

The Smoothie Reset

30 DAYS TO A HEALTHIER YOU



BEFORE YOU BEGIN

Legal & important notes

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MEDICAL DISCLAIMER

This guide is general education about food and healthy habits. It is not medical advice and doesn't diagnose, treat, cure, or prevent any condition. The author is not your doctor. Talk to your doctor or a registered dietitian before changing your diet, especially if you're pregnant or breastfeeding, under 18, managing a health condition, or taking medication.

NO GUARANTEES

Results vary. No specific weight loss is promised.

NUTRITION VALUES

Estimates based on USDA FoodData Central, using 1% milk and plain nonfat Greek yogurt. Brands differ, so check your labels.

PHOTOS

Photos are illustrative.

SUPPORT

[support email]

63 smoothies

20

PAGES

10 lunches & dinners

30-day plan

4 weekly shopping lists

5 printable trackers

Tap any line to jump to that section. Recipe names throughout the book link to their pages.

INSIDE THIS GUIDE

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01 • WELCOME

Welcome. Let's make this the *easy* one.

Most smoothie diets fail because they ask

you to change everything. This one asks for one thing: one smoothie a day, built to keep you full.

Everything else is real food, and the plan is done for you. You'll finish with a habit you can keep.

— ***The Wellness Edition***

HOW TO USE THIS GUIDE

- 1 Start today [page 7](#)
- 2 Shop [page 15](#)
- 3 Follow your week [page 14](#)
- 4 Check off each day [pages 57–58](#)

Stuck or hungry? [Page 53.](#)

The plan, in five lines.

1 One smoothie a day replaces one meal or snack. Never add it on top.

2 Every smoothie is built on protein and fiber. That's what keeps you full.

3 Every other meal is real food. The recipes and plan are in this book.

4 Four Flex Days give you breathing room.

5 Pace: about 1–2 lb (0.5–1 kg) a week at most. Slower is fine.



This is NOT

a detox

a cleanse

a fat-burning trick

an all-liquid diet

Weight loss comes from eating a bit less than you use. The smoothie makes that easier.

Want the "why"? [Page 55.](#)

Read this before you begin.

For healthy adults. Talk to a healthcare provider first if any of these apply:

under 18

pregnant or breastfeeding

eating disorder, now or in the past

diabetes or glucose-lowering medication

kidney disease or a potassium restriction (yogurt, bananas, spinach, kale, beets)

history of kidney stones (spinach, beets, nuts)

IF YOU TAKE...	NOTE
Warfarin / blood thinners	Spinach and kale are high in vitamin K. Keep intake steady week to week.
Statins, blood-pressure, other meds	No grapefruit anywhere here. Ask your pharmacist about other ingredients.
Thyroid medication	Ask your provider about timing around soy and dairy.

ALSO

Flaxseed (Recipes 3, 6, 15): check with your OB/GYN if pregnant.

Chia: blend it or drink it with liquid. Never eat it dry.

IBS / low-FODMAP: apple, mango, cherries, beets, and honey are common triggers.

Protein powder: pick a third-party-tested brand (NSF, Informed Choice, or USP).

Don't eat less than about 1,200 kcal (women) or 1,500 kcal (men) a day without medical supervision.

Stop and call a doctor if you feel dizzy, faint, or unwell, or if food starts to feel stressful.

This program doesn't treat or manage any medical condition.

Start today. *15 minutes.*

☐ 1. Read [page 6](#). Two minutes.

☐ 2. Buy for Days 1–3:

- Plain nonfat Greek yogurt: 2½ cups
- 1% milk: 2 cups
- Frozen mixed berries: 1 cup
- Baby spinach: about 3 cups
- Bananas: 2
- Pantry: chia, peanut butter, ground flax, rolled oats, vanilla

☐ 3. Make Day 1: Classic Berry Protein ([page 24](#))

☐ 4. Drink it instead of a meal. Your usual breakfast is easiest.

☐ 5. Rate your fullness (1–5) two hours later. Write it on [page 57](#).

Optional: do your baseline on [page 56](#) first. Two minutes.

DAY 1 · RECIPE 1 MEAL

Classic Berry Protein

¾ cup Greek yogurt · 1 cup frozen berries · 1 cup spinach · 1 Tbsp chia · 1 Tbsp peanut butter · ½ cup milk · 4–6 ice cubes

Blend milk and yogurt, add the rest, blend 45–60 seconds.

~380

KCAL

29 g

PROTEIN

10 g

FIBER

Kitchen & goal



KITCHEN KIT

- ☐ Blender
- ☐ Measuring cups and spoons
- ☐ 2–3 jars with lids
- ☐ Freezer bags
- ☐ Optional: kitchen scale

PANTRY (buy once, use all month)

rolled oats chia ground flax peanut butter
 almond butter unsweetened cocoa
 vanilla extract cinnamon pumpkin pie spice
 cacao nibs coffee
 peppermint and coconut extract olive oil
 low-sodium soy sauce
 vanilla protein powder (optional)

SET YOUR GOAL

- 1 Realistic target: about 4–8 lb (2–4 kg) at the very most in 30 days. Less counts too.
- 2 Non-scale wins: energy, cravings, how clothes fit, sleep.
- 3 Baseline: fill in [page 56](#). Skip the scale if you like.
- 4 Smoothie slot: pick the time you're most likely to grab something less filling.

Your numbers in 3 steps

1

Maintenance calories

Use the free NIH Body Weight Planner
(niddk.nih.gov).

Mine _____ kcal

2

Your target = maintenance – 300 to 500

Never below 1,200 (women) / 1,500 (men)
without medical supervision.

Mine _____ kcal

3

Protein goal = about 80–120 g a day

Aim for 25–30 g at each main meal. Kidney
disease? Ask your doctor first.

Mine _____ g

1,500–1,600 **90–115 g**

KCAL / DAY

PROTEIN / DAY

This guide's plan runs about 1,500–1,600 kcal
and 90–115 g protein.
Need more? Add a fuel-up ([page 48](#)). Need
less? Skip a snack.

Reality check: feeling run-down for several days? Eat a little more.

Two kinds of smoothie. Know which is which.

	MEAL smoothie	SNACK smoothie
CALORIES	300–450	150–250
PROTEIN	25 g+	12–35 g
FIBER	5 g+	1–3 g
REPLACES	A meal	A snack
RECIPES	1–6, 8, 10, 12–19	7, 9, 11, 20

SNACK-DAY RULE		Days 4, 11, 18, 25
Morning	Eat a solid breakfast: 2 eggs, 2 slices whole-grain toast, a piece of fruit, ½ cup Greek yogurt (≈450 kcal).	
Afternoon	Have the snack smoothie.	
Never	Use a snack smoothie instead of a meal. That's why people get hungry.	

ONE SAMPLE DAY (DAY 1)	
Classic Berry smoothie	380
Chicken-quinoa bowl	410
Snack: apple + peanut butter + string cheese	270
Salmon, broccoli & potatoes	465
Fruit with dinner	80
Total	≈ 1,605

Every smoothie uses the same 7 slots.



#	SLOT	CHOOSE	MEAL	SNACK
1	Protein	Greek yogurt, dairy or soy milk, protein powder	$\frac{3}{4}$ cup yogurt + milk	$\frac{1}{2}$ cup yogurt, or $\frac{3}{4}$ –1 cup milk
2	Fruit	Fresh or frozen. Berries = most fiber per calorie.	1 cup or 1 banana	$\frac{3}{4}$ –1 cup
3	Veg	Spinach, kale, beets, pumpkin	1 cup greens or $\frac{1}{2}$ cup beets/pumpkin	optional
4	Fiber	Chia, flax, or oats. Pick one (Recipe 6 uses two)	1 Tbsp or $\frac{1}{4}$ cup oats	optional
5	Fat	Nut butter or avocado. Never both.	1 Tbsp or $\frac{1}{2}$ avocado	skip
6	Liquid	Water, dairy milk, soy milk, or unsweetened almond milk (<i>low in protein, so use only if protein comes from yogurt or powder</i>). Never juice.	$\frac{1}{2}$ – $\frac{3}{4}$ cup	$\frac{1}{2}$ cup
7	Ice & flavor	Ice, cinnamon, cocoa, vanilla, citrus	to taste	to taste

liq u id



yogurt



seeds, powders, butters



greens



fruit



ice

Blend order above. Blend time: 45–60 seconds (60+ for oats or kale).

The one habit: a smoothie *replaces* a meal. It never goes on top of one.

Build any smoothie in 2 minutes

PROTEIN	Greek yogurt $\frac{3}{4}$ cup (100) 1% milk $\frac{3}{4}$ cup (77) soy milk $\frac{3}{4}$ cup (70) protein powder 1 scoop (120)
FRUIT	Blueberries 1 cup (84) strawberries 1 cup (55) mango 1 cup (100) banana (105) pineapple 1 cup (82) apple (95)
VEG	Spinach 1 cup (7) kale 1 cup (33) beets $\frac{1}{2}$ cup (37) pumpkin $\frac{1}{2}$ cup (42)
FIBER	Chia 1 Tbsp (58) flax 1 Tbsp (37) oats $\frac{1}{4}$ cup (76)
FAT	Peanut butter 1 Tbsp (94) almond butter 1 Tbsp (98) $\frac{1}{2}$ avocado (115)
LIQUID	Water (0) almond milk 1 cup (30) 1% milk $\frac{1}{2}$ cup (51)

4-POINT CHECK

- ✓ $\frac{3}{4}$ cup yogurt (or a scoop of powder) for a meal
- ✓ One fat only
- ✓ No juice. Go easy on honey.
- ✓ Total 300–450 kcal (meal) or 150–250 kcal (snack)

3 STARTER FORMULAS

Berry

$\frac{3}{4}$ cup yogurt + 1 cup berries + spinach + chia + $\frac{1}{2}$ cup milk

Chocolate

$\frac{3}{4}$ cup yogurt + banana + 1 Tbsp cocoa + 1 Tbsp almond butter + $\frac{3}{4}$ cup milk

Green

$\frac{3}{4}$ cup yogurt + 1 cup pineapple + 1 cup kale + chia + $\frac{3}{4}$ cup milk

What do I drink today?

