

ROSALIND ZOEY TAN

SEVEN
SMOOTHIE
RECIPES TO
KICKSTART
YOUR
WEIGHTLOSS
JOURNEY



BACK TO NATURE WEIGHT LOSS PROGRAM
INTERMITTENT FASTING, NUTRITION, AND
WEIGHT LOSS TRANSFORMATION,

THE BACK TO NATURE

S.L.I.M SYSTEM

All things are parts of one single system, which is called nature;
the individual life is good when it is in harmony with nature.

— Zeno of Citium

S

Syncing with the
Earth's Clock

L

Leaving Unnatural
Foods Behind

I

Incorporating Health
Hacking Practices

M

Moving in Step
With Nature



SIP YOUR WAY TO SLIM

The Ultimate Fat-Burning Smoothie Basic Ingredients

Imagine a drink that supports your weight loss journey with every delightful sip. Enter the ultimate fat-burning smoothie ingredients! Some of these ingredients have also been classified as superfoods, which are foods with a very high nutritional density and very few calories. They are rich in antioxidants, vitamins, minerals that are good for one's health. All we need now is just a trusty blender and these power ingredients.

Liquid Base

Soy Milk: Soy milk is low in carbs and a fantastic source of quality protein. In Chinese culture, soy milk is revered as a health elixir brimming with nourishing properties. Packed with protein, vitamins, and minerals, it's like a superhero's secret potion for vitality and longevity. The ancient practice of soy milk consumption has been passed down through generations, becoming a cherished tradition that awakens taste buds and fuels the day.

Coconut Milk: The name might sound indulgent, but it's a low-carb superstar. This tropical treat thickens your smoothie and brings in a touch of island flavor. Coconut milk is a nutrient-packed choice for fat-burning smoothies, brimming with healthy fats, vitamins, and minerals like potassium, magnesium, and calcium. Not only does it make smoothies satiating, but it also promotes weight loss, boosts energy, and fortifies heart and digestive health. Its immune-strengthening properties are just the cherry on top!

Pro tip: While these are top choices, you can also consider other milk alternatives, but always channel your inner detective and scrutinize the label. Avoid those sneaky additives, especially refined vegetable oils, sugar, and flavorings.



SIP YOUR WAY TO SLIM



Avocados:

This creamy green fruit is a powerhouse of healthy fats, making your smoothie rich and satiating. As a bonus, it's packed with essential vitamins and minerals.

Chia Seeds:

Chia Seeds:

Tiny but mighty! These little fellas are bursting with fiber and omega-3s. Plus, they have this super cool ability to gel up, giving your smoothie that perfect thick texture. [A study with overweight individuals](#) found that eating chia for 12 weeks led to a noticeable, albeit modest, decrease in weight and waist size. Additionally, it improved their cholesterol levels, especially if they started with less-than-ideal numbers.

To incorporate chia seeds into your smoothie:

- Soak them in water or milk of choice to remove phytic acid, which can interfere with your body's absorption of minerals.
- Allow it to sit at room temperature for a few hours.
- Put it in the fridge overnight and consume them within 6 days.

Greek Yogurt:

Think of it as regular yogurt that hit the gym. Packed with more protein, it makes your smoothie creamier and your muscles happier. [According to a comparison](#) of 8 ounces (245 grams) of regular yogurt and Greek yogurt, Greek yogurt has twice as much protein and half the amount of carbs and sugar as regular yogurt. [Another study](#) recommends Greek yogurt as a plausible post-exercise, nutrient-rich alternative to milk and whey protein for positive strength, muscle, and body composition adaptations.

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Bananas:

Who needs added sugar when you have bananas? They're nature's candy bars – sweet and packed with essential nutrients. They'll sweet-talk your taste buds and your waistline. (The recipes in this book do not use any sweetener but small amounts of sweet fruits like bananas, or mangoes and pineapples when they are in season. However, you may use a little honey, maple syrup, or palm sugar (gula melaka) if you like.)

