

@armoredshape

Healthy Routine

The Ultimate Guide to a Life
Full of Balance and
Happiness

- ✓ Complete guide
- ✓ Weight loss
- ✓ mass gain
- ✓ Genuine



Victor zambão

Embark on the journey to a
healthy routine with the
definitive guide, unrivaled in
excellence



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Important

It is important to highlight that weight, age and gender are fundamental when starting a routine to lose weight or gain mass. Weight determines your weight loss goals. Age affects your metabolism and nutritional needs. Sex also matters due to hormonal differences. Customizing your diet based on these factors is essential to achieving effective and healthy results.

Make a weekly plan, always looking at your wallet!

At first, what you most need to do is weekly planning to help avoid impulsive decisions and unhealthy food choices. When you know what you're going to eat at each meal, you're less likely to turn to processed foods or fast food.

It also makes grocery shopping easier, as you know exactly what foods you need to buy for the week. This saves time and money, and ensures your pantry and refrigerator are stocked with healthy foods.

Ultimately, a weekly plan provides a sense of control and organization, which can help reduce stress associated with dieting and promote a more sustainable and consistent approach over time.

You know, starting a healthy routine is amazing, but sometimes we forget to consider a crucial part: the budget. It's kind of fuel for this journey, you know?

So, before diving in, it's super important to take a look at your pocket. Defining a plan that fits your budget will help you avoid unpleasant surprises down the road. After all, the last thing we want is to run out of money to buy the right foods, right?

Therefore, a tip is to take a look at the prices of the healthy foods you like and do some financial planning. This way, you know exactly how much you can spend and can adjust your routine accordingly.

Furthermore, looking for more affordable options, such as buying seasonal foods at open-air markets, or even planning meals in advance, can help you save money.

So, embark on this journey of healthy living, but don't forget to take your wallet along! With smart planning, you will keep your health up to date without breaking your budget.

2°

Do I feel good doing this?

You know, when we talk about a healthy routine, it's easy to fall into the trap of thinking that it has to be a huge effort all the time, right? But do not need be like that! The truth is that it is super important to do things lightly and with your well-being in mind.

If you see your healthy routine as a boring obligation, you are likely to end up giving up halfway through. After all, who wants to do something that doesn't make you happy, right? So, it's important to find a balance. Make healthy choices because they make you feel good, not because you feel obligated to do so. How about seeing this as a self-care journey and not as a list of rules to follow?

Allow yourself to experiment, discover new recipes, find physical activities that you really enjoy. This way, your healthy routine will become something you actually want to do, not something you have to do.

Remember, the important thing is to feel good about yourself and your choices. You don't need to push yourself to the limit, okay? After all, health is also happiness!



Have a good night of sleep!

Imagine sleep as recharging your cell phone. That's when you plug it into the socket and it's full of energy again, ready to be used. The same happens to your body at night. While you sleep, your muscles relax, your body recovers from the day's stress and your mind processes information. It is the moment when your body renews itself, preparing itself for the next day. Therefore, it is essential to give due importance to sleep.

Establish a regular routine, create an environment conducive to rest and avoid habits that can disrupt the quality of sleep. Remember, the ideal is to sleep 7 to 9 hours a night, so set aside this time to take care of yourself. Prioritizing rest is not just a matter of luxury, it is a necessity for a healthy and balanced life. When you sleep well, you wake up refreshed and ready to face any challenge the day may bring. So, don't underestimate the power of sleep and make it a priority in your life!



To finish the routines and start with food

Imagine your healthy routine as a team working in perfect harmony for your well-being. A balanced diet is the fuel that keeps your body functioning, while physical exercise strengthens your muscles and mind. A good night's sleep is the time when your body recharges and prepares itself to face the next day. All of this creates a virtuous cycle, where you feel more energized, healthier and ready to make the most of life. So, don't underestimate the power of these habits and make them a priority in your life!





Drink lots of water!

Drinking water is essential during the weight loss and exercise phase, bringing a series of benefits to the body. During the weight loss process, water helps to increase satiety, reducing appetite and helping with controlled food intake. Furthermore, water is essential for the proper functioning of metabolism, helping to burn calories and eliminate toxins. During exercise, adequate hydration is crucial to maintaining physical performance, preventing fatigue and avoiding dehydration, which can harm health and athletic performance. The recommended minimum amount of water varies depending on body weight, physical activity and climate, but it is generally recommended to drink at least 2 liters of water per day, increasing this amount during intense exercise or in hot weather. It is important to drink water regularly throughout the day, before, during and after exercise, to ensure adequate hydration and optimize the results of weight loss and sports.



Cook and freeze

Just imagine: you come home after a busy day and, instead of facing the kitchen for hours, you have a delicious and healthy meal ready to be heated up in minutes. This is possible with a simple strategy: cook a large amount of food at once, separate it into portions and freeze it.

This tactic isn't just a time saver, it's a salvation for those who don't really enjoy spending hours in the kitchen. By batch preparing your meals, you only need to dedicate yourself to the kitchen once a week, leaving the rest of your days free to relax and enjoy life.