Flex Days (7,14,21, 28):repeat a favorite, try something new, or skip.

Day 29: your top-rated recipe. Day 30: free build.

SNACK SNACK days: follow the snack-day rule ([page 10](#)).

Week 1 Set the habit Days 1–7 · page 14	1 Classic Berry Protein MEAL	2 Green Morning Starter MEAL	3 Peanut Butter Banana Power MEAL	4 Light Strawberry Snack SNACK	5 Tropical Mango Refresher MEAL	6 Coconut Almond Treat MEAL	7 Flex Day
Week 2 Dial in your fullness Days 8–14 · page 16	8 Apple Cinnamon Oat MEAL	9 Blackberry Fiber Boost MEAL	10 Blueberry Muffin MEAL	11 Peach Vanilla Light Snack SNACK	12 Kale-Pineapple Green Machine MEAL	13 Mocha Coffee Protein MEAL	14 Flex Day
Week 3 Upgrade the rest of your day Days 15–21 · page 18	15 Classic Berry Protein MEAL	16 Beet Berry Boost MEAL	17 Pineapple Protein MEAL	18 Pineapple Coconut Snack SNACK	19 Avocado Lime Satiation MEAL	20 Orange Creamsicle Citrus MEAL	21 Flex Day
Week 4 Make it automatic Days 22–30 · page 20	22 Chocolate Cherry Protein MEAL	23 Green Morning Starter MEAL	24 Mint Chip Green MEAL	25 High-Protein Vanilla Shake SNACK	26 Tropical Mango Refresher MEAL	27 Coconut Almond Treat MEAL	28 Flex Day
Finish Your top pick, then celebrate Days 29–30 · page 20	29 Your top-rated recipe MEAL	30 Free build. Celebrate!	Day 30: complete your results review on page 61				

Your week-by-week meal plans start on [page 14](#). Codes: R# smoothie · L lunch · D dinner · A–E snack sets.

1 WEEK
W

DAYS 1-7

SET THE HABIT

SNACK DAY

Day 4

FLEX DAY

Day 7

SHOPPING LIST

[page 15](#)

FOCUS

Same slot, same time, every day.

MINI-CHALLENGE

A glass of water before your smoothie.

EXPECT

Mild hunger is normal in the first few days. Dizzy or shaky is not ([page 6](#)).

DAY	SMOOTHIE	LUNCH	SNACK	DINNER	≈ KCAL
1	R1 Classic Berry (380)	L1 (410)	A (270)	D1 (465)	1,605
2	R3 Green Morning (330)	L2 (445)	B (295)	D2 (455)	1,605
3	R2 PB Banana (425)	L3 (420)	C (225)	D3 (440)	1,590
4	Breakfast (450) + R7 Light Strawberry (170)	L5 (415)	not needed	D5 (455)	1,570
	SNACK DAY				
5	R4 Tropical Mango (385)	L1 (410)	D (265)	D2 (455)	1,595
6	R5 Cocoa Almond (400)	L3 (420)	A (270)	D3 (440)	1,610
7	Your pick (~350)	L4 (410)	E (230)	D4 (455)	1,525
	FLEX				

Cook once, eat twice: make **L3** soup and **D3** chili on Day 3. Reheat on Day 6.

Day 2 tip: peel and freeze 2 bananas tonight.

Check-in: how full were you (1-5)? Did your smoothie *replace* a meal?

Codes: R# smoothie (pp. 24-43) · L1-L5 lunches (pp. 44-46) · D1-D5 dinners (pp. 46-48) · Snack A-E (p. 49). Every day includes 1 piece of fruit with dinner (≈80 kcal), already counted. Flex-day smoothie ≈ 350 kcal.

Week 1 shopping list



SMOOTHIES this week

- ☐ Plain nonfat Greek yogurt: 2 large tubs (32 oz each). This covers smoothies, lunches, and snacks.
- ☐ 1% milk: ½ gallon
- ☐ Bananas: 4
- ☐ Frozen mixed berries: 2 cups · strawberries: 1 cup · mango: 1 cup · pineapple: ½ cup
- ☐ Baby spinach: 2 large tubs (about 9 cups, including meals)
- ☐ Pantry: chia, peanut butter, almond butter, cocoa, oats, ground flax, vanilla

Budget tip: Store-brand yogurt and milk work just as well. Frozen fruit often costs less and never spoils.

LUNCH&DINNER LIST same every week

Covers 7 lunches, 7 dinners, 6 snacks, and fruit with dinner.

PROTEIN

- ☐ Chicken breast: 1½ lb
- ☐ Salmon fillet: 1 (4–5 oz)
- ☐ Lean ground turkey: ½ lb
- ☐ Low-sodium sliced turkey: 4 oz
- ☐ Tuna in water: 1 can
- ☐ Extra-firm tofu: 1 block
- ☐ Eggs: 1 dozen

DAIRY

- ☐ Feta: 1 small tub
- ☐ Reduced-fat cheese slices: 1 pack
- ☐ String cheese: 3
- ☐ Cottage cheese: 1 small tub
- ☐ Hummus: 1 small tub

PRODUCE

- ☐ Broccoli: 2 heads
- ☐ Bell peppers: 4 · Zucchini: 2 · Mushrooms: 1 small pack
- ☐ Cucumbers: 2 · Cherry tomatoes: 1 pint
- ☐ Mixed salad greens: 1 bag · Lettuce: 1 head
- ☐ Celery: 1 bunch · Yellow onions: 2 · Red onion: 1
- ☐ Garlic: 1 head · Fresh ginger: 1 piece · Lemons: 3
- ☐ Avocado: 1 · Baby potatoes: 1 small bag
- ☐ Baby carrots: 1 lb bag
- ☐ Apples: 4 · Clementine: 1
- ☐ Fruit for dinners: 7 pieces (pears, oranges, bananas, etc.)
- ☐ Berries (fresh or frozen): 3 cups
- ☐ Frozen stir-fry vegetables: 2 bags · Frozen shelled edamame: 1 bag

PANTRY & GRAINS

- ☐ Quinoa · Brown rice · Dry lentils
- ☐ Whole-wheat tortillas · Whole-grain bread
- ☐ Canned: chickpeas, kidney beans, crushed tomatoes (15 oz), diced tomatoes (14 oz)
- ☐ Low-sodium broth: 1 carton
- ☐ Almonds · Walnuts · Popcorn
- ☐ k er n e l s
- ☐ Staples: olive oil, low-sodium soy sauce, Dijon, mustard, chili powder, cumin, oregano, salt, pepper

2 WEEK
W

DAYS 8–14

DIAL IN YOUR
FULLNESS

SNACK DAY

Day 11

FLEX DAY

Day 14

SHOPPING LIST

[page 17](#)

FOCUS

Learn your hunger signals.
Rate fullness (1–5) every day.

MINI-CHALLENGE

A 10-minute walk after one
meal a day.

EXPECT

The novelty fades and the
routine settles. Still hungry?
Page 53.

DAY	SMOOTHIE	LUNCH	SNACK	DINNER	≈ KCAL
8	R8 Apple Cinnamon Oat (350)	L3 (420)	D (265)	D3 (440)	1,5 5 5
9	R6 Blackberry Fiber (335)	L2 (445)	A (270)	D2 (455)	1,5 85
10	R17 Blueberry Muffin (310)	L1 (410)	A (270)	D1 (465)	1,535
11	Breakfast (450) + R9 Peach Vanilla (175)	L5 (415)	not needed	D5 (455)	1,5 75
	SNACK DAY				
12	R10 Kale-Pineapple (350)	L3 (420)	E (230)	D3 (440)	1,5 2 0
13	R15 Mocha Coffee (305)	L1 (410)	B (295)	D2 (455)	1,5 45
14	FLEX				
	Your pick (~350)	L4 (410)	C (225)	D4 (455)	1,5 2 0

Cook once, eat twice: make **L3** soup and **D3** chili on Day 8. Reheat on Day 12.

Day 9 tip: high-fiber day. Drink extra water.

Codes: R# smoothie (pp. 24–43) · L1–L5 lunches (pp. 44–46) · D1–D5 dinners (pp. 46–48) · Snack A–E (p. 49). Every day includes 1 piece of fruit with dinner (≈80 kcal), already counted. Flex-day smoothie ≈ 350 kcal.

Week 2 shopping list

SMOOTHIES this week

- ☐ Plain nonfat Greek yogurt: 2 large tubs (32 oz each)
- ☐ 1% milk: ½ gallon
- ☐ Apple: 1 · Bananas: 2
- ☐ Frozen blueberries: 1 cup · Blackberries (fresh or frozen): 1 cup
- ☐ Frozen peach slices: 1 cup · Frozen pineapple: 1 cup · Kale: 1 small bunch
- ☐ Brewed coffee (decaf optional)
- ☐ Baby spinach: 1 small tub (for meals)
- ☐ Pantry check: oats, chia, flax, vanilla, cinnamon, cocoa

LUNCH&DINNER LIST same every week

Covers 7 lunches, 7 dinners, 6 snacks, and fruit with dinner.

