

21 Day Smoothie Diet - Renew Your Body (PDF)

Day 1

Breakfast: Fat-burning smoothie

Lunch: Zucchini with olive oil, 3 tbsp Greek yogurt, a bowl of green salad

Snack: 15 raw almonds

Dinner: 150 grams of baked chicken/turkey breast meat, a bowl of salad with carrot-cherry tomatoes

Snack: Antioxidant smoothie

Day 2

Breakfast: Omelet with olive oil, 2 eggs, parsley, and plenty of tomatoes and cucumbers.

Lunch: 1 eggplant stuffed with minced meat (Karniyarik), 3 tablespoons of Greek yogurt, a bowl of salad (added 1 tablespoon of olive oil and 1 tablespoon of apple cider vinegar)

Snack: Detox smoothie

Dinner: Grilled fish fillet (100g), 1 large roasted eggplant, arugula salad (1 tablespoon of olive oil, plenty of lemon juice, sumac)

Day 3

Breakfast: Blueberry Smoothie

Lunch: 3 grilled meatballs, 3 tablespoons of cooked bulgur, a bowl of green salad

Snack: 1 peach

Dinner: 6 tablespoons of fresh black-eyed peas with olive oil, 1 bowl of vegetable soup, 3 tablespoons of Greek yogurt

Day 4

Breakfast: 2 boiled eggs, 1 slice of whole wheat bread, unsweetened tea, 1 tomato, 1 cucumber

Day 1

Lunch: Turkey sandwich made with whole wheat bread, 1 cup of buttermilk with mint

Snack: Banana Heavy metal detox smoothie

Dinner: 7 tablespoons of baked vegetables with sauce, 1 slice of whole wheat bread, 1 bowl of Greek yogurt, fat-free salad

Day 5

Breakfast: Egg and cheese omelet, 5 olives, unsweetened tea, and greens.

Lunch: Grilled tenderloin (100g), Greek yogurt, and a bowl of salad.

Snack: 1 serving low carb parmesan chips

Dinner: Mango smoothie

Day 6

Breakfast: 5 olives, 1 slice of whole wheat bread, and 1 portion of fried egg with vegetables

Lunch: 1 large grilled fish, 1 large bowl of green salad

Dinner: Filling smoothie

Day 7

Breakfast: 1 string of low-fat string cheese, 1 slice of whole wheat bread, tomato, cucumber, parsley, green pepper.

Lunch: 1 bowl of lentil soup, 1 serving of sautéed minced meat, 1 bowl of Greek yogurt, 1 bowl of salad

Dinner: 1 serving of green salad with cheese, 2 tbsp boiled corn

Snack: Spinach smoothie