Furthermore, having ready-made meals in the freezer is a great motivation to follow a healthy routine. When you know that you have homemade, nutritious food at your disposal, it becomes much easier to resist the temptation to order delivery or resort to unhealthy foods. It's like having a private chef who works for you 24/7.

So, if you want to simplify your life in the kitchen and ensure you eat healthy throughout the week, try this technique. You will be surprised at how much more you can enjoy your time and eat better at the same time.



"Persist, because every small healthy choice is a giant step towards your goals."



Importance of breakfast

Breakfast is like fuel to start the day on the right foot! Imagine your body as a car, it needs energy to function. After spending the night without eating, breakfast is like a battery recharge that gives your metabolism a boost to start working.

Plus, when you skip breakfast, your body may interpret it as some kind of "emergency," slowing down your metabolism to conserve energy. This can make the weight loss process more difficult if that is your goal. Additionally, breakfast provides essential nutrients that your body needs to function well throughout the day, such as vitamins, minerals and fiber. Not to mention that starting the day with a healthy meal can help control your appetite throughout the day, reducing the urge to snack on unhealthy foods. So, don't underestimate the power of breakfast! It's an important part of a healthy routine and can make all the difference in your day.

I'm not hungry in the morning, what should I do?

Did you know that many people face the challenge of not being hungry in the morning? It turns out that for some, the morning appetite just doesn't come as easily as we'd like. But don't worry, we have a simple and effective solution for that!



The key is to adjust your meal times, especially dinner. When you choose to eat dinner a little earlier, you allow your body more time to digest your food before bed. This extends the fasting period overnight and means that when you wake up, your body is ready to receive breakfast with enthusiasm and genuine hunger.

And you know what else? Following the healthy routine you have already started will help this process even more. Adopting balanced, nutritious eating habits sets the stage for your body to naturally respond to awakening with a healthy, vibrant appetite. So, set dinner earlier, follow the tips in the e-book and get ready to wake up hungry, ready to enjoy a delicious and nutritious breakfast. This way, you start the day on the right foot and have plenty of energy to face any challenge that arises!

IDEAS FOR A BREAKFAST PROTEIN AND HEALTHY

<p>Stuffed tapioca: Stuff a tapioca with white cheese, turkey breast and tomato for a quick and delicious option.</p>	<p>Sweet potato baked with eggs: Bake a sweet potato in the oven and serve with scrambled eggs on top.</p>	<p>Wholemeal bread with cottage cheese and tomatoes: Spread cottage cheese on a slice of whole grain bread and add tomato slices on top.</p>	<p>Breakfast Wrap: Wrap scrambled eggs, avocado, tomatoes and spinach in a whole grain tortilla for a portable and healthy breakfast.</p>
<p>Crepioca: Mix tapioca with beaten eggs and cook like a pancake. Stuff with cottage cheese, tomato and spinach.</p>	<p>Hard-boiled eggs on whole-grain toast: Cook eggs to desired doneness and serve with whole-grain toast and a side of mashed avocado.</p>	<p>Toast with avocado and boiled egg: Mash avocado on whole grain toast and add a sliced hard-boiled egg on top for an extra dose of protein.</p>	<p>Mushroom and melted cheese sandwich: Saute sliced mushrooms with garlic and thyme and place them between two slices of wholemeal bread with melted cheese. Serve hot for a comforting breakfast.</p>

What to eat pre-workout in the morning.

When it comes to working out early in the morning, we need to give our body a little extra strength, right? So, let's talk about that pre-workout meal that will get you ready to rock the gym! Just think of it as the fuel that will get you there and keep you going until the end of the training.

So, what do we need? First, some nice carbohydrates to give you energy for training. How about a serving of oatmeal or a baked sweet potato? And to give your muscles a boost, try a source of protein, like eggs or Greek yogurt. And don't forget about good fats, like an avocado or a handful of nuts, which will give you that boost of energy and keep you satisfied until your next meal.

Oh, and of course, you can't forget about hydration, right? Drink water before leaving home to make sure your tank is full. And remember, there's no point in eating a big plate before working out. The ideal is to eat this meal about 60 to 90 minutes before training, to give your body time to digest everything properly and transform it into energy when it comes time.

So, when the alarm goes off in the morning, you know: no skipping breakfast! With these simple tips, you'll be ready to tackle any workout and achieve your fitness goals like a true champion!



What to eat post-workout in the morning

After an invigorating workout in the morning, there's nothing like a nutritious vitamin to recharge your energy, right? It's like a gift to your body, providing essential nutrients to restore your muscles and replenish your energy reserves. And you know what's even better? In our e-book, we have reserved for you several delicious smoothie recipes, ready to be explored and enjoyed on the last pages. So, after taking good care of your body during your workout, give it the love it deserves with one of these incredible recipes. After all, you deserve nothing less than the best!



Nutritional Guidelines for a Balanced Lunch

When it comes to starting a journey towards a healthier life, it's understandable to feel a little lost at first. However, I am here to offer the necessary support and guide you through this process.