PROTEIN

- ☐ Chicken breast: 1½ lb
- ☐ Salmon fillet: 1 (4–5 oz)
- ☐ Lean ground turkey: ½ lb
- ☐ Low-sodium sliced turkey: 4 oz
- ☐ Tuna in water: 1 can
- ☐ Extra-firm tofu: 1 block
- ☐ Eggs: 1 dozen

DAIRY

- ☐ Feta: 1 small tub
- ☐ Reduced-fat cheese slices: 1 pack
- ☐ String cheese: 3
- ☐ Cottage cheese: 1 small tub
- ☐ Hummus: 1 small tub

PRODUCE

- ☐ Broccoli: 2 heads
- ☐ Bell peppers: 4 · Zucchini: 2 · Mushrooms: 1 small pack
- ☐ Cucumbers: 2 · Cherry tomatoes: 1 pint
- ☐ Mixed salad greens: 1 bag · Lettuce: 1 head
- ☐ Celery: 1 bunch · Yellow onions: 2 · Red onion: 1
- ☐ Garlic: 1 head · Fresh ginger: 1 piece · Lemons: 3
- ☐ Avocado: 1 · Baby potatoes: 1 small bag
- ☐ Baby carrots: 1 lb bag
- ☐ Apples: 4 · Clementine: 1
- ☐ Fruit for dinners: 7 pieces (pears, oranges, bananas, etc.)
- ☐ Berries (fresh or frozen): 3 cups
- ☐ Frozen stir-fry vegetables: 2 bags · Frozen shelled edamame: 1 bag

PANTRY & GRAINS

- ☐ Quinoa · Brown rice · Dry lentils
- ☐ Whole-wheat tortillas · Whole-grain bread
- ☐ Canned: chickpeas, kidney beans, crushed tomatoes (15 oz), diced tomatoes (14 oz)
- ☐ Low-sodium broth: 1 carton
- ☐ Almonds · Walnuts · Popcorn
- ☐ Kernel s
- ☐ Staples: olive oil, low-sodium soy sauce, Dijon, mustard, chili powder, cumin, oregano, salt, pepper

3EEK
W

DAYS 15–21

UPGRADE THE REST OF YOUR DAY

SNACK DAY

Day 18

FLEX DAY

Day 21

SHOPPING LIST

[page 19](#)

FOCUS

Thesmoothie is working. Now improve what's around it.

MINI-CHALLENGE

An extra serving of vegetables at dinner, 5 days out of 7.

EXPECT

Steadier energy, fewer cravings. A flat week on the scale is normal ([page 53](#)).

DAY	SMOOTHIE	LUNCH	SNACK	DINNER	≈ KCAL
15	R1 Classic Berry (380)	L3 (420)	D (265)	D2 (455)	1, 6 00
16	R13 Beet Berry (325)	L2 (445)	A (270)	D3 (440)	1,5 60
17	R16 Pumpkin Pie (320)	L1 (410)	B (295)	D1 (465)	1,5 70
18	Breakfast (450) + R20 Pineapple Coconut (200)	L5 (415)	not need ed	D5 (455)	1, 6 00
SNACK DAY					
19	R14 Avocado Lime (305)	L3 (420)	A (270)	D3 (440)	1,5 15
20	R12 Orange Creamsicle (345)	L1 (410)	E (230)	D2 (455)	1,5 2 0
21 _{FLEX}	Your pick (~350)	L4 (410)	C (225)	D4 (455)	1,5 2 0

Cook once, eat twice: make **L3** soup and **D3** chili on Day 16. Reheat on Day 19.

Day 17 tip: buy "100% pure pumpkin," not pie filling.

Codes: R# smoothie (pp. 24–43) · L1–L5 lunches (pp. 44–46) · D1–D5 dinners (pp. 46–48) · Snack A–E (p. 49). Every day includes 1 piece of fruit with dinner (≈80 kcal), already counted. Flex-day smoothie ≈ 350 kcal.

Week 3 shopping list

SMOOTHIES this week

- ☐ Plain nonfat Greek yogurt: 2 large tubs (32 oz each)
- ☐ 1% milk: ½ gallon
- ☐ Frozen mixed berries: 2 cups · Frozen pineapple: 1 cup
- ☐ Pre-cooked packaged beets: 1 small pack
- ☐ Canned pure pumpkin: 1 small can
- ☐ Avocado: the 1 on your list covers the smoothie and the wrap
- ☐ Lime: 1 · Orange: 1 · Bananas: 2
- ☐ Baby spinach: 1 large tub
- Pantry: pumpkin pie spice, coconut extract, chia, oats, honey (optional)

LUNCH&DINNER LIST same every week

Covers 7 lunches, 7 dinners, 6 snacks, and fruit with dinner.

PROTEIN

- ☐ Chicken breast: 1½ lb
- ☐ Salmon fillet: 1 (4–5 oz)
- ☐ Lean ground turkey: ½ lb
- ☐ Low-sodium sliced turkey: 4 oz
- ☐ Tuna in water: 1 can
- ☐ Extra-firm tofu: 1 block
- ☐ Eggs: 1 dozen

DAIRY

- ☐ Feta: 1 small tub
- ☐ Reduced-fat cheese slices: 1 pack
- ☐ String cheese: 3
- ☐ Cottage cheese: 1 small tub
- ☐ Hummus: 1 small tub

PRODUCE

- ☐ Broccoli: 2 heads
- ☐ Bell peppers: 4 · Zucchini: 2 · Mushrooms: 1 small pack
- ☐ Cucumbers: 2 · Cherry tomatoes: 1 pint
- ☐ Mixed salad greens: 1 bag · Lettuce: 1 head
- ☐ Celery: 1 bunch · Yellow onions: 2 · Red onion: 1
- ☐ Garlic: 1 head · Fresh ginger: 1 piece · Lemons: 3
- ☐ Avocado: 1 · Baby potatoes: 1 small bag
- ☐ Baby carrots: 1 lb bag
- ☐ Apples: 4 · Clementine: 1
- ☐ Fruit for dinners: 7 pieces (pears, oranges, bananas, etc.)
- ☐ Berries (fresh or frozen): 3 cups
- ☐ Frozen stir-fry vegetables: 2 bags · Frozen shelled edamame: 1 bag

PANTRY & GRAINS

- ☐ Quinoa · Brown rice · Dry lentils
- ☐ Whole-wheat tortillas · Whole-grain bread
- ☐ Canned: chickpeas, kidney beans, crushed tomatoes (15 oz), diced tomatoes (14 oz)
- ☐ Low-sodium broth: 1 carton
- ☐ Almonds · Walnuts · Popcorn
- ☐ Kernel s
- Staples: olive oil, low-sodium soy sauce, Dijon, mustard, chili powder, cumin, oregano, salt, pepper

4EEK
W

DAYS 22–30

MAKE IT
AUTOMATIC

SNACK DAY

Day 25

FLEX DAY

Day 28

SHOPPING LIST

[page 21](#)

FOCUS

Make the plan your own. Build a smoothie without the book.

MINI-CHALLENGE

On a Flex Day, build one from scratch with [page 12](#).

EXPECT

The habit feels normal. That's the goal.

DAY	SMOOTHIE	LUNCH	SNACK	DINNER	≈ KCAL
22	R18 Chocolate Cherry (345)	L3 (420)	A (270)	D3 (440)	1,5 5 5
23	R3 Green Morning (330)	L1 (410)	B (295)	D2 (455)	1,5 70
24	R19 Mint Chip Green (325)	L2 (445)	A (270)	D1 (465)	1,5 85
25	Breakfast (450) + R11 Vanilla Shake (2 15)	L5 (415)	not needed	D5 (455)	1, 6 15
	SNACK DAY				
26	R4 Tropical Mango (385)	L3 (420)	E (230)	D3 (440)	1,5 5 5
27	R5 Cocoa Almond (400)	L1 (410)	D (265)	D2 (455)	1, 6 10
28	Your pick (~350)	L4 (410)	C (225)	D4 (455)	1,5 2 0
	FLEX				
29	Your top-rated (~350)	L1 (410)	Any snack (~250)	D2 (455)	1,5 45
30	Free build. Celebrate!	Eat what you love, mindfully			

Cook once, eat twice: make **L3** soup and **D3** chili on Day 22. Reheat on Day 26.Day 30: complete your results review ([page 61](#)).

Codes: R# smoothie (pp. 24–43) · L1–L5 lunches (pp. 44–46) · D1–D5 dinners (pp. 46–48) · Snack A–E (p. 49). Every day includes 1 piece of fruit with dinner (≈80 kcal), already counted. Flex-day smoothie ≈ 350 kcal.

Week 4 shopping list

SMOOTHIES this week

- ☐ Plain nonfat Greek yogurt: 2 large tubs + 1 small tub
- ☐ 1% milk: ½ gallon
- ☐ Unsweetened almond milk: 1 small carton (Day 25)
- ☐ Frozen dark sweet cherries: 1 cup
- ☐ Frozen mango: 1 cup · Frozen pineapple: ½ cup
- ☐ Blackberries: 1 cup (optional, for Day 29)
- ☐ Bananas: 4
- ☐ Baby spinach: 2 large tubs · Fresh mint (optional)
- ☐ Pantry: cacao nibs, peppermint extract, cocoa, almond butter, chia, flax, vanilla protein powder

LUNCH&DINNER LIST same every week

Covers 7 lunches, 7 dinners, 6 snacks, and fruit with dinner. Week 4 changes for Day 29 are marked in bold.

