

Thyroid **BOOSTING**

FLAT BELLY
SMOOTHIE
RECIPES



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Stress, chronic inflammation, poor diets, and processed foods are all things that contribute to a sluggish thyroid. Whether you have low thyroid levels that were passed on to you from your mother, or have questioned your doctor about checking your levels, there are things that you can do that will boost your hormone and thyroid levels while looking slimmer, with a flatter belly, and feeling more energized than ever.

Many women wake up not wanting to eat due to fluctuating hormone and thyroid levels. Unfortunately with low thyroid levels or hormones that make you feel “queasy and bloated” some foods sound downright gross!

One of the best ways to combat the fatigue and distressed stomach issues is with smoothies that taste great, are simple to make and keep you energized and vital while slimming and flattening your belly.



Certain foods should be added to boost thyroid function and calm inflammation, and certain foods should be avoided that will slow down the body, digestion and create an inflammatory response.

The inflammation of the thyroid and any other organ will prevent your body from feeling it's best. When inflammation is present in the body, every system will be overtaxed and you will make it harder for the body to get or stay well.



**** KEY :** Since protein is a highly needed component of weight loss, either kefir or a scoop of vanilla or chocolate plant based protein is added to most of these smoothies. There are many brands on the market. Be sure when choosing that you choose gluten free, organic, non GMO, and dairy free so that you keep your internal belly working at optimal levels and your slimming powers working for you!

***Most smoothies are either made with Coconut Milk.** You can substitute to your own taste and liking either Almond Milk, Cashew Milk, or Hemp Milk.

**** Keep fresh organic fruit and spinach,**

mint, and parsley in the freezer in separate baggies. This way you cut down time and have them ready to add to smoothies. Also, it's a great way to not even need to add ice!

****Optional Additions to Smoothies for Thyroid Health and Energy (can be found in powdered form in health food stores.** See dosage on packaging. Any one of these can be added to a smoothie for added benefits that are listed below.)

- **Maca Powder** - loaded with B, C, and E vitamins, calcium, zinc and iron. Used for centuries to promote sexual function and energy.
- **Moringa Powder** - Containing over 36 anti-inflammatory properties this powder is loaded with B vitamins, protein, fiber and minerals.
- **Green Tea Powder** - Contains EGCG a significant phytochemical that has belly fat reducing properties.
- **Raw Cocoa Powder** - (not the Hershey's type!) This ancient powder is loaded with antioxidants, promotes heart health, and has more "wellness" properties than green tea!

Energy Boosting Pina Colada Smoothie

- ▶ 1 1/2 C. Water
- ▶ 1 Scoop Vanilla Protein Powder
- ▶ 1/4 C. Pineapple
- ▶ 2 T. Coconut Oil
- ▶ 1/4 cup Coconut Milk

Ice, Blend, Enjoy!



Banana Coconut Thyroid Friendly Creamsicle Smoothie

- ▶ 1 1/2 C. Coconut Milk
- ▶ 1 Scoop Vanilla Protein Powder
- ▶ 1/2 Banana
- ▶ 1 T. Ground Flax Seeds

Ice, Blend, Enjoy!



Coconut Almond Joy Flat Belly Filling Smoothie

- ▶ 1 1/2 C. Water
- ▶ 1 Scoop Chocolate Protein Powder
- ▶ 1/2 C. Coconut Milk
- ▶ 2 T. Almond Butter

Ice, Blend, Enjoy!



Banana Colada Tropical Smoothie

- ▶ 1 1/2 C. Water
- ▶ 1 Scoop Protein Powder
- ▶ 1 T. Coconut Oil
- ▶ 1/2 C. Coconut Milk
- ▶ 1/2 Banana
- ▶ 1/4 C. Pineapple

Ice, Blend, Enjoy!



Thyroid Loving Greens & Fiber Slimming Flat Belly Smoothie

- ▶ 1 1/2 C. Water
- ▶ 1 Scoop Protein Powder
- ▶ 1/2 Cup Mixed Berries
- ▶ 1/4 Avocado
- ▶ 1 Bunch Parsley
- ▶ 1 Bunch Kale
- ▶ 1 Bunch Spinach
- ▶ 1 T. Ground Flax Seeds
- ▶ 1 T. Ground Chia Seeds

Blend!



Mango Coconut Slimming Smoothie

- ▶ 1 C. Coconut Water
- ▶ 1/2 C. Water
- ▶ 1 Scoop Vanilla Protein Powder
- ▶ 1/2 Ripe Mango
- ▶ 1 T. Ground Flax Seeds

Ice, Blend, Enjoy!



Thyroid Protective Anti-inflammatory Power Smoothie

- ▶ 1 1/2 C. Water
- ▶ 1 Scoop Protein Powder
- ▶ 1/4 C. Frozen Cherries
- ▶ 1 Bunch Spinach
- ▶ 1/4 Cup Mixed Frozen Blackberries and Blueberries

Blend, Enjoy!



