breakfast, lunch and dessert today on "Good Morning America." Breakfast Smoothies Smoothies can be a secret weapon for weight loss, Dave Zinzenko says. Kick-start the day right. It's all about that base, Zinzenko says. Choose a non-dairy base like coconut milk, green tea (which has zero calories), or unsweetened almond milk. You save 50 percent of the calories of regular milk with these choices. Next, add a plant-based protein powder, which not only has fewer calories, but is also a good option for people that suffer from dairy allergies. These vegetarian powders also have belly-filling fiber from oats and flaxseed that will keep you full until lunchtime. RECIPE: Fresh Off The Oat Smoothie 1/4 cup frozen blueberries 1/3 frozen banana 2 tablespoons rolled oats, cooked 2 teaspoons almonds 1/2 cup unsweetened almond milk 1 scoop plain plant-based protein powder Water to blend (optional but recommended) 271 calories, 5.4 g fat, 29 g carbs, 5.4 g fiber, 11 g sugar, 29 g protein Pre-Workout Smoothie Smoothies can be a secret weapon for weight loss, Dave Zinzenko says. If you work out in the morning, you need a smoothie that's packed with the perfect ratio of carbs and protein to build muscle. You can also add more protein with nuts and veggies like kale, which has 3 grams of protein per cup. Another option is almond butter, which has 3.5 grams of protein per tablespoon. Each of the smoothies below has about 30 grams of carbs. The result is the ultimate workout fuel. RECIPE: Lemon Kale Protein Detox Smoothie 1/2 lemon, peeled and seeded 1/2 frozen banana 1 cup kale 1/2 cup unsweetened almond milk 1 scoop plain plant-based protein powder 3 ice cubes Water to blend (optional) 254 calories, 7 g fat, 20 g carbs, 5 g fiber, 10 g sugar, 30 g protein RECIPE: Coco-Nuts Smoothie 1/2 cup unsweetened light coconut milk 1 cup kale 1/2 frozen banana 1 tablespoon unsalted peanut butter 1/2 scoop vanilla plant-based protein powder 1/2 cup ice 273 calories, 11 g fat, 28 g carbs, 5 g fiber, 9 g sugar, 19 g protein Lunchtime Smoothies Smoothies can be a secret weapon for weight loss, Dave Zinzenko says. For a smoothie at lunch, choose an option with real fruits and vegetables. Try this one made with sweet potatoes and beets for lunch. RECIPE: Potato Sweet Smoothie 1/2 cooked sweet potato, cooled, with skin off 1/2 frozen banana 1/2 teaspoon cinnamon 1 cup unsweetened almond milk 1 scoop plain plant-based protein powder 280 calories, 5 g fat, 34 g carbs, 6 g fiber, 14 g sugar, 28 g protein Smoothies for Dessert Smoothies can be a secret weapon for weight loss, Dave Zinzenko says. Zinzenko reaches for smoothies with dark chocolate as dessert after dinner. Dark chocolate contains a high percentage of pure cocoa butter, a source of saturated fat called stearic acid that slows digestion. RECIPE: Chocolate Decadence Smoothie 1/2 banana 1/4 ripe avocado, peeled, pitted, and quartered 1/4 cup black beans 1/2 cup unsweetened almond milk 1/4 cup chocolate plant-based protein powder 6 ice cubes Water to blend (optional) 300 calories, 9 g fat, 34 g carb, 11 g fiber, 9 g sugar, 25 g protein RECIPE: Almond Joy Smoothie 1/4 cup blueberries 1 tablespoon unsweetened cocoa powder 2 tablespoons shredded coconut 1 cup unsweetened almond milk 1/4 cup black beans 6 ice cubes 1/4 cup chocolate plant-based protein powder Water to blend (optional) 294 calories, 11 g fat, 24 g carbs, 10 g fiber, 7 g sugar, 25 g protein DAVID ZINCZENKO is internationally recognized as the leading voice in health, fitness, nutrition and weight loss and is the #1 New York Times bestselling author of 25 books in 15 languages, with more than 10 million books in print. Dave created the Eat This, Not That! series and the Zero Belly Diet franchise, as well as The Abs Diet series and the 8-Hour Diet. He is also the Editorial Director of Men's Fitness and the Nutrition and Wellness Correspondent for ABC News, and has appeared on Oprah, Good Morning America, 20/20, The Rachael Ray Show, the Ellen DeGeneres Show, and was a frequent guest on The Today Show. His books have changed the way the world eats and have helped millions of men and women lose weight, sometimes up to 70 pounds or more. Starting in a 2002 op-ed in the New York Times and later in 2007 with the Eat This, Not That! series of books, Zinzenko called for food manufacturers "to provide what every diner in America deserves: full disclosure" and led to calorie counts on menus and healthier formulations of products from Jamba Juice, Carl's Jr. and many more. The blockbuster series (with its pop culture attitude, shocking food swaps and proven "no-diet" weight