PROTEIN

- ☐ Chicken breast: 2 lb (instead of 1½ lb) · Day 29
- ☐ Salmon fillet: 1 (4–5 oz)
- ☐ Lean ground turkey: ½ lb
- ☐ Low-sodium sliced turkey: 4 oz
- ☐ Tuna in water: 1 can
- ☐ Extra-firm tofu: 1 block
- ☐ Eggs: 1 dozen

DAIRY

- ☐ Feta: 1 small tub
- ☐ Reduced-fat cheese slices: 1 pack
- ☐ String cheese: 3
- ☐ Cottage cheese: 1 small tub
- ☐ Hummus: 1 small tub

PRODUCE

- ☐ Broccoli: 2 heads
- ☐ Bell peppers: 4 · Zucchini: 2 · Mushrooms: 1 small pack
- ☐ Cucumbers: 2 · Cherry tomatoes: 1 pint
- ☐ Mixed salad greens: 1 bag · Lettuce: 1 head
- ☐ Celery: 1 bunch · Yellow onions: 2 · Red onion: 1
- ☐ Garlic: 1 head · Fresh ginger: 1 piece · Lemons: 3
- ☐ Avocado: 1 · Baby potatoes: 1 small bag
- ☐ Baby carrots: 1 lb bag
- ☐ Apples: 4 · Clementine: 1
- ☐ Fruit for dinners: 7 pieces (pears, oranges, bananas, etc.)
- ☐ Berries (fresh or frozen): 3 cups
- ☐ Frozen stir-fry vegetables: 3 bags (instead of 2) · Day 29 · Frozen shelled edamame: 1 bag

PANTRY & GRAINS

- ☐ Quinoa · Brown rice · Dry lentils
- ☐ Whole-wheat tortillas · Whole-grain bread
- ☐ Canned: chickpeas, kidney beans, crushed tomatoes (15 oz), diced tomatoes (14 oz)
- ☐ Low-sodium broth: 1 carton
- ☐ Almonds · Walnuts · Popcorn
- ☐ Kernel s
- ☐ Staples: olive oil, low-sodium soy sauce, Dijon, mustard, chili powder, cumin, oregano, salt, pepper

All 20 smoothies at a glance

Values per serving, as written. Tap a name to jump to the recipe.

#	RECIPE	TYPE	KCAL	PROTEIN	FIBER	FAT	VEG AN *	NUT-FREE	PAGE
	1 Classic Berry Protein	MEAL	380	29 g	10 g	13 g	✓	✓ seed butter	24
	2 Peanut Butter Banana Power	MEAL	425	29 g	6 g	11 g	✓	✓ seed butter	25
	3 Green Morning Starter	MEAL	330	27 g	6 g	5 g	✓	✓	26
	4 Tropical Mango Refresher	MEAL	385	28 g	8 g	6 g	✓	✓	27
	5 Cocoa Almond Treat	MEAL	400	30 g	7 g	12 g	✓	✓ seed butter	28
	6 Blackberry Fiber Boost	MEAL	335	28 g	13 g	9 g	✓	✓	29
	7 Light Strawberry Snack	SNACK	170	16 g	3 g	1 g	✓	✓	30
	8 Apple Cinnamon Oat	MEAL	350	26 g	6 g	4 g	✓	✓	31
	9 Peach Vanilla Light Snack	SNACK	175	13 g	3 g	2 g	✓	✓	32
	10 Kale-Pineapple Green Machine	MEAL	350	29 g	8 g	6 g	✓	✓	33

	#	RECIPE	TYPE	KCAL	PROTEIN	FIBER	FAT	VEG AN *	N UT-FR EE	PAGE
	11	High-Protein Vanilla Shake	SNACK	215	35 g	1 g	5 g	✓	✓ swap milk	34
	12	Orange Creamsicle Citrus	MEAL	345	26 g	6 g	2 g	✓	✓	35
	13	Beet Berry Boost	MEAL	325	27 g	9 g	6 g	✓	✓	36
	14	Avocado Lime Satiety	MEAL	305	25 g	6 g	12 g	✓	✓	37
	15	Mocha Coffee Protein	MEAL	305	25 g	7 g	5 g	✓	✓	38
	16	Pumpkin Pie Protein	MEAL	320	26 g	7 g	3 g	✓	✓	39
	17	Blueberry Muffin	MEAL	310	25 g	6 g	3 g	✓	✓	40
	18	Chocolate Cherry Protein	MEAL	345	29 g	9 g	6 g	✓	✓	41
	19	Mint Chip Green	MEAL	325	26 g	5 g	5 g	✓	✓	42
	20	Pineapple Coconut Snack	SNACK	200	16 g	2 g	1 g	✓	✓	43

*Vegan note: with the standard swap (page 51), meals stay within about 40 kcal and 5 g protein of these numbers. Snacks rise to about 205–235 kcal with 20–27 g protein.

QUICK FILTERS

Highest protein

11 5 10 18

Highest fiber

6 1 13 18

Fastest (3 min, all frozen)

4 7 20

Chocolate fix

5 15 18 19

Gr eens -for w a r d

3 10 14 19

Don't taste "green"

13 16 17



RECIPE 01

MEAL

Berry

High-protein



5 MIN

SERVES 1

ON YOUR PLAN: DAY 1 & 15

Classic Berry Protein Smoothie

Rich and sweet-tart: the everyday workhorse.

380

KCAL

29 g

PROTEIN

10 g

FIBER

13 g

FAT

INGREDIENTS

- ¾ cup plain nonfat Greek yogurt
- 1 cup frozen mixed berries
- 1 cup baby spinach
- 1 Tbsp chia seeds
- 1 Tbsp peanut butter
- ½ cup 1% milk
- 4–6 ice cubes
- ¼ tsp vanilla (optional)

METHOD

- 1 Blend milk and yogurt.
- 2 Add spinach, peanut butter, chia.
- 3 Add berries and ice.
- 4 Blend 45–60 seconds.

SWAPS

Vegan: standard. Nut-free: seed butter.

Almond milk, peanut butter.

TIP

Let it sit 2 minutes. The chia thickens it.



RECIPE 02

MEAL

Dessert-style

High protein

⌚ 5 MIN · SERVES 1 · ON YOUR PLAN: DAY 3

Peanut Butter Banana Power

Thick and milkshake-like.

425

KCAL

29 g

PROTEIN

6 g

FIBER

11 g

FAT

INGREDIENTS

- ¾ cup plain nonfat Greek yogurt
- 1 medium banana (frozen is best)
- 1 Tbsp peanut butter
- ¼ cup rolled oats
- ½ cup 1% milk
- 4–6 ice cubes
- ¼ tsp cinnamon (optional)

METHOD

- 1 Blend milk and yogurt.
- 2 Add banana.
- 3 Add peanut butter and oats.
- 4 Add ice and cinnamon.
- 5 Blend a full 60 seconds.

SWAPS

Vegan: standard. Gluten-free: GF oats. Nut-free: seed butter.

Optional: plain, peanuts, oats.

Keep peeled bananas in the freezer.



RECIPE 03

MEAL

Green

High-fiber

5 MIN · SERVES 1 · ON YOUR PLAN: DAY 2 & 23

Green Morning Starter

Tastes like banana, not salad.

330

KCAL

27 g

PROTEIN

6 g

FIBER

5 g

FAT

INGREDIENTS

- $\frac{3}{4}$ cup plain nonfat Greek yogurt
- 1 medium banana
- $1\frac{1}{2}$ cups baby spinach
- 1 Tbsp ground flaxseed
- $\frac{3}{4}$ cup 1% milk
- 4–6 ice cubes
- squeeze of lemon (optional)

METHOD

- 1 Blend milk and yogurt.
- 2 Add spinach and flax.
- 3 Add banana and ice.
- 4 Blend 45–60 seconds until no green flecks remain.

Weg a^{PS}n: standard.

CONTAINS
dairy.

NOTE

Flax: check with your doctor if pregnant. Blood thinners: keep greens steady.



RECIPE 04

MEAL

Tropical

All-frozen

⌚ 5 MIN · SERVES 1 · ON YOUR PLAN: DAY 5 & 26

Tropical Mango Refresher

Bright and naturally sweet.

385

KCAL

28 g

PROTEIN

8 g

FIBER

6 g

FAT

INGREDIENTS

- $\frac{3}{4}$ cup plain nonfat Greek yogurt
- 1 cup frozen mango
- $\frac{1}{2}$ cup frozen pineapple
- 1 cup baby spinach
- 1 Tbsp chia seeds
- $\frac{3}{4}$ cup 1% milk
- 4–6 ice cubes

METHOD

- 1 Blend milk and yogurt.
- 2 Add spinach and chia.
- 3 Add mango and pineapple.
- 4 Add ice.
- 5 Blend 45–60 seconds.

SWAPS

Vegan: standard (soy milk keeps protein highest).

CONTAINS

dairy.

Flapstest recipe. About 3 minutes.



RECIPE 05

MEAL

C hocolate

H ig h-p r otein



5 MIN · SERVES 1 · ON YOUR PLAN: DAY 6 & 27

Cocoa Almond Treat

A real chocolate fix that stays on target.

400

KCAL

30 g

PROTEIN

7 g

FIBER

12 g

FAT

INGREDIENTS

- $\frac{3}{4}$ cup plain nonfat Greek yogurt
- 1 medium banana
- 1 Tbsp unsweetened cocoa
- 1 Tbsp almond butter
- $\frac{3}{4}$ cup 1% milk
- 1 cup baby spinach
- 4–6 ice cubes
- $\frac{1}{4}$ tsp vanilla

METHOD

- 1 Blend milk and yogurt.
- 2 Add spinach, cocoa, almond butter.
- 3 Add banana and vanilla.
- 4 Add ice.
- 5 Blend 45–60 seconds.

