

FLAT BELLY SMOOTHIES



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Flat Belly Metabolic Drinks



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INTRODUCTION

There's a reason why some people strongly disapprove of industrial juices, sodas and similar drinks while dieting. More often than not, these drinks are absolutely loaded with sugar. And when I say loaded, I mean it, you could easily call them "diabetes" drinks. For example, your average juice or soda contains seven squares of sugar. Yes, I said seven.

Let's move on, shall we?

Basically, most commercially available drinks are either sugar bombs or totally devoid of any nutritional substance (or alternatively, both). In addition, diet versions aren't necessarily healthier – often, they contain artificial sweeteners that are known carcinogens (aspartame comes to mind).

And last but not least, most industrial juices aren't super healthy options either – once, devoid of the fibre of the fruit, a juice is basically just lots of sugar and some nutrients. Also, heavy processing doesn't leave much nutrients.

So, it's best to avoid most of these altogether.

However, that doesn't mean you can only drink water, unsweetened tea or coffee!

If you can control what you put in your teas, smoothies and even, some juices; you can easily transform them into very nutritious drinks. Moreover, weight loss wise, you can also control the amount of carbs (aka sugar) that's in them.

That's why we have created this special weight loss e-book containing 10 easy, tasty and nutritious drinks. Also, some of the smoothies can be used as a meal replacement (if it is, it will be mentioned).

The following recipes can help you lose weight and after your desired goal achieved, they can also help you maintain your weight loss.

One of the main benefits of these recipes, it's how practical and easy they are to make. You can make yourself a nutritious drink with our very simple directions and then, you can go back to your life. Afterwards, you won't be tempted by anything naughty since your belly is already full of healthy deliciousness.

Because, not only these recipes are great for weight loss, they also happen to be tasty treats!

We weren't going to make an e-book about drinks packing healthy ingredients but disregarding their flavour. Pleasure is a very important thing when dieting. Actually, let me correct this...it's fundamental when dieting!

You are already restricting your calorie intake. Consequently, the last thing you need is restricting pleasure. This is how the yo-yo effect works: you do some very drastic diet for X time and then, you put back all the weight you have lost and then, some!

Therefore, we have concocted these 10 wonderful drinks, that will help you lose weight stress-free! Finally, they contain easily available ingredients and they won't drain your bank account either.

Enjoy!

Ginger & Lemon Tea

A refreshing tea to boost your metabolism and immune system

Ingredients (for one tea):

- 1 inch | fresh ginger root (don't peel it)
- 1 or 2 tablespoons | freshly squeezed lemon juice
- 1 cup | water
- Optional: 1 tablespoon | raw honey (unpasteurized) or for a lower carb option: add 1 teaspoon of erythritol or xylitol* (both are alcohol sugars that aren't entirely absorbed by our bodies and are safe to use)

* Xylitol can have laxative effects, use it sparingly.

Directions:

Gather all the ingredients and start grating the ginger into your container (you can also mince it with a knife). Pour 1 cup of boiling water over the ginger. Let it steep for 5 minutes.

Meanwhile, put the honey (or sweetener of your choice) and lemon juice in a large mug.

Strain the ginger infusion into the mug. Stir the mix and add a little honey or sweetener, if needed.

For best results, drink it in the morning while fasting (before breakfast). If you have a relative suffering from diabetes or are at risk, this drink is a must to maintain healthy blood sugar levels.

[Discover the Amazing Benefits of...](#)

Ginger

Ginger is a root native from South-east Asia, it's commonly found in foods and medicine all over the

world. Many active ingredients in this root can promote health and wellness.

Research is still young when it comes to ginger but some interesting discoveries have been made.

For instance, ginger is an excellent anti-inflammatory. Inflammation is a body function of self-preservation. However, germs, pollution, some chemicals and a bad lifestyle can result into too much inflammation. And this is something that really needs to be avoided or dealt with, before it can cause serious issues.

Ginger is also an excellent antioxidant which may help to prevent neurodegenerative diseases, cancer, heart disease and slow down...some symptoms of ageing.