Fruit Punch Smoothie (great for kids too!)

- ▶ 1 1/2 C. Coconut Water
- ▶ 1 Scoop Protein Powder
- ▶ 1/4 C Dry Oats
- ▶ 1/4 C. Strawberries
- ▶ 1/4 C. Blueberries
- ▶ 1 Bunch Spinach

Blend, Enjoy!



Raspberry and Oats Filling Flat Belly Smoothie

- ▶ 1 1/2 C. Coconut Water
- ▶ 1 Scoop Vanilla Protein Powder
- ▶ 1/2 C. Water
- ▶ 1/2 Cup Frozen Raspberries
- ▶ 1/4 C. Dry Oats

Blend, Enjoy!



Taste of the Tropics Recovery Smoothie (great after a workout!)

- ▶ 1 C. Coconut Water
- ▶ 1/2 C. Water
- ▶ 2 Scoops Protein Powder
- ▶ 1 Banana
- ▶ 1/2 C. Frozen Pineapple, Mango, Peach Mix

Ice, Blend, Enjoy!



Pineapple and Blueberry Thyroid Boosting Immune Fighter

- ▶ 1 1/2 C. Water
- ▶ 1 Scoop Protein Powder
- ▶ 1 Bunch Parsley
- ▶ 1/4 C. Pineapple
- ▶ 1/4 C. Frozen Red Tart Cherries

Ice, Blend, Enjoy!



Good Morning Thyroid! Energizing Chocolate Smoothie

- ▶ 1 C. Water
- ▶ 2 Scoops Chocolate Protein Powder
- ▶ 1/2 C. Black Coffee

Ice, Blend, Enjoy!



Chocolate Lover Coconut Raspberry Flat Belly Smoothie

- ▶ 1 1/2 C. Coconut water
- ▶ 2 Scoops Chocolate Protein Powder
- ▶ 1/2 C. Raspberries
- ▶ 1 T. Chia Seeds

Ice, Blend, Enjoy!



Chocolate Banana Smoothie

- ▶ 1 1/2 C. Water
- ▶ 1 Banana
- ▶ 1 T. Flax Seeds
- ▶ 1 Scoop Chocolate Protein Powder

Ice, Blend, Enjoy!



Chocolate Coffee Coconut Smoothie

- ▶ 1 C. Coconut Milk
- ▶ 1/2 C. Strong Coffee
- ▶ 1/2 C. Water
- ▶ 1 Scoop Chocolate Protein Powder
- ▶ 1 T. Chia Seeds

Ice and Blend!



Thyroid Soother Banana Split Treat Smoothie

- ▶ 1 1/2 C. Water
- ▶ 1/2 Banana
- ▶ 1/4 C. Strawberries
- ▶ 1 Scoop Chocolate Protein Powder (optional + 1 Tsp. raw cacao powder)

Ice, Blend, Enjoy!



Peachy Keen Thyroid Soothing Smoothie

- ▶ 1 C. Plain Kefir
- ▶ 1/2 C. Water
- ▶ 1/2 C. frozen peaches
- ▶ 1/2 mango
- ▶ 1/3 avocado
- ▶ 1 T. Chia Seeds

Blend, Enjoy!



Bloat No More Fiberlicious Smoothie!

- ▶ 1 1/2 C. Water
- ▶ 1 Kiwi Peeled
- ▶ 1 T. fresh ginger shaved
- ▶ 1 bunch Mint
- ▶ 1 Bunch Parsley
- ▶ Juice of one Lime

Blend, Enjoy!



Bye Bye Thyroid Belly Smoothie

- ▶ 1 C. Kefir
- ▶ 1/2 C. Water
- ▶ 1/4 C. Frozen Peaches and Cherries
- ▶ 1 Small Banana
- ▶ 1 T. fresh shaved ginger
- ▶ 1 T. Flax seeds

