



# The Best 7 Day Smoothie Weight Loss Diet Plan



DAY	BREAKFAST	LUNCH	DINNER
<b>MONDAY</b>	<ul style="list-style-type: none"> <li>- 1/2 cup almond milk</li> <li>- 1 tablespoon almond butter</li> <li>- 2 cups kales</li> <li>- 1/4 cup mixed berries</li> </ul>	<ul style="list-style-type: none"> <li>- 2 cups spinach</li> <li>- 2 celery stalks</li> <li>- 1 kiwi</li> <li>- 1 banana</li> <li>- 1 piece of ginger</li> <li>- 1 cup water</li> </ul>	<ul style="list-style-type: none"> <li>- 1 cup mixed berries</li> <li>- 1/2 cup Greek yogurt</li> <li>- 1/4 cup pineapple slices</li> <li>- 2 cups spinach</li> <li>- 1 cup water</li> </ul>
<b>TUESDAY</b>	<ul style="list-style-type: none"> <li>- 1 cup pineapple slices</li> <li>- 1 banana</li> <li>- 1 cup almond milk</li> <li>- 2 cups spinach</li> <li>- 1 tablespoon almond butter</li> </ul>	<ul style="list-style-type: none"> <li>- 1 avocado</li> <li>- 1 cucumber</li> <li>- 1 stalk celery</li> <li>- 1/2 cup Greek yogurt</li> <li>- 1 kiwi</li> </ul>	<ul style="list-style-type: none"> <li>- 1/2 cup oats</li> <li>- 1 cup almond milk</li> <li>- 1 cup apple slices</li> <li>- 1 cup kale</li> <li>- 1/4 teaspoon vanilla extract</li> </ul>
<b>WEDNESDAY</b>	<ul style="list-style-type: none"> <li>- 1 cup mixed berries</li> <li>- 2 cups spinach</li> <li>- 1 peeled lemon</li> <li>- 1/2 avocado</li> <li>- 1 tablespoon flaxseeds</li> </ul>	<ul style="list-style-type: none"> <li>- 1 cup almond milk</li> <li>- 1/2 cup oats</li> <li>- 1 tablespoon almond butter</li> <li>- 1 banana</li> <li>- 1 tablespoon cinnamon</li> </ul>	<ul style="list-style-type: none"> <li>- 2/3 cup almond milk</li> <li>- 2 cups kale</li> <li>- 1 stalk celery</li> <li>- 1/4 avocado</li> <li>- 1/2 cup apple slices</li> <li>- 1 tbsp chia seeds</li> </ul>
<b>THURSDAY</b>	<ul style="list-style-type: none"> <li>- 1 cup coconut water</li> <li>- 1 cup pineapple slices</li> <li>- 2 cups spinach</li> <li>- 1/2 cup oats</li> <li>- 1/4 tsp vanilla extract</li> </ul>	<ul style="list-style-type: none"> <li>- 1 cup Greek yogurt</li> <li>- 1 banana</li> <li>- 1/2 avocado</li> <li>- 1 tablespoon almond butter</li> <li>- 1 cup kale</li> </ul>	<ul style="list-style-type: none"> <li>- 1 1/2 cup mixed berries</li> <li>- 1 cup almond milk</li> <li>- 1 stalk celery</li> <li>- 1 piece ginger</li> <li>- handful of mint</li> </ul>
<b>FRIDAY</b>	<ul style="list-style-type: none"> <li>- 2 cups spinach</li> <li>- 1 avocado</li> <li>- 1/2 cup apple slices</li> <li>- 1 tablespoon cinnamon</li> <li>- 1 cup water</li> </ul>	<ul style="list-style-type: none"> <li>- 1 cup almond milk</li> <li>- 1 cup Greek yogurt</li> <li>- 1/4 cup oats</li> <li>- 1 banana</li> <li>- 1 cup spinach</li> </ul>	<ul style="list-style-type: none"> <li>- 1 cup coconut water</li> <li>- 2 tablespoons chia seeds</li> <li>- 1/2 cup pineapple slices</li> <li>- 1 cup kale</li> </ul>
<b>SATURDAY</b>	<ul style="list-style-type: none"> <li>- 1 cup Greek yogurt</li> <li>- 1/2 cup almond milk</li> <li>- 1 kiwi</li> <li>- 2 tablespoons flaxseeds</li> <li>- 1 stalk celery</li> </ul>	<ul style="list-style-type: none"> <li>- 1 cup apple slices</li> <li>- 1 cup spinach</li> <li>- 1/2 cup oats</li> <li>- 1 tablespoon almond butter</li> <li>- Handful of mint</li> </ul>	<ul style="list-style-type: none"> <li>- 1 cucumber</li> <li>- 2 cups kale</li> <li>- 1 avocado</li> <li>- 2 tablespoons chia seeds</li> </ul>
<b>SUNDAY</b>	<ul style="list-style-type: none"> <li>- 1 1/2 cups mixed berries</li> <li>- 1 1/2 cup Greek yogurt</li> <li>- 1 tablespoon flaxseeds</li> <li>- 1 tablespoon cinnamon</li> </ul>	<ul style="list-style-type: none"> <li>- 1 cup almond milk</li> <li>- 3 tablespoons almond butter</li> <li>- 1 cup apple slices</li> <li>- 1 cup kale</li> <li>- 1 tbs chia seeds</li> </ul>	<ul style="list-style-type: none"> <li>- 1 kiwi</li> <li>- 1 cucumber</li> <li>- 1 cup spinach</li> <li>- 1/2 avocado</li> <li>- 6 tablespoons lemon juice</li> <li>- Handful of mint</li> </ul>

Add 1/2 cup of ice to the ingredients. You can add a scoop of protein powder to 2 of your smoothies daily to increase your protein intake.