SWAPS

Vegan: standard. Nut-free: seed butter.

^{DAIRY} Dairy, ^{TREE NUTS} tree nuts.



RECIPE 06

MEAL

Highest fiber

⌚ 5 MIN · SERVES 1 · ON YOUR PLAN: DAY 9

Blackberry Fiber Boost

Bold, tart, and filling.

335

KCAL

28 g

PROTEIN

13 g

FIBER

9 g

FAT

INGREDIENTS

- $\frac{3}{4}$ cup plain nonfat Greek yogurt
- 1 cup blackberries (fresh or frozen)
- 1 Tbsp chia seeds
- 1 Tbsp ground flax
- $\frac{3}{4}$ cup 1% milk
- 4–6 ice cubes
- $\frac{1}{2}$ tsp vanilla (optional)

METHOD

- 1 Blend milk and yogurt.
- 2 Add blackberries, chia, flax.
- 3 Add ice and vanilla.
- 4 Blend 60 seconds.

⚠️ **Warning:** standard.

CONTAINS
dairy.

NOTE

Very high fiber. Drink extra water.
Flax: check with your doctor if
pregnant.



RECIPE 07

SNACK

Lower-calorie

⌚ 5 MIN · SERVES 1 · ON YOUR PLAN: DAY 4

Light Strawberry Snack

Light and refreshing.

170

KCAL

16 g

PROTEIN

3 g

FIBER

1 g

FAT

INGREDIENTS

- ½ cup plain nonfat Greek yogurt
- 1 cup frozen strawberries
- ½ cup 1% milk
- 4–6 ice cubes
- ¼ tsp vanilla (optional)

METHOD

- 1 Blend milk and yogurt.
- 2 Add strawberries and ice.
- 3 Blend 45 seconds.

SWAPS

Vegan: soy yogurt + soy milk + ½ scoop plant protein (~210 kcal, ~20 g protein).

CONTAINS

dairy.

NOTE

A snack, not a meal. See the snack-day rule ([page 10](#)).



RECIPE 08

MEAL

High-fiber

Comfort

5 MIN · SERVES 1 · ON YOUR PLAN: DAY 8

Apple Cinnamon Oat Smoothie

Apple-pie flavor, without the sugar.

350

KCAL

26 g

PROTEIN

6 g

FIBER

4 g

FAT

INGREDIENTS

- ¾ cup plain nonfat Greek yogurt
- 1 medium apple, cored and chopped (skin on)
- ¼ cup rolled oats
- ½ tsp cinnamon
- ¾ cup 1% milk
- 4–6 ice cubes
- ¼ tsp vanilla (optional)

METHOD

- 1 Blend milk and yogurt.
- 2 Add apple, oats, cinnamon.
- 3 Add ice and vanilla.
- 4 Blend a full 60 seconds.

SWAPS

Vegan: standard. Gluten-free: GF oats.

Oatmeal, oats.

TIP

Stick to ¼ cup oats. More adds calories fast.



RECIPE 09

SNACK

Lower-calorie

⌚ 5 MIN · SERVES 1 · ON YOUR PLAN: DAY 11

Peach Vanilla Light Snack

The lightest recipe. Under 200 calories.

175

KCAL

13 g

PROTEIN

3 g

FIBER

2 g

FAT

INGREDIENTS

- ¼ cup plain nonfat Greek yogurt
- ¾ cup 1% milk
- 1 cup frozen peach slices
- ½ tsp vanilla
- 4–6 ice cubes

METHOD

- 1 Blend milk and yogurt.
- 2 Add peaches.
- 3 Add vanilla and ice.
- 4 Blend 45 seconds.

SWAPS

Vegan: soy yogurt + soy milk + ½ scoop plant protein (~210 kcal, ~20 g protein). Skip almond and oat milk (low protein).

CONTAINS

dairy.

NOTE

Still hungry? Add a hard-boiled egg or a few nuts.



RECIPE 10

MEAL

Green

⌚ 5 MIN · SERVES 1 · ON YOUR PLAN: DAY 12

Kale-Pineapple Green Machine

Pineapple cuts kale's bitterness.

350

KCAL

29 g

PROTEIN

8 g

FIBER

6 g

FAT

INGREDIENTS

- $\frac{3}{4}$ cup plain nonfat Greek yogurt
- 1 cup frozen pineapple
- 1 cup kale, stems removed
- 1 Tbsp chia seeds
- $\frac{3}{4}$ cup 1% milk
- 4–6 ice cubes
- squeeze of lime (optional)

METHOD

- 1 Blend milk and yogurt.
- 2 Add kale and chia, then pineapple.
- 3 Add ice and lime.
- 4 Blend 60–75 seconds until no leaf pieces remain.

⚠️ ^{APS}Weg: standard.

CONTAINS
dairy.

NOTE

Blood thinners: kale is high in vitamin K. Keep it consistent.



RECIPE 11

SNACK

High-protein



5 MIN

SERVES 1

ON YOUR PLAN: DAY 25

High-Protein Vanilla Snack Shake

About 35 g protein for roughly 215 calories.

215

KCAL

35 g

PROTEIN

1 g

FIBER

5 g

FAT

(with a 120-kcal, 24 g scoop. Check your brand.)

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 scoop (~30 g) vanilla protein powder
- ½ cup plain nonfat Greek yogurt
- ½ tsp vanilla
- ¼ tsp cinnamon (optional)
- 1 cup ice

METHOD

- 1 Blend almond milk and yogurt.
- 2 Add powder and vanilla.
- 3 Add cinnamon and ice.
- 4 Blend 45–60 seconds until thick.

SWAPS

Vegan: soy yogurt + plant powder (~205 kcal, ~27 g protein). Nut-free: soy or dairy milk.

CONTAINS

dairy, tree nuts (almond milk). Check the powder label.

Optional. Choose a third-party-tested powder with ≤3 g added sugar per scoop.



RECIPE 12

MEAL

Citrus

⌚ 5 MIN · SERVES 1 · ON YOUR PLAN: DAY 20

Orange Creamsicle Citrus

A bright change from berries and chocolate.

345

KCAL

26 g

PROTEIN

6 g

FIBER

2 g

FAT

INGREDIENTS

- $\frac{3}{4}$ cup plain nonfat Greek yogurt
- $\frac{3}{4}$ cup 1% milk
- 1 medium orange, peeled and segmented
- 1 medium frozen banana
- $\frac{1}{2}$ tsp vanilla
- 1 cup ice

METHOD

- 1 Blend milk and yogurt.
- 2 Add orange.
- 3 Add banana and vanilla.
- 4 Add ice.
- 5 Blend 45–60 seconds.

Weight: standard.

CONTAINS
dairy.

NOTE

Whole orange, not grapefruit.
Grapefruit interacts with many medications.



RECIPE 13

MEAL

Root vegetable



5 MIN · SERVES 1 · ON YOUR PLAN: DAY 16

Beet Berry Boost

Veggies without the "green" taste.

325

KCAL

27 g

PROTEIN

9 g

FIBER

6 g

FAT

INGREDIENTS

- $\frac{3}{4}$ cup plain nonfat Greek yogurt
- $\frac{3}{4}$ cup 1% milk
- $\frac{1}{2}$ cup cooked packaged beets, drained
- $\frac{3}{4}$ cup frozen mixed berries
- 1 Tbsp chia seeds
- 1 tsp honey (optional, +20 kcal)
- $\frac{1}{2}$ cup ice

METHOD

- 1 Blend milk and yogurt.
- 2 Add beets, berries, chia.
- 3 Add honey and ice.
- 4 Blend 60+ seconds until smooth.

SWAPS

Vegan: standard (honey → maple syrup, or skip).

CONTAINS

dairy.

NOTE

Beets can turn urine or stool pink. Harmless. Use pre-cooked packaged beets.



RECIPE 14

MEAL

Healthy fat

🕒 5 MIN · SERVES 1 · ON YOUR PLAN: DAY 19

Avocado Lime Satiety

Creamy and long-lasting.

305

KCAL

25 g

PROTEIN

6 g

FIBER

12 g

FAT

INGREDIENTS

- $\frac{3}{4}$ cup plain nonfat Greek yogurt
- $\frac{3}{4}$ cup 1% milk
- $\frac{1}{2}$ ripe avocado
- 1 cup baby spinach
- juice of $\frac{1}{2}$ lime
- 1 tsp honey (optional)
- $\frac{3}{4}$ cup ice

METHOD

- 1 Blend milk and yogurt.
- 2 Add avocado and spinach.
- 3 Add lime (and honey).
- 4 Add ice.
- 5 Blend 45–60 seconds.

⚠️ ^{A.P.S.}Weight: standard.

CONTAINS
dairy.

NOTE

Highest-fat recipe. Don't add nut butter.



RECIPE 15

MEAL

Coffee

Morning only

⌚ 5 MIN · SERVES 1 · ON YOUR PLAN: DAY 13

Mocha Coffee Protein

Your coffee and breakfast in one.

305

KCAL

25 g

PROTEIN

7 g

FIBER

5 g

FAT

INGREDIENTS

- $\frac{3}{4}$ cup brewed coffee, cooled
- $\frac{1}{2}$ cup 1% milk
- $\frac{3}{4}$ cup plain nonfat Greek yogurt
- 1 medium frozen banana
- 1 Tbsp unsweetened cocoa
- 1 Tbsp ground flax
- $\frac{1}{2}$ tsp vanilla
- $\frac{1}{2}$ cup ice

METHOD

- 1 Blend coffee, milk, yogurt.
- 2 Add banana, cocoa, flax, vanilla.
- 3 Add ice.
- 4 Blend 45–60 seconds.