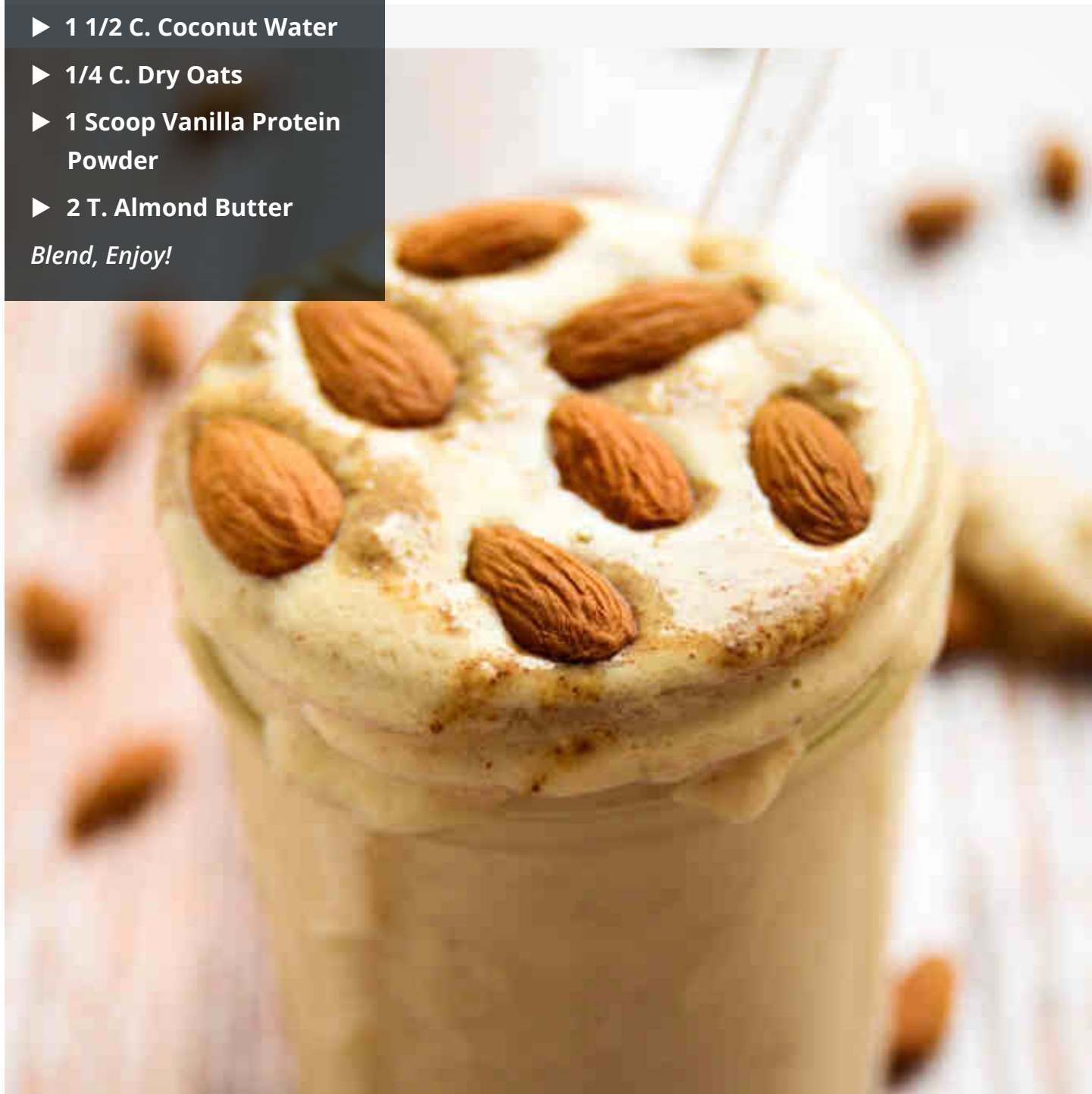
Ice, Blend, Enjoy!



All Day Power Flat Belly Almond Butter Energizer Smoothie

- ▶ 1 1/2 C. Coconut Water
- ▶ 1/4 C. Dry Oats
- ▶ 1 Scoop Vanilla Protein Powder
- ▶ 2 T. Almond Butter

Blend, Enjoy!



Chocolate Raspberry Energizing Flat Belly Smoothie

- ▶ 1 C. Kefir
- ▶ 1/2 C. Water
- ▶ 1 Scoop Chocolate Protein Powder
- ▶ 1/2 C. Frozen Raspberries
- ▶ 1 Bunch Spinach
- ▶ 1 T. Chia Seeds

Ice, Blend, Enjoy!



Mango Coconut Flat Belly Smoothie

- ▶ 1 C. Coconut Water
- ▶ 1/2 C. Water
- ▶ 1 Scoop Protein powder
- ▶ 1 Mango
- ▶ 1/3 Avocado
- ▶ 1 T. Flax Seeds

Ice, Blend, Enjoy!



Peaches, Mango, Berry Flat Belly Smoothie

- ▶ 1 1/2 C. Water
- ▶ 1 Scoop Protein powder
- ▶ 1/4 C. Peaches
- ▶ 1/4 C. Mango
- ▶ 1/4 C. Mixed Blueberries and Blackberries
- ▶ 1 Bunch Spinach

Ice, Blend, Enjoy!



Cherry, Berry, Immune Boosting Smoothie

- ▶ 1 1/2 C. Water
- ▶ 1/2 C, Green Tea (or Powder)
- ▶ 1 Bunch Parsley
- ▶ 1 Scoop Protein Powder
- ▶ 1/2 Cup Mixed Cherries and Blueberries

Ice, Blend, Enjoy!



Black and Blueberry Inflammation Fighter Smoothie

- ▶ 1 1/2 Cup Water
- ▶ 1 Scoop Protein Powder
- ▶ 1/2 C. Mixed Frozen Blueberries & Blackberries
- ▶ 1 Bunch Spinach
- ▶ 1 Bunch Parsley

Ice, Blend, Enjoy!