loss strategies) continues to top the charts, with titles devoted to restaurant menu survival, supermarket shopping guides, healthy pregnancies and rapid weight loss. Oprah called Eat This, Not That! "a great guide everyone should get" and Ellen DeGeneres said "Eat This, Not That! will freak the weight right off of you!" His diet books have been equally acclaimed. The Abs Diet series was ranked as one of the best commercial diet plans by U.S. News and World Report. The 8-Hour Diet (published in 2012) led the trend of intermittent fasting. His latest franchise "Zero Belly Diet" has spawned two more bestsellers, Zero Belly Cookbook and Zero Belly Smoothies, and have helped thousands lose weight and look, feel and live better than ever. Dave's next book, The Sugar Swap Diet, will show you how giving up added sugars will melt fat and guarantee your happiest and healthiest life. Formerly the Editorial Director of Men's Health, Women's Health and Prevention, and the General Manager of Rodale Books, Zinzenko is also the Founder and CEO of Galvanized Media, a company helping define the new era of healthy living. He grew up in Bethlehem, PA, where he's in the Hall of Fame, and attended Moravian College, home of The Zinzenko Center for New Media. Well, that power is yours. With the simple push of a button, you can turn your body into a hyper-efficient fat-burning machine by revving up your metabolism, toning and defining your muscles, and turning off the genes that contribute to fat storage and myriad chronic health issues. All you need is a blender and the recipes in Zero Belly Smoothies. Zero Belly Smoothies are plant-based protein drinks that have been shown to make a dramatic impact on people's lives in as little as 72 hours. They will help flatten your belly, heal your digestive system, and strip away unwanted fat in just days. All you need to do is blend them up and drink them down. I know these smoothies will work for you, and fast, because I've seen them work for so many others. Consider the case of Fred Sparks. A 39-year-old emergency-response adviser from Katy, Texas, Fred drank Zero Belly Smoothies as part of his weight-loss program. "I noticed results in the first week," he says. "It really was amazing." Fred lost 21 pounds and 5 inches off his waist over the next six weeks. In fact, in our original Zero Belly Test Panel of more than 500 men and women, many lost up to 16 pounds in the first 14 days. Now you can achieve results like these even more quickly with this carefully created, highly effective collection of Zero Belly Smoothies. Here's just a selection of the amazing weight-loss drinks you'll find in the book — Zero Belly Smoothies, available on Amazon by clicking here: ae0fcc31ae342fd3a1346ebb1f342fc 1/4 cup unsweetened almond milk 1/4 cup chai tea (brewed from a teabag and chilled) 1/2 scoop plant-based vanilla protein powder 1/2 frozen banana 1/2 tsp ground cinnamon 1/2 tsp unsalted natural almond butter water to blend (optional) 219 calories/9 g fat/20 g carbs/4 g fiber/17 g protein 1/4 cup no-sugar-added apple juice 1/4 cup water 1/2 scoop plant-based vanilla protein powder 1/2 Bosc pear, chopped 1/2 cup baby spinach, loosely packed 1/2 frozen banana 1/4 ripe avocado 271 calories/6 g fat/40 g carbs/8 g fiber/15 g protein BLAST FAT WITH 150+ RECIPES FROM TOP CHEFS in Zero Belly Cookbook—the essential companion to Zero Belly. Click here to discover more! 1/2 cup unsweetened almond milk 1 scoop vanilla plant-based protein powder 1/2 cup frozen blueberries 1/2 tsp natural unsalted almond butter water to blend (optional) 232 calories/6 g fat/16 g carbs/3 g fiber/28 g protein 1/2 cup unsweetened almond milk 1 scoop vanilla or chocolate plant-based protein powder 1 tsp unsweetened cocoa powder 1/2 frozen banana 1/2 tsp natural unsalted peanut butter water to blend (optional) 258 calories/6 g fat/21 g carbs/5 g fiber/30 g protein 1/4 cup unsweetened almond milk 1/4 cup chai tea (brewed from a teabag and chilled) 1/2 scoop plant-based vanilla protein powder 1/2 frozen banana 1/2 tsp ground cinnamon 1/2 tsp unsalted natural almond butter water to blend (optional) 219 calories/9 g fat/20 g carbs/4 g fiber/17 g protein Green Monster 1/4 cup no-sugar-added apple juice 1/4 cup water 1/2 scoop plant-based vanilla protein powder 1/2 Bosc pear, chopped 1/2 cup baby spinach, loosely packed 1/2 frozen banana 1/4 ripe avocado 271 calories/6 g fat/40 g carbs/8 g fiber/15 g protein BLAST FAT WITH 150+ RECIPES FROM TOP CHEFS in Zero Belly Cookbook—the essential companion to Zero Belly. 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