SWAPS

Decaf for caffeine-free. Vegan: standard.

Decaf coffee, caffeine.

NOTE

Morning only. Pregnant or caffeine-sensitive? Use decaf and ask your doctor.



RECIPE 16

MEAL

Comfort

⌚ 5 MIN · SERVES 1 · ON YOUR PLAN: DAY 17

Pumpkin Pie Protein

Fall in a glass, without the dessert calories.

320

KCAL

26 g

PROTEIN

7 g

FIBER

3 g

FAT

INGREDIENTS

- $\frac{3}{4}$ cup plain nonfat Greek yogurt
- $\frac{1}{2}$ cup canned pure pumpkin
- $\frac{1}{2}$ medium frozen banana
- $\frac{1}{4}$ cup rolled oats
- $\frac{1}{2}$ cup 1% milk
- $\frac{3}{4}$ tsp pumpkin pie spice
- $\frac{1}{4}$ tsp vanilla
- 4–6 ice cubes

METHOD

- 1 Blend milk and yogurt.
- 2 Add pumpkin, oats, spice, vanilla.
- 3 Add banana and ice.
- 4 Blend a full 60 seconds.

SWAPS

Vegan: standard. Gluten-free: GF oats.

Oat milk, oats.

NOTE

Buy "100% pure pumpkin," not pie filling.



RECIPE 17

MEAL

Baker y-style

⌚ 5 MIN · SERVES 1 · ON YOUR PLAN: DAY 10

Blueberry Muffin

All the muffin flavor, none of the crumbs.

310

KCAL

25 g

PROTEIN

6 g

FIBER

3 g

FAT

INGREDIENTS

- $\frac{3}{4}$ cup plain nonfat Greek yogurt
- 1 cup frozen blueberries
- $\frac{1}{4}$ cup rolled oats
- $\frac{1}{2}$ cup 1% milk
- $\frac{1}{2}$ tsp vanilla
- $\frac{1}{4}$ tsp cinnamon
- pinch of lemon zest (optional)
- 4–6 ice cubes

METHOD

- 1 Blend milk and yogurt.
- 2 Add oats, cinnamon, vanilla.
- 3 Add blueberries and ice.
- 4 Blend a full 60 seconds.

SWAPS

Vegan: standard. Gluten-free: GF oats.

60s in T A in S.
Oai ry, o a ts.



RECIPE 18

MEAL

C hocolate

H ig h-fib er

🕒 5 MIN · SERVES 1 · ON YOUR PLAN: DAY 22

Chocolate Cherry Protein

Black-forest flavor for sweet-tooth days.

345

KCAL

29 g

PROTEIN

9 g

FIBER

6 g

FAT

INGREDIENTS

- ¾ cup plain nonfat Greek yogurt
- 1 cup frozen dark sweet cherries
- 1 Tbsp unsweetened cocoa
- 1 Tbsp chia seeds
- 1 cup baby spinach
- ¾ cup 1% milk
- 4–6 ice cubes

METHOD

- 1 Blend milk and yogurt.
- 2 Add spinach, cocoa, chia.
- 3 Add cherries and ice.
- 4 Blend 60 seconds.

⚠️ **Weg a^{PS}n:** standard.

CONTAINS
da ily.

NOTE

Cherries are high in FODMAPs. Skip them if they upset your gut.



RECIPE 19

MEAL

Green

Dessert-style

🕒 5 MIN · SERVES 1 · ON YOUR PLAN: DAY 24

Mint Chip Green

Tastes like mint chip ice cream. It's spinach and banana.

325

26 g

5 g_{FIBER}5 g_{FAT}

- $\frac{3}{4}$ cup plain nonfat Greek yogurt
- 1 medium frozen banana
- 1 cup baby spinach
- $\frac{3}{4}$ cup 1% milk
- 1 Tbsp cacao nibs
- $\frac{1}{4}$ tsp peppermint extract (or 8–10 fresh mint leaves)
- 4–6 ice cubes

METHOD

- 1 Blend milk and yogurt.
- 2 Add spinach, banana, mint.
- 3 Add ice.
- 4 Blend 60 seconds.
- 5 Add nibs and pulse twice.

⚠️ Weight: standard.

CONTAINS
dairy.

Peppermint extract is strong. Start with $\frac{1}{8}$ tsp.



RECIPE 20

SNACK

Tropical

🕒 5 MIN · SERVES 1 · ON YOUR PLAN: DAY 18

Pineapple Coconut Snack

An afternoon vacation for about 200 calories.

200

KCAL

16 g

PROTEIN

2 g

FIBER

1 g

FAT

INGREDIENTS

- ½ cup plain nonfat Greek yogurt
- 1 cup frozen pineapple
- ½ cup 1% milk
- ¼ tsp coconut extract
- 4–6 ice cubes

METHOD

- 1 Blend milk and yogurt.
- 2 Add pineapple, extract, ice.
- 3 Blend 45 seconds.

SWAPS

Vegan: soy yogurt + soy milk + ½ scoop plant protein (~235 kcal, ~20 g protein).

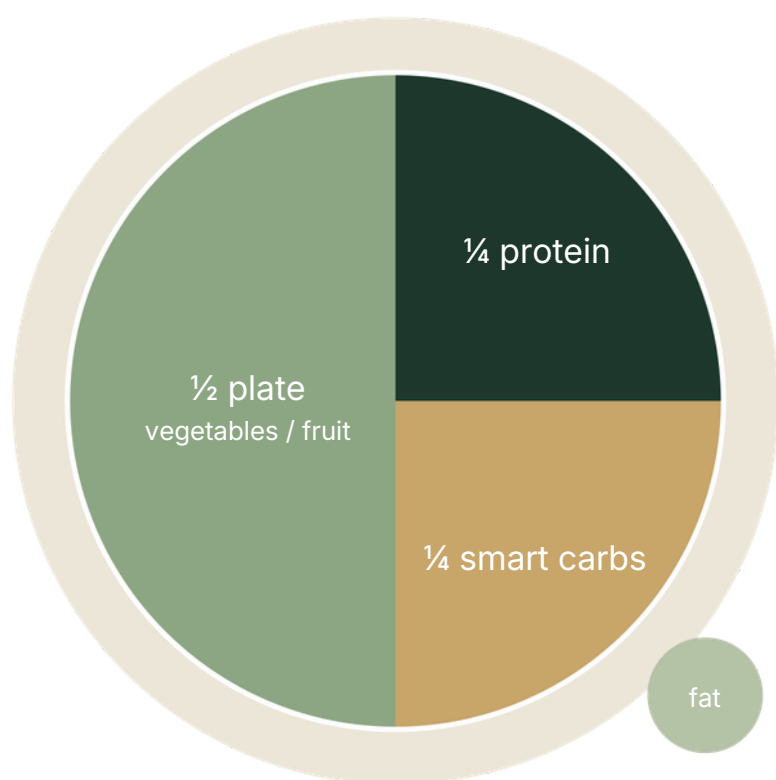
CONTAINS

dairy.

NOTE

A snack. Don't use it in place of a meal.

Build every other meal like this.



■ 1/2 plate: vegetables or fruit

■ 1/4 plate: protein

■ 1/4 plate: smart carbs (whole grains, potatoes, beans)

■ 1 thumb: healthy fat (olive oil, nuts, avocado)

3 HABITS THAT MATTER MOST

- 1 Protein at every meal (25–30 g).
- 2 Vegetables first.
- 3 Eat slowly. Fullness takes time to show up.

Palm
p r otein

Fist
veg or carbs

Cupped hand
g r ains

Thumb
fat

Your meals for the month are planned on [pages 14–21](#). Recipes are on [pages 45–48](#).

Lunches



L1 LUNCH

Chicken, Quinoa & Roasted Veg Bowl

~410kcal · 42gprotein

4 oz (115 g) cooked chicken breast · ½ cup cooked quinoa · 1½ cups roasted vegetables (broccoli, peppers, zucchini) · 1 tsp olive oil · lemon · salt, pepper

METHOD Toss vegetables in oil. Roast at 425°F (220°C) for 20 minutes. Layer quinoa, vegetables, and sliced chicken. Squeeze lemon.

TIP Cook chicken and quinoa for two lunches at once.



L2 LUNCH

Tuna Lettuce Wraps with Apple, Toast & Carrots

~445kcal · 36gprotein

1 can (5 oz) tuna in water, drained · 2 Tbsp plain Greek yogurt · 1 tsp Dijon · 1 celery stalk, chopped · 3 lettuce leaves · 1 small apple · 1 slice whole-grain toast · 1 cup baby carrots + 2 Tbsp hummus

METHOD Mix tuna, yogurt, Dijon, celery. Spoon into lettuce. Serve with the sides.



L3 LUNCH

Lentil Soup Lunch

~420kcal · 28gprotein

SOUP (SERVES 2, ~250 KCAL EACH) ½ cup dry lentils · ½ onion, diced · 1 carrot, diced · 1 celery stalk · 1 garlic clove · 1 cup canned diced tomatoes · 2 cups low-sodium broth · 2 tsp olive oil · ½ tsp cumin · 1 cup spinach

METHOD Sauté onion, carrot, celery, garlic in oil 5 minutes. Add lentils, tomatoes, broth, cumin. Simmer 25–30 minutes. Stir in spinach.