And last but not least, ginger can balance blood sugar. For example, a study found that ginger improved fasting blood sugar in diabetics. [\(1\)](#)

While another study showed that ginger was effective to reduce "bad" cholesterol (LDL) and triglycerides in rats fed a high-fat diet. Thus, this drink is a daily must if you are doing a ketogenic diet. [\(2\)](#)

Finally, ginger may help the process of weight loss, combined with a good diet and an active lifestyle. Several studies found that ginger suppressed appetite, preventing you from overeating. [\(3,4\)](#)

Lemon

Lemon is a basic staple in most kitchens and an extremely versatile fruit. It's a popular ingredient in many recipes, including drinks and cocktails.

As you might already know, lemon is an excellent source of vitamin C (as long as it's not been overheated) – which has antibacterial and antiviral properties. Consequently, lemon is your friend to boost your immune system.

But a simple yellow lemon can do much more for you. The combination of this sunshine fruit and

water can boost your metabolic rate, which may help you shed some extra pounds!

Studies have shown that lemon can reduce weight gain, offset the negative effects of high blood sugar and improve insulin resistance. ([5](#),[6](#))

Fat Burning Juice

Keep fat and diabetes at bay, & promotes good sleep

Ingredients (for one juice):

- 1 | pink grapefruit
- 2 | oranges
- 1 bunch | mint
- 1 cup | kale

Directions:

Peel your grapefruit and oranges. You can then either put all ingredients through a juicer, blender or a food processor. That's it!

Drink this juice on a busy (active) day for a boost of energy (only once). For extra freshness, don't hesitate to add some ice. Avoid drinking this juice in the evening.

Discover the Fresh Benefits of...

Grapefruit

Grapefruit is a citrus known for its sour and slightly sweet taste. It contains an abundance of nutrients, antioxidants and fibre – while being a very tasty low carb/low calorie fruit.

A single medium sized grapefruit is about 50 calories and only contains 13 grams of carbs. It's loaded with Vitamin C and A, and provides some of the recommended intake of potassium, thiamine, folate and magnesium.

Research shows that fibre rich fruits are beneficial to induce a feeling of fullness. ([7](#))

A randomized study on individuals who suffered from insulin resistance and metabolic syndrome showed significant results... Some participants were given a grapefruit daily for 12 weeks. Others had either placebo capsules, grapefruit juice or capsule. The group who had fresh grapefruit lost 1.6 kg, the grapefruit juice group lost 1.5 kg, the grapefruit capsule group lost 1.1 kg and the placebo one lost 0.3 kg.

Moreover, the study showed that the grapefruit groups all had significant reductions of insulin levels compared to the placebo group. (8)

Clearly, grapefruit is a great addition to the family of "anti-diabetic" foods. This fruit is a must in your weight loss plan and well, just a must... for healthy eating.

Mint

Mint is one of these plants that we don't even question anymore – it can be easily bought anywhere and it's highly refreshing. Besides the obvious, mint, also known as *Mentha*, has dozens of species and has been widely used as a medicinal plant for centuries.

Mint contains vitamins A, B2 and C, lots of fibre, potassium, calcium, zinc, magnesium and copper.

This fresh herb does more than packing a nutritional punch, it also has very interesting properties.

Mint boosts digestion, helps with bloating and turns food into energy more efficiently. Meaning: less fat around your waste, more for your body to function well. (9)

But that's not all, these crafty little green leaves heighten mental alertness and memory. A study found that mint flavoured gum chewers had higher memory retention and mental alertness than those who didn't chew them. (10)

Kale

Kale is definitely a food that deserves to be called a superfood. A single cup of kale provides twice the daily recommended amount of Vitamin A, six times of vitamin K, 134% of vitamin C and a good quantity of vitamin B6, manganese, calcium, copper, potassium and magnesium to boot!

Moreover, kale is a very low calorie food, clocking a total of 33 calories per cup. Additionally, it's packed with antioxidants, which makes it a great tool to prevent many diseases.

But there's a couple of other reasons behind including kale into this juice...

First, kale isn't necessarily something everyone loves, the other ingredients in this juice are great to balance the flavour of kale and making it more palatable for those who aren't fans.

Secondly, kale is an excellent source of tryptophan. Tryptophan is an essential amino acid, which happens to be a precursor of serotonin – the “happiness” hormone. By adding more tryptophan-rich foods in your diet, you will balance your sleeping habits and stabilise your mood more easily.