Toppings Galore:

Coconut flakes, cacao nibs, roasted nuts and berries can add a little crunch and munch to your sip! These toppings don't just make your drink Instagrammable, but they also ensure you don't down it too quickly. Savor, don't slurp!

Fruits:

Fresh or frozen, fruits are always a win. But remember, while they're all sweet and nice, moderation is key to keeping those carbs in check.

In essence, these ingredients are the Avengers of the smoothie world, each bringing a unique power to the table. Mix and match these basic ingredients and add seasonal fruits or vegetables for enhanced taste and nutritional value. To support your weight loss goals, ensure your concoction is high in protein, fats, and fiber.



PROTEIN, FAT & FIBER

BELOW ARE OPTIONS FOR DIFFERENT PROTEIN,
FAT AND FIBER THAT WILL WORK
WELL IN A WEIGHT LOSS SMOOTHIE.

PROTEIN

GREEK YOGURT
SOY MILK
PEANUT/ALMOND BUTTER
WHEY PROTEIN
PEA PROTEIN
COCONUT MILK

FAT

AVOCADO
CHIA SEEDS
HEMP SEEDS
FLAX SEEDS
COCONUT BUTTER
NUT BUTTERS
TAHINI
COCONUT MEAT
COCONUT OIL
COCONUT FLAKES
CACAO NIBS

FIBER

BERRIES
FRUITS*
CHIA SEEDS
VEGETABLES
AVOCADOS

*WHILE FRUITS ARE GENERALLY HIGH IN FIBER, MOST
FRUITS ARE VERY SWEET. SO USE THEM SPARINGLY.

Fat-Burning High-protein Coffee Breakfast Smoothie

You can supercharge your mornings and jumpstart your metabolism with the Fat-Burning High-Protein Coffee Breakfast Smoothie – a powerhouse blend that's delicious and designed to keep you energized and focused throughout the day. It is rich in protein, fiber, and healthy fats, making it the ultimate breakfast companion for a nutrient-packed kickstart. The soy milk, peanut butter, and Greek yogurt add a creamy richness and a substantial dose of protein, while chia seeds bring in fiber, omega-3 fatty acids, and a delightful texture. Adding coffee provides a gentle caffeine boost to help you tackle your day with gusto. The cinnamon and vanilla extract enhances the natural flavors and sweetness of the ingredients, making each sip a true delight.

Ingredients

- 1/2 cup of soy milk or milk of choice
- 5 oz Coffee
- 1/2 cup Greek yogurt
- 1 Tbsp pre-soaked Chia seeds
- 1 Tbsp of peanut butter
- 1 tsp of vanilla extract
- 1 tsp of Cinnamon powder
- Half banana
- a few ice cubes

Blend it up! Top with coconut flakes and cacao nibs. Enjoy!



Super Healthy Lemon Blueberry Pie Smoothie

The Lemon Blueberry Pie Smoothie is a luscious blend high in protein, fiber, and healthy fats, perfect for keeping you satiated and fueled throughout the morning. The blueberries are delicious and incredibly low in sugar, making them an excellent choice for those with weight loss goals. But that's not all – blueberries are bursting with antioxidants that fight off free radicals, promoting overall health and well-being.

This smoothie also harnessed the combined flavors of vanilla and lemon to give it a delightful taste without the need for excessive sweeteners. It's a flavor explosion that's both invigorating and satisfying. Chia Seeds are tiny powerhouses that pack a punch with fiber and omega-3 fatty acids, keeping your digestive system happy and promoting heart health. The avocado provides more healthy fats and adds richness and a velvety texture to the smoothie, ensuring you stay full and fueled.

Ingredients:

- 1 cup soya milk
- 1/2 cup Greek yogurt
- 1/4 cup frozen blueberries
- 1/2 lemon, juiced (add the lemon zest as well for extra flavor!)
- 1/2 avocado
- 1 Tbsp pre-soaked chia seed
- 1/2 tsp. vanilla extract
- a few ice cubes

Blend it up! Top with coconut flakes. Enjoy!