EACH LUNCH 1 serving soup + ¼ cup Greek yogurt on top + side salad (2 cups greens, cucumber, tomato, 1 tsp olive oil, lemon) + 1 hard-boiled egg.

Lunches & dinner



L4 LUNCH

Turkey, Avocado & Spinach Wrap

~410kcal · 28gprotein

1 whole-wheat tortilla · 3 oz sliced low-sodium turkey · ¼ avocado · 1 slice reduced-fat cheese · handful of spinach · tomato slices · 1 tsp mustard · 1 cup baby carrots on the side

METHOD Spread mustard, layer, roll, slice.



L5 LUNCH

Greek Chickpea Bowl

~415kcal · 26gprotein

¾ cup chickpeas, drained · 1 cup diced cucumber · ½ cup cherry tomatoes · 2 Tbsp crumbled feta · 1 Tbsp red onion · 2 tsp olive oil · lemon · oregano · Dressing: ½ cup plain Greek yogurt + a little garlic and salt

METHOD Toss the salad. Top with the yogurt dressing.



D1 DINNER

Sheet-Pan Salmon, Broccoli & Baby Potatoes

~465kcal · 31gprotein

4 oz (115 g) salmon fillet · 6 oz baby potatoes, halved · 2 cups broccoli florets · 1 tsp olive oil · lemon · garlic · salt, pepper

METHOD Roast potatoes at 425°F (220°C) for 10 minutes. Add broccoli and salmon. Roast 12–15 minutes more until the salmon flakes.

Dinners



D2 DINNER

Chicken & Vegetable Stir-Fry over Rice

~455kcal · 39gprotein

5 oz (140 g) raw chicken breast, sliced · 2 cups stir-fry vegetables · 1 tsp oil · 1 Tbsp low-sodium soy sauce · garlic, ginger · $\frac{2}{3}$ cup cooked brown rice

METHOD Sear chicken 4–5 minutes. Add vegetables, garlic, ginger. Stir-fry 4 minutes. Add soy sauce. Serve over rice.



D3 DINNER

Turkey & Bean Chili

(serves 2) · ~330kcal · 29gprotein per 1½ cups; ~440 kcal with ½ cup rice

½ lb lean ground turkey · $\frac{3}{4}$ cup kidney beans, drained · 1 cup canned crushed tomatoes · ½ onion · ½ bell pepper · 1 garlic clove · 1½ tsp chili powder · ½ tsp cumin · 2 tsp olive oil · ½ cup broth

METHOD Brown turkey with onion and pepper in oil. Add garlic, spices, tomatoes, beans, broth. Simmer 25 minutes. Serve one portion with ½ cup brown rice.

TIP Make both servings at once. Reheat the second.



D4 DINNER

Veggie Omelet with Toast & Berries

~455kcal · 28gprotein

3 eggs · 1 cup chopped vegetables (spinach, mushrooms, peppers) · 1 tsp olive oil · 1 Tbsp feta · 1 slice whole-grain toast · 1 cup berries

METHOD Sauté vegetables 2 minutes. Add beaten eggs and cook until set. Fold with feta. Serve with toast and berries.

Dinner 5 & backups DINNER



D5 Tofu & Vegetable Stir-Fry with Brown Rice

~455kcal · 25gprotein

6 oz (170 g) extra-firm tofu, pressed and cubed · 2 cups vegetables · 1 tsp oil · 1 Tbsp low-sodium soy sauce · garlic, ginger · $\frac{2}{3}$ cup cooked brown rice

METHOD Pan-fry tofu until golden, 6–8 minutes. Add vegetables, garlic, ginger. Stir-fry 4 minutes. Add soy sauce. Serve over rice.

EMERGENCY MEALS (5 minutes)

- 2-egg scramble + toast + fruit (~350 kcal, 18 g protein)
- 1 cup 1% cottage cheese + 1 cup berries + 1 oz nuts (~400 kcal, ~30 g protein)
- Bean & cheese quesadilla + salsa (~400 kcal, ~20 g protein)

FUEL-UPS (add what you need)

$\frac{1}{2}$ cup cooked brown rice or quinoa	+110
1 medium piece of fruit	+80
1 oz nuts	+165
1 tsp olive oil	+40
An extra snack from page 49	+ 150–300

Calories and protein are estimates. Check labels for tofu and packaged foods.

Snack sets & real life

A Apple + 1 Tbsp peanut butter + string cheese **270** kcal

B ½ cup cottage cheese + berries + 1 oz almonds **295** kcal

C Baby carrots + 2 Tbsp hummus + 1 hard-boiled egg + clementine **225** kcal

D ½ cup edamame + 3 cups popcorn + string cheese **265** kcal

E ½ cup Greek yogurt + 1 cup berries + ½ oz walnuts **230** kcal

Quick singles: hard-boiled egg (70) · string cheese (80) · edamame ½ cup (95) · popcorn 3 cups (90)

EATING OUT

- ✓ Pick grilled, baked, or roasted
- ✓ Sauce on the side
- ✓ Add a vegetable side
- ✓ Share dessert, or skip it

WEEKENDS

Keep your smoothie and enjoy the event. Don't skip meals to "save up."

TRAVEL

Pack protein powder and oats. At hotel breakfast, eat eggs, yogurt, and fruit.

ALCOHOL

Adds calories and lowers your guard around food. Keep it modest.

Three quiet multipliers.



Water

Drink steadily. A glass before your smoothie is an easy start. Drink more as fiber goes up.



Movement

A 10–15 minute walk after a meal is plenty to start. Build toward 150 minutes of moderate activity a week. Add two short strength sessions if you can.

10–15 min walk

150 min / week

+2 strength



Sleep

Short sleep raises hunger. Aim for 7–9 hours.

Not an exercise prescription. Check with your doctor first if you have a health condition.

Make it work for you.



IF YOU...	SWAP THIS	WITH THIS	NOTE
Eat vegan / dairy-free	Greek yogurt	Unsweetened soy yogurt + ½ scoop plant protein	Soy yogurt has about 5–8 g protein per ¾ cup (Greek: about 17 g). The powder fixes it.
	Dairy milk	Unsweetened soy milk	Soy has about 7–8 g per cup. Almond, oat, rice, coconut have 0–3 g.
Avoid nuts	Peanut / almond butter	Sunflower-seed butter	Check for cross-contamination. Recipe 11: use soy or dairy milk.
Avoid gluten	Rolled oats (Recipes 2, 8, 16, 17)	Certified gluten-free oats	
Are lactose-sensitive	Regular milk	Lactose-free milk	Greek yogurt is lower in lactose. Keep it.
Have IBS / low-FODMAP	Apple, mango, cherries, beets, honey, peaches	Strawberries, blueberries, pineapple, firm banana	Ask a dietitian for a full plan.
Are on a budget	Almond butter, protein powder	Peanut butter, no powder	Store-brand yogurt and milk are fine. Frozen fruit saves money.
Skip honey	Honey	Maple syrup, or nothing	It's always optional.

Vegan result: meal recipes stay within about 40 kcal and 5 g protein of the printed numbers. Snacks rise to about 205–235 kcal with 20–27 g protein.

15 minutes a week.



FREEZER PACKS

- 1 Portion fruit, greens, and seeds for 5 smoothies into bags.
- 2 Label with the recipe and date.
- 3 Freeze up to 3 months.
- 4 On smoothie day, add yogurt and milk. Blend.

MAKE-AHEAD
Sealed jar, filled to the top, fridge up to 24 hours (best within 12). Shake before drinking.

PREP
Peel, slice, freeze flat on a tray, then bag.

BLENDER TIPS
Liquid first, ice last. Pulse a few times, then blend. Run longer for kale and oats.

US	METRIC
1 cup	~240 ml
¾ cup	~180 ml
½ cup	~120 ml
¼ cup	~60 ml
1 Tbsp	~15 ml
1 tsp	~5 ml
¾ cup Greek yogurt	~170 g
1 cup berries	~140 g
1 cup spinach	~30 g
1 Tbsp chia	~12 g
4 oz	~115 g
4 25°F	~ 220 °C

Something's off? Find it here.

Too thick

Add a splash of milk or water. Re-blend.

Too thin

Add 2–3 ice cubes, or use frozen fruit.

Hungry after a meal smoothie

Check you used a full $\frac{3}{4}$ cup yogurt. Add a hard-boiled egg, fruit, or a few nuts.

Hungry after a snack smoothie

It's a snack by design. Follow the snack-day rule ([page 10](#)).

Too full

Use $\frac{3}{4}$ cup fruit, or skip the nut butter. Keep the protein.

Missing an ingredient

Swap a similar fruit. Never skip the protein.

Missed a day

Skip it. Don't double up.

Don't like a recipe

Use a Flex Day.

Scale hasn't moved

Weight swings from water and salt. Judge by the weekly trend for 2–3 weeks.

Bloated or gassy

Halve the chia or flax for a few days. Drink more water.

Night cravings

Add protein at dinner. Don't skip earlier meals.

Bored

Change the fruit. Add cinnamon or citrus zest.

Get help if you have: dizziness, fainting, a racing heart, constant fatigue, or anxiety about food.

Questions, answered.

~~More than one smoothie a day?~~

Not recommended. It adds calories and pushes out real food. If you want a snack, use a snack from [page 49](#).

No dairy?

Yes. See [page 51](#).

Coffee okay?

Yes, in moderation. Recipe 15 includes it.

Teens or kids?

No. This plan is for adults.

After 30 days?

Pages 61–62.

Protein powder in other recipes?

Half a scoop adds about 12g. Choose a third-party-tested brand.