Studies have shown that low tryptophan levels are associated with lower moods and cognitive impairments. Upping your consumption of this amino acid boosts stress management, sleep, mood and memory. [\(11\)](#)

Slimming Floral Tea

Lose weight while pleasuring your taste buds

Ingredients (for 1 litre):

- 1 tablespoon | white tea
- 1 tablespoon | dried hibiscus flowers
- optional (per cup): ½ teaspoon of erythritol or xylitol*, or 1 teaspoon of raw honey

* Xylitol can have laxative effects, use it sparingly.

Directions:

Boil 1 litre of water. Meanwhile, add the white tea and hibiscus into your teapot or container of choice. Pour the water and let it steep for 10 minutes. Drain and enjoy! To balance the bitterness of hibiscus, you can add a sweetener or 1 teaspoon of raw honey.

You can drink as many cups of this tea as you'd like. However, avoid drinking it in the evening...if you value your sleep.

Discover the Elegant Benefits of...

Hibiscus

Hibiscus tea uses the flower of the plant *Hibiscus Sabdariffa*. It is often consumed as a medicinal drink, especially in Africa. This tea has a deep ruby red colour and a tart taste. Depending on personal preference, it can be consumed either hot or cold.

Hibiscus is loaded with antioxidants – molecules that prevent cell damage and thus, may prevent

disease.

However, one of its most impressive benefits may be its blood pressure lowering properties. In one study, participants with high blood pressure were given either hibiscus tea or a placebo. After six weeks, the hibiscus group had a significant decrease of blood pressure compared to the placebo group. (12)

Another study showed that hibiscus tea was effective to increase "good" HDL cholesterol and, decrease "bad" LDL cholesterol and triglycerides. (13)

Finally, hibiscus seems to have weight loss properties too! In one study, researchers gave hibiscus or a placebo to their 36 overweight participants. After 12 weeks, the hibiscus extract had reduced the body weight and body fat of the non-placebo group. (14)

White Tea

White, green and black tea all come from the same plant: *Camellia Sinensis*. Different ways of processing the tea give them their unique aromas. When it comes to white tea, it's the least processed. Consequently, it contains far more antioxidants than its counterparts.

Not unlike green tea, white tea is rich in caffeine and in epigallocatechin gallate – or EGCG – a compound linked to fat burning. The combination of these two compounds seems to amplify their weight loss inducing efficiency. (15)

Additionally, it would seem that white tea could also lower the risk of insulin resistance. This phenomenon happens when the body stops responding to insulin (it's usually the result of a high carb/sugar diet). As a result, this condition can lead to chronic health conditions, such as type 2 diabetes, metabolic syndrome and heart disease. (16)

To further confirm this, several studies have found that the molecules contained in tea, such as polyphenols, were efficient to significantly reduce the risk of insulin resistance.

The research is still ongoing but this won't be the last time that we'll be hearing about the weight loss benefits of white tea or tea, in general.

“Thy Fat Shall Melt” Drink

A must to burn fat efficiently

Ingredients:

- 1 tablespoon | unfiltered “raw” apple cider vinegar
- 8 ounces or 0.24L | purified or distilled water
- 1 tablespoon | raw honey or sweetener of choice (erythritol, xylitol or stevia)

Directions:

Mix all ingredients thoroughly and drink it preferably while fasting, in the morning. You can halve the quantity of apple cider vinegar if your stomach is too sensitive.

It's highly advised to not exceed 2 tablespoons of apple cider vinegar daily and only 1 tablespoon should be taken at once.

Discover the Powerful Benefits of...

Organic (Raw) Apple Cider Vinegar

Apple Cider Vinegar – or ACV – is undoubtedly the most popular “healthy” vinegar these days. And unlike some products, most health related claims happen to be actually true and backed with solid science.

ACV is made through two processes. First, crushed apples are exposed to yeast, which allows the fermentation of the sugar they contain and allows to turn them into alcohol.

Then, bacteria is added to the alcohol, which will continue the process of fermentation and turn

alcohol into acetic acid – the main active ingredient in vinegar.

ACV has many beneficial properties. One that is of great interest is its numerous benefits for blood sugar and insulin levels.

Apple cider vinegar improves insulin sensitivity (during a high carbohydrate meal) and also, significantly reduces blood sugar. (17)

Numerous studies have reported very similar results.