Hi-Protein Classic Strawberry Smoothie

The Hi-Protein Classic Strawberry Smoothie is a timeless favorite with a nutritious twist. This delightful blend is a treat for your taste buds and a nutritional powerhouse high in protein, fiber, and healthy fats, keeping you satiated for hours. It is a protein-packed smoothie that will help provide the muscle-building power you need to conquer your day with vigor.

Strawberries are bursting with sweet, fruity flavor and are also remarkably low in sugar and high in antioxidant levels, making them a smart choice for those on weight loss journeys.

Ingredients:

- 1/2 cup fresh or frozen strawberries,
- 1 cup coconut milk,
- 1/2 cup Greek yogurt,
- 2 Tbsp pre-soaked chia seeds,
- 1-2 tablespoons unsweetened peanut butter
- 1/2 teaspoon Vanilla extract
- a few ice cubes
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Blend it up! Top with cacao nibs. Enjoy!

Pineapple Surprise Smoothie

The Pineapple Surprise Smoothie also includes high-quality protein, healthy fats, and dietary fiber, all carefully combined to keep you full and fully satisfied. By keeping sugar content in check, it's a delicious smoothie and your ideal meal replacement for your weight loss goal. As with all our breakfast smoothies, we aim to keep insulin spikes minimal, ensuring a smoother transition back into fat-burning mode so that you can achieve your weight loss goals faster.

Ingredients:

- 1 cup unsweetened coconut milk
- One Tbsp pre-soaked chia Seeds
- One Tbsp coconut cream
- 1/2 cup full-fat Greek yogurt
- Juice from half a lemon
- 1/2 cup pineapple
- 1 tsp vanilla extract
- a few ice cubes

Blend it up! Top with coconut flakes for extra crunch. Enjoy!



Matcha Mint Bliss Smoothie

This green elixir is another exquisite blend of high protein, healthy fats, and ample fiber while keeping sugar levels in check. It will enhance satiety, stave off sugar cravings, preserve valuable muscle mass, and support your body in efficient fat-burning while maintaining stable insulin levels. It is a refreshing and nourishing experience that aligns perfectly with your health and wellness goals.

Ingredients:

- 1 cup Bonsoy or milk of choice
- 1 tsp of Matcha powder
- 1/4 cup full-fat Greek yogurt
- A few mint leaves
- 1 banana
- 1 Tbsp of coconut cream
- 1 Tbsp of pre-soaked chia seeds
- 1/2 teaspoon vanilla essence
- a few ice cubes

Blend and top with crunchy coconut flakes. Enjoy!



Chocolate-Chia Protein Delight

The Chocolate-Chia Protein Delight is a balanced and fulfilling nutrition experience. Packed with an abundance of protein, healthy fats, and fiber while keeping sugar content low, this smoothie follows our surefire formula to keep you satisfied, curb sugar cravings, preserve muscle mass, and promote efficient fat burning while keeping those insulin spikes at bay. Get ready to savor a delightful blend that nourishes your body and helps you stay on track with your health and wellness goals.

Ingredients:

- 1 cup unsweetened coconut milk
- 2 Tbsp coconut cream (or coconut butter)
- 1/2 serving vanilla protein powder (optional)
- 1/2 cup greek yogurt
- 1 Tbsp. cacao nibs or chocolate powder
- 1 Tbsp pre-soaked Chia seeds
- 1/2 tsp vanilla extract
- 1/2 banana
- a few ice cubes

Blend and top with cacao nibs. Enjoy!





Island Bliss Fat Burning Smoothie

The Island Bliss Fat Burning Smoothie is a tropical-infused creation to help you on your delicious and nutritious journey toward your wellness goals. Packed with high-quality sources of protein, fat, and fiber, it helps to boost satiety, ward off sugar cravings, and support your journey towards a healthier and slimmer you.

Ingredients:

- 1 cup unsweetened coconut milk
- 2 Tbsp of coconut butter
- 2 Tbsp. chia seeds
- 1/2 cup Greek yogurt
- 1/4 cup mango chunks
- 1/2 avocado
- a few ice cubes

Blend and enjoy!



The goal of life is living in agreement
with nature. —Zeno