Fresh fruit instead of frozen?

Yes. Add 4–6 extra ice cubes.

Can I exercise?

Yes. See [page 50](#).

Diabetes?

Talk to your care team first. Fruit adds carbs.

Why it works

01

Calories decide weight.
Eatabit less than you use.
Nothing "burns fat."

02

Protein fills you up
more than carbs or fat do.

03

Fiber
slows digestion and adds
fullness.

04

Whole fruit beats juice.
Juice drops the fiber.

05

Replace, don't add.
Drinks are easy to overdo,
so a smoothie must *replace*
something.

06

Timing is flexible.
Eat your smoothie when it
helps you most.

SOURCES

1 U.S. Department of Agriculture. FoodData Central.

2 USDA & HHS. *Dietary Guidelines for Americans, 2020–2025*.

3 Centers for Disease Control and Prevention. Healthy weight guidance.

4 NIDDK. Body Weight Planner.

5 USDA MyPlate.

6 NIH Office of Dietary Supplements.

7 U.S. FDA. Grapefruit juice and some drugs don't mix.

8 American Heart Association. Fiber and healthy eating.

9 Academy of Nutrition and Dietetics. [eatright.org](https://www.eatright.org).

10 Leidy HJ, et al. The role of protein in weight loss and maintenance. *Am J Clin Nutr*, 2015.

11 Heymsfield SB, et al. Weight management using a meal replacement strategy: meta and pooling analysis from six studies. *Int J Obes*, 2003.

Day zero baseline

Name / start date _____

My smoothie slot ☐ Breakfast ☐ Lunch ☐ Afternoon

Daily calorie target (page 9) _____ Protein target _____ g

My 30-day goal _____

Why it matters to me _____

MEASUREMENT	DAY 0	DAY 30
Weight (optional)		
Waist		
Energy (1–5)		
Cravings (1–5)		
Sleep (hours)		
Activity (steps)		
How my clothes fit		

Foods I love _____ Allergies _____

Biggest obstacle _____ My plan _____

30-day tracker *Days 1-15*

DAY	SMOOTHIE	M/S	FULLNESS	ENERGY	WATER	MOVE	NOTES
1	Classic Berry	MEAL	1 2 3 4 5	1 2 3 4 5	☐	☐	
2	Green Morning	MEAL	1 2 3 4 5	1 2 3 4 5	☐	☐	
3	PB Banana	MEAL	1 2 3 4 5	1 2 3 4 5	☐	☐	
4	Light Strawberry	SNACK	1 2 3 4 5	1 2 3 4 5	☐	☐	
5	Tropical Mango	MEAL	1 2 3 4 5	1 2 3 4 5	☐	☐	
6	Cocoa Almond	MEAL	1 2 3 4 5	1 2 3 4 5	☐	☐	
7	Flex Day		1 2 3 4 5	1 2 3 4 5	☐	☐	
8	Apple Cinnamon Oat	MEAL	1 2 3 4 5	1 2 3 4 5	☐	☐	
9	Blackberry Fiber	MEAL	1 2 3 4 5	1 2 3 4 5	☐	☐	
10	Blueberry Muffin	MEAL	1 2 3 4 5	1 2 3 4 5	☐	☐	
11	Peach Vanilla	SNACK	1 2 3 4 5	1 2 3 4 5	☐	☐	
12	Kale-Pineapple	MEAL	1 2 3 4 5	1 2 3 4 5	☐	☐	
13	Mocha Coffee	MEAL	1 2 3 4 5	1 2 3 4 5	☐	☐	
14	Flex Day		1 2 3 4 5	1 2 3 4 5	☐	☐	
15	Classic Berry	MEAL	1 2 3 4 5	1 2 3 4 5	☐	☐	

Fullness: 1 = still hungry · 3 = satisfied · 5 = uncomfortably full. Aim for 3-4. Circle a number. On S days, follow the snack-day rule ([page 10](#)).

30-day tracker *Days 16-30*

DAY	SMOOTHIE	M/S	FULLNESS	ENERGY	WATER	MOVE	NOTES
16	Beet Berry	MEAL	1 2 3 4 5	1 2 3 4 5	☐	☐	
17	Pumpkin Pie	MEAL	1 2 3 4 5	1 2 3 4 5	☐	☐	
18	Pineapple Coconut	SNACK	1 2 3 4 5	1 2 3 4 5	☐	☐	
19	Avocado Lime	MEAL	1 2 3 4 5	1 2 3 4 5	☐	☐	
20	Orange Creamsicle	MEAL	1 2 3 4 5	1 2 3 4 5	☐	☐	
21	Flex Day		1 2 3 4 5	1 2 3 4 5	☐	☐	
22	Chocolate Cherry	MEAL	1 2 3 4 5	1 2 3 4 5	☐	☐	
23	Green Morning	MEAL	1 2 3 4 5	1 2 3 4 5	☐	☐	
24	Mint Chip Green	MEAL	1 2 3 4 5	1 2 3 4 5	☐	☐	
25	Vanilla Shake	SNACK	1 2 3 4 5	1 2 3 4 5	☐	☐	
26	Tropical Mango	MEAL	1 2 3 4 5	1 2 3 4 5	☐	☐	
27	Cocoa Almond	MEAL	1 2 3 4 5	1 2 3 4 5	☐	☐	
28	Flex Day		1 2 3 4 5	1 2 3 4 5	☐	☐	
29	My top-rated: _____	MEAL	1 2 3 4 5	1 2 3 4 5	☐	☐	
30	Free build		1 2 3 4 5	1 2 3 4 5	☐	☐	

Fullness: 1 = still hungry · 3 = satisfied · 5 = uncomfortably full. Aim for 3-4. Circle a number. On S days, follow the snack-day rule ([page 10](#)).

Weekly check-in

Week _____

Smoothie days completed _____ / 7

Favorite recipe _____

Hunger (1-5) _____ Energy (1-5) _____

Sleep (1-5) _____

What went well _____

One thing to change _____

Weight or waist (optional) _____

Week _____

Smoothie days completed _____ / 7

Favorite recipe _____

Hunger (1-5) _____ Energy (1-5) _____

Sleep (1-5) _____

What went well _____

One thing to change _____

Weight or waist (optional) _____

Week _____

Smoothie days completed _____ / 7

Favorite recipe _____

Hunger (1-5) _____ Energy (1-5) _____

Sleep (1-5) _____

What went well _____

One thing to change _____

Weight or waist (optional) _____

Week _____

Smoothie days completed _____ / 7

Favorite recipe _____

Hunger (1-5) _____ Energy (1-5) _____

Sleep (1-5) _____

What went well _____

One thing to change _____

Weight or waist (optional) _____

My recipe ratings

#	RECIPE	RATING	MAKE AGAIN?	NOTES
1	Classic Berry Protein	☆☆☆☆☆	☐	
2	Peanut Butter Banana Power	☆☆☆☆☆	☐	
3	Green Morning Starter	☆☆☆☆☆	☐	
4	Tropical Mango Refresher	☆☆☆☆☆	☐	
5	Cocoa Almond Treat	☆☆☆☆☆	☐	
6	Blackberry Fiber Boost	☆☆☆☆☆	☐	
7	Light Strawberry Snack	☆☆☆☆☆	☐	
8	Apple Cinnamon Oat	☆☆☆☆☆	☐	
9	Peach Vanilla Light Snack	☆☆☆☆☆	☐	
10	Kale-Pineapple Green Machine	☆☆☆☆☆	☐	
11	High-Protein Vanilla Shake	☆☆☆☆☆	☐	
12	Orange Creamsicle Citrus	☆☆☆☆☆	☐	
13	Beet Berry Boost	☆☆☆☆☆	☐	
14	Avocado Lime Satiety	☆☆☆☆☆	☐	
15	Mocha Coffee Protein	☆☆☆☆☆	☐	
16	Pumpkin Pie Protein	☆☆☆☆☆	☐	
17	Blueberry Muffin	☆☆☆☆☆	☐	
18	Chocolate Cherry Protein	☆☆☆☆☆	☐	
19	Mint Chip Green	☆☆☆☆☆	☐	
20	Pineapple Coconut Snack	☆☆☆☆☆	☐	

Day 29: pick your top-rated meal recipe.



17 · AFTER DAY 30 · YOUR RESULTS REVIEW

You finished. *Most people don't.*

REVIEW YOUR 30 DAYS

- 1 Compare your Day 0 and Day 30 numbers ([page 56](#)).
- 2 Look at your tracker. Which recipes kept you fullest?
- 3 Write down your 3 biggest wins. The scale is only one.
- 4 Pick one thing to keep and one thing to change.

WIN 1 _____

WIN 2 _____

WIN 3 _____

KEEP _____

CHANGE _____

Consistency, not perfection, is the skill you just built.

Where you go from here.

1

Keep losing.

One smoothie a day, plus the plan from pages 14–21. Stalled for several weeks? Recheck your target (page 9) or ask a dietitian.

2

Maintain.

Smoothie 3–5 days a week. Add a little more food at meals. Weigh in weekly and adjust.

3

Go your own way.

Build with the 7 slots (page 11). Rotate your 3–5 favorites. You don't have to use all 20.

ROTATE YOUR FAVORITES



Classic Berry Protein



Tropical Mango
Reference



Cocoa Almond Treat



Beet Berry Boost



Mint Chip Green

Remember: the smoothie is a tool. Sleep, movement, and your other meals matter too.

THE WELLNESS EDITION

Thank you for taking this challenge.

If it helped, a short review means a lot to a small business.

[review link]

Questions? [support email]