But that's not all, it seems that vinegar is a great weight loss ally too. One study has striking results when it comes to the fat burning properties of ACV.

175 obese participants consumed apple cider vinegar daily without changing their diet. The group who had 1 tablespoon daily lost an average of 2.6 pounds (1.2 kg) and the group who had 2 tablespoons lost an average of 3.7 pounds (1.7 kg). (18)

While this study was conducted over 3 months, it shows that the addition of only one ingredient can have a noticeable effect on weight loss.

Should you add a healthy diet, an active lifestyle and this addition becomes a fantastic result!

Raw Honey (aka Organic Unpasteurized Honey)

Honey is more than a delicious sweet nectar that exalts our taste buds. It's also a powerhouse of nutrition and has many health benefits.

However, not all honeys are created equal. To get the most out of this natural wonder, it has to be processed as little as possible. In order to ensure that, try to find a small organic producer or find a reputable brand with good traceability.

Honey is a good source of antioxidants, it has antibacterial and antifungal properties, and can also be used to heal wounds! For instance, some medical establishments will use Manuka honey to boost

tissue regeneration.

Moreover, a very good honey can help you lose weight. It's a very potent prebiotic, which means that it can nourish the good bacteria that inhabits your intestines.

New research has shown that a healthy intestinal flora (aka gut bacteria) is essential, not only to lose weight but also, to keep the weight off! (19)

Nevertheless, honey still contains fructose – which will end up as glucose in our bodies. And as such, if you are planing on losing weight, eat it in moderation. One or two tablespoons daily tops!

“Peaceful Sleep” Tea

A soothing tea for a good night of sleep

Ingredients:

- 1 tablespoon | rooibos
- 1 teaspoon | chamomile
- 10 ml (per mug) | unpasteurized milk or organic soy milk
- Optional: 1 tablespoon | raw honey (unpasteurized) or 1 teaspoon of stevia, erythritol or xylitol*

* Xylitol can have laxative effects, use it sparingly.

Directions:

Boil 1 litre of water. Meanwhile, add the rooibos and chamomile into your teapot or container of choice. Pour the water and let it steep for 3 to 5 minutes. Drain and serve in a normal sized mug with unpasteurized milk or soy milk, and if needed, a teaspoon (per mug) of the sweetener of your choice.

Discover the Relaxing Benefits of..

Rooibos

Rooibos tea comes from the leaves of a shrub called *Aspalathus linearis*, usually found on the western coast of South Africa.

This tea isn't related to green, black or white tea – rooibos is an herbal tea and it doesn't contain any caffeine. However, it's packed full of antioxidants, which is a must to fight against ageing and disease.

One of these antioxidants, aspalathin would seem to have anti-diabetic properties. A study in mice found that aspalathin lowered insulin resistance and balanced blood glucose. ([20](#))

If you have low iron levels, rooibos might be a drink of choice, as it doesn't contain much tannins (unlike actual green or black tea). Tannins interfere with the absorption of some nutrients, like iron.

It's important to know that rooibos is very safe. Nevertheless, some very rare side effects have been reported when drinking large quantities.

Some compounds of rooibos seem to stimulate oestrogen production (a female sex hormone). So, if you have hormonal issues you may want to be careful with it. ([21](#))

Chamomile

Chamomile tea is a popular drink for its numerous health properties. One of the most known, of course, is its light sedative benefits – making it an ideal tea to unwind at the end of the day.

Chamomile flowers come from an herb that belongs to the Asteraceae family. Its flowers are dried and then, infused in hot water to make tea.

This relaxing plant contains a very healthy load of antioxidants – which lowers the risk of several diseases, such as heart disease and cancer.

When it comes to the benefits of chamomile as a sleeping aid, several studies have found that chamomile improved sleep quality, reduced insomnia and lowered symptoms of depression. ([22](#), [23](#))

Why did we include a sleeping tea for your weight loss?

Healthy sleeping patterns and enough sleep is essential for your body to balance hormones and “reset” for the following day. Often, sleep deprived people report being hungrier – which is the result of unbalanced ghrelin and leptin, two hormones playing a crucial role in the control of hunger.

Moreover, a good night sleep (on the regular) is essential for healthy mental health and stress management. Two factors that are paramount to keep on shedding weight consistently.

Spicy Carrot & Apple Smoothie

A filling smoothie that will keep you going!

Ingredients (for one smoothie):

- 1 | organic carrot
- 1 | organic apple
- 1 inch | ginger

Directions:

Cut your carrot and apple in smaller pieces (only peel them if they aren't organic). However, do peel your ginger – you can adjust the quantity used depending on your taste.

Then, you can either put everything through a juicer or a food processor. Enjoy straight away, while it's fresh!

Drink this smoothie on an active day for a boost of energy (only once). For extra freshness, don't hesitate to add some ice.

Discover the Sweet Benefits of...

Apples

Usually, apples are a basic fruit you will find in most kitchens and year round in any supermarket. You probably have heard the famous “an apple a day, keeps the doctor away.” Well, maybe it would be more appropriate to say “an apple a day, keeps the pounds away”!

Apples are essentially water. In fact, a single average size apple contains about 85% water. Foods

that are water-rich are crucial in any diet, as they are quite filling.

It's been shown that low energy foods – such as apples – boost satiety, reduce overall calorie intake and promote weight loss. (24)

Moreover, water reduces the energy density of other foods. Which means that water is 0 calories and fruits (or vegetables) with high water content tend to be very rich in dietary fibre.

An apple contains approximately 4 grams of fibre. By making sure, you eat enough fibre daily, you will increase your chances to attain a lower body weight and you will significantly reduce your risk of obesity. (25)

Additionally, apples have many other health benefits. They possess compounds that help balance blood sugar, they reduce the risk of heart disease and cancer, and apparently, they would seem to improve brain function!

Carrots

Carrots are a root vegetable that contains beta-carotene (an antioxidant that is converted into vitamin A), fibre, vitamin K, potassium and antioxidants. This common vegetable possesses numerous health properties. Carrots are a great weight loss food, they lower cholesterol levels and can improve eye health.

The water content of a carrot is usually between 85 and 95%. Not unlike apples, carrots are a low energy density food. The rest of the carrot is essentially carbohydrates and fibre.

Carrots are very filling and are particularly beneficial for people who watch their blood sugar levels, as they rank low on the glycemic index – meaning they raise blood sugar slowly and in a balanced fashion. Giving the person who eats them, regular energy levels throughout the day.

The fibre present in carrots, such as pectin are soluble fibres. They can feed the good bacteria in the intestines (which is important for weight loss as I mentioned it earlier). Also, some soluble fibre can

effectively lower blood cholesterol. ([26](#))

Finally, carrots pack a punch when it comes to nutrients. They are a good source of numerous vitamins and minerals, such as vitamin A, Biotin (a vitamin B that plays an essential role in protein and fat metabolism), vitamin K1, potassium and vitamin B6. In addition, they contain many substances possessing powerful antioxidant effects.

Ultra Green Smoothie

Way tastier and prettier than slime!

Ingredients (for one smoothie):

- ¼ cup | pineapple
- 1 | orange
- 1 cup | raw spinach
- 1 cup | unsweetened almond milk

Directions:

Peel your pineapple and orange. Put all ingredients into a food processor. Drink it quickly after you've made it. Enjoy!

This smoothie is ideal in the morning or as a snack – if you need a bit of a boost, you can also eat it with a small handful of nuts. For extra freshness, don't hesitate to add some ice. Avoid drinking this smoothie in the evening.

[Discover the Benefits of...](#)

Pineapple

Pineapple is a tasty tropical fruit that originated in South America and was named by early European explorers because of its resemblance to pine cones.

It provides a good amount of vitamin C, copper, manganese, vitamin B6, thiamin, potassium and folate – it's also rich in antioxidants and enzymes. In fact, one group of digestive enzymes has very

promising properties: bromelain.

Bromelain is effective to improve digestion by helping breaking down foods (especially protein) and consequently, food is better absorbed. (27)

Moreover, bromelain may be useful to reduce inflammation and speed up muscular recovery. Thus, pineapple is a great ally before or after a strenuous workout! (28)

Nonetheless, don't overeat this delicious fruit as it has quite a high carb content!

Spinach

Spinach isn't just a tasty green vegetable that can be incorporated into nearly every dish. It also has a variety of healthy benefits. For starters, it's loaded with nutrients and antioxidants – such as vitamins A, C and K1, folic acid, iron, calcium, magnesium and more.

Eating this leafy green on the regular can benefit eye health, reduce oxidative stress and inflammation, promote heart health, lower the risk of cancer and reduce blood pressure. (29)

In addition, spinach is mostly fibre with a very low carb content (about 0.4%). Making it a great veggie in a weight loss diet – or any diet actually!

By adding spinach into your slimming journey, you will easily boost your nutrient intake and energy levels.

Moreover, spinach is quite filling which is essential to resist temptations....

“Vitality” Coffee Smoothie

A tasty smoothie that will keep you full and alert

Ingredients (for one smoothie):

- 1 tablespoon | high quality ground coffee
- ½ cup | brewed coffee
- ½ | ripe banana
- ¾ cup | unsweetened almond milk or any other unsweetened milk
- ½ teaspoon | vanilla extract
- ½ cup | ice
- optional: a little raw honey or sweetener

Directions:

Mix all ingredients in a food processor or a blender until smooth. Add more ice if it's too liquid or more milk if it's too thick. Enjoy while it's fresh!

You can drink this smoothie for breakfast or as a snack (active day). Eat a few nuts with it (almonds or Brazil nuts preferably) for a full meal or alternatively, you can add a tablespoon of peanut or almond butter into your smoothie. Avoid this smoothie in the evening.

Discover the Powerful Benefits of...

Coffee

Alongside tea, coffee is one of the world's most popular drinks. It's high in antioxidants and nutrients. But when it comes to weight loss, one word comes to mind: caffeine!

Indeed, coffee is mainly known as a stimulant, used for a quick pick me up. After drinking coffee, caffeine is absorbed into the bloodstream and travels to your brain. Once there, it blocks an inhibitory neurotransmitter called adenosine.

Afterwards, the quantity of other neurotransmitters such as dopamine and norepinephrine increases, leading to a higher firing of neurons. (30)

In other words... caffeine improves memory, mood, reaction time, vigilance, energy levels and overall mental function.

On the weight loss front, caffeine is a great fat burning compound. Studies have showed that caffeine can boost metabolism by up to 11%. And while this is impressive, the leaner you are, the more efficient it becomes. In fact, caffeine increases fat burning up to 29% in lean people! (31)

Another health benefit that ought to be mentioned is how caffeine can significantly boost physical performance. On average, caffeine can improve physical performance by 12%. (32)

Banana

Bananas are not only delicious, they also happen to very nutritious and versatile. They are native from South-east Asia and are grown in most tropical parts of the world.

This gorgeous yellow fruit contains a good amount of fibre and antioxidants. Moreover, it's a good source of potassium, vitamins B6 and C, magnesium, copper and manganese.

However, one banana has an average of 24 grams. Thus, for weight loss purposes, banana shouldn't be overeaten. Nonetheless, they still are very useful to lose weight...when eaten in moderation!

For instance, bananas contain pectin and starch that can moderate blood sugar levels after meals and reduce appetite. (33)

Furthermore, bananas are a low calorie food, an average one clocks about 100 calories. Considering how filling and nutritious they are, it's no surprise that bananas are associated to lower body weight and weight loss. (34)

So, don't snob bananas but one banana daily is more than enough!

Post-Workout Smoothie

A delicious & healthy treat after a good workout

Ingredients (for one big smoothie or two medium sized ones):

- 1 | banana
- 1 cup | chopped strawberries
- 1 cup | unsweetened vegetal milk or organic milk
- 1 tablespoon | peanut or raw almond butter

Directions:

Peel your banana. Place in a blender (or a food processor) and blend all ingredients until smooth. Pour into your mug or glass, and enjoy!

Drink this smoothie once a day, if you are extremely active or after a workout to replenish your fuel. For extra freshness, don't hesitate to add some ice. Avoid drinking this juice in the evening.

[Discover the Yummy Benefits of...](#)

Strawberries

Strawberry, as we know it, is an hybrid from two wild species found in North America and Chile. This delicious and juicy fruit is an excellent source of vitamin C and manganese, while also providing a good amount of potassium and folate.

These gorgeous red berries contain a whopping 91% of water, about 7.7% of carbohydrates and a

minor amount of fat and protein.

Furthermore, strawberries are loaded with antioxidants and compounds that are beneficial for heart health and to balance blood sugar levels. (35)

Studies have also found that berries are useful to reduce “bad” LDL cholesterol and boost “good” HDL cholesterol, and lower blood pressure. (36)

Bottom line, strawberries are low in calories, healthy, nutritious and lower cholesterol, blood pressure, inflammation, blood sugar levels, the risk of cancer and they are delicious.

What's not to like?

Almond Butter

So why choose almond butter over a delicious and decadent peanut butter?

Frankly, if we only base ourselves on nutritional value, both peanut and almond butter are quite similar. However, almond butter contains more vitamins, minerals and fibre.

And almond butter has other cards to play...

Almond butter contains less saturated fat (peanut butter contains twice as much) – which shouldn't be eaten in large quantities to avoid increasing your risk of cardiovascular disease.

Moreover, almond butter contains three times as much vitamin E, twice as much iron and SEVEN times more calcium than the mighty peanut butter.

Even if nuts are a high calorie food, they also happen to be extremely nutritious and nut butter is no different.

Research has shown that people who eat nuts regularly are less likely to have type 2 diabetes or heart disease. (37)

Finally, nut butters are very filling, a little goes a long way!

“Night Night” Diner Smoothie

Boosts your mood and improves your nights

Ingredients (for one smoothie):

- ½ cup | kale
- ½ cup | natural organic yogurt
- ½ | banana
- 1 | kiwi
- 1 teaspoon | raw and unsweetened almond butter
- 1 teaspoon | ground flax seeds
- ¼ cup | unsweetened almond milk

Directions:

Peel your kiwi and banana. Blend all ingredients until smooth and drink straight away.

Discover the Benefits of... Relaxing Foods

I mentioned tryptophan in the “Fat Burning Juice”, which contains an ingredient with this amino acid: kale. Basically, this smoothie is a combination of kale and other ingredients, promoting a good night of sleep and overall, a better mood.

Let's have a quick look at these other “chill” ingredients!

Kiwi

Kiwis pack a lot of flavour and they aren't shy when it comes to health benefits either. They are an excellent source of vitamins C, K and E, potassium and folate. Moreover, they are loaded with many

antioxidants and fibre. However, do peel it before eating it!

Funnily, I did mention earlier that "one apple a day, keeps the doctor away". Well, kiwis seem to be far more efficient to lower blood pressure than the single apple a day. (38)

Long term, this means that kiwis reduce the risk of strokes, heart disease and heart attacks.

Finally, kiwis are great to aid digestion, they contain plenty of fibre and an interesting enzyme: actinidin. This proteolytic enzyme greatly improves the digestion of proteins. (39)

Flax Seeds

Here's another food that easily deserves to be called a superfood!

Flax seeds are PACKED with nutrients. A single tablespoon of ground flax seeds contains the following: omega-3 fatty acids, vitamins B1, B6 and folate, calcium, iron, magnesium, phosphorus and potassium.

Also, these little seeds are rich in dietary fibre: soluble and insoluble fibre. As such, this duo of fibre is a powerhouse to improve bowel movements. Moreover, soluble fibre slows down digestion rate, which has been shown to aid balance blood sugar levels and reduce cholesterol. (40)

A study found that the addition of 25 grams of flax seeds daily (in a beverage) reduced feelings of hunger. (41)

But that's not all, flax seeds may also be useful to promote healthy blood pressure and blood sugar levels.

So, add a little crunch or some ground nuttiness to your diet!

Natural Yogurt

Plain yogurt is made by bacterial fermentation of milk. This bacteria ferments lactose, which is the sugar found in milk. Then, the process produces lactic acid and this compound causes milk proteins to curdle. And that's how yogurt is made!

However, not all yogurts are good for you. Go for plain yogurts and if possible, organic ones. Always

check labels to avoid sugar, artificial flavours and colourants.

Now, let's explore its health benefits.

Yogurt contains a lot of calcium (obviously) but that's not all. It's a brilliant source of B vitamins, phosphorus, magnesium and potassium. Vitamins and minerals that are essential against heart disease, regulating blood pressure, metabolism and bone health.

Lastly, an organic yogurt of quality will contain effective probiotics. These probiotics will boost digestive health and are great to ensure a thriving intestinal flora. And as such, they will help you to make sure you keep the weight off once you lose it! (42)

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