As we discuss food choices during lunch, I would like to share some valuable guidance that will certainly be beneficial to your journey. I recommend, firstly, a balanced dish, made up of a variety of foods that promote not only the pleasure of eating, but also adequate nutrition for the body and mind.

Initially include lean protein sources, such as chicken or fish, which are essential for promoting muscle health and providing sustainable energy throughout the day. Next, vegetables must occupy a prominent place, providing a wide range of vitamins and minerals essential for the proper functioning of the body.

Furthermore, it is essential not to neglect complex carbohydrates, such as brown rice or quinoa, which are sources of gradual release energy, contributing to the stability of blood sugar levels and sustaining the feeling of satiety. We also can't forget about healthy fats, like avocado, which play an important role in the absorption of essential nutrients.

Last but not least, I highlight the importance of adequate hydration. Make sure you stay well hydrated, opting for water as your main source of fluids during meals.



	SALAD	CARBOHYDRATES	PROTEINS	VEGETABLES	SALADS HOT
1st option	Cucumber, tomato, red onion	Cassava puree: cooked cassava, milk, butter	Grilled chicken with roasted vegetables	Spinach sautéed with garlic and onion	Braised cabbage with garlic and onion
2nd option	Boiled potatoes, boiled eggs, red onion	Boiled and mashed potatoes, eggs, grated cheese	Baked fish with green salad and quinoa	Steamed broccoli with lemon	Steamed broccoli with melted cheese
3rd option	Arugula, watercress, lettuce, avocado	Whole potatoes baked in the oven	Egg white omelet with spinach and cottage cheese	Grilled hearts of palm with mustard and honey sauce	Corn cooked with butter and paprika
4th option	Tomato, red onion, basil	Rice Cake: Boiled rice, eggs, wheat flour	Tuna salad with white beans and mixed greens.	Grilled zucchini with colorful peppers	Roasted tomato with feta and olives
5nd option	Red cabbage, carrots, raisins	Cornbread: Cornmeal, water, salt	Fish fillet in lemon sauce with brown rice and steamed broccoli	Tomato stuffed with tuna and corn	Warm potato salad with bacon and caramelized onions.

Discover the pleasure of a varied and delicious meal! Follow these wonderful options above and turn each meal into a unique experience. Whether at lunch or dinner, allow yourself to explore new flavors and combinations, bringing more creativity and vitality to your daily diet.

When adapting these suggestions for dinner, remember to balance macronutrients by opting for smaller portions of carbohydrates. After all, a balanced diet is the key to a healthy and balanced life.

And, most importantly, listen to your body! Eat enough to feel satisfied, but avoid overeating. After all, the true goal of healthy eating is to nourish the body and mind, not overwhelm them.

So try, savor and enjoy every meal. For it is through diversity and moderation that we find the true path to well-being and happiness.

Bon appétit!

delicious!



About the weekends

I fully understand the challenges that weekends can present. It's the time when the desire to share moments with dear friends or a loved one often leads us to put aside our dietary goals. However, I am happy to share some strategies that can help you get around this situation.

How about considering the idea of preparing a homemade dinner, instead of choosing to eat out? This choice offers the advantage of you having complete control over the ingredients and preparation method, allowing you to create delicious and nutritious meals. For a truly tasty lunch or dinner, I suggest trying light and creative dishes, such as a colorful salad accompanied by a lean grilled protein or a whole grain pasta dish with fresh vegetables and a homemade sauce.

If you do decide to enjoy a quick meal at a fast food restaurant, you can still make smart choices. Use your previously acquired knowledge about fitness cooking to guide you in selecting more balanced options. Opt for a sandwich with a lower carbohydrate content, preferably with wholemeal or gluten-free bread, and fillings rich in protein and fresh vegetables. Accompany your choice with a sugar-free drink, like a Coca-Cola Zero, and a generous portion of salad instead of fries, keeping your healthy routine intact while still enjoying the experience of eating out.

Let these suggestions serve as a guide so that you can enjoy leisure time without compromising your well-being and your personal health and fitness goals.



Work out!

Let's talk about the importance of exercising to maintain your health? It is fundamental to our well-being, both physical and mental. Eating well is important, but it is not enough to achieve certain goals, such as losing weight or gaining muscle. Therefore, it is essential to combine a healthy diet with physical exercise.

The World Health Organization recommends that adults do at least 150 minutes of moderate activity per week, such as walking or light jogging. And the cool thing is that you don't have to spend money to exercise. You can do simple activities at home, like push-ups and squats, or outdoors, like walking and light jogging.

These exercises help strengthen muscles, improve heart health, and relieve stress. If you prefer to have more equipment options and guidance from professionals, you can consider signing up for a gym. There, you'll have access to a variety of machines, group classes, and instructors who can help you put together a personalized exercise program. The important thing is to find a physical activity that you enjoy and that you can maintain in the long term. The main thing is to take care of your physical and mental well-being, whether exercising at home, outdoors or at the gym. The important thing is to move!

It is certainly not necessary to overload yourself with strenuous exercise or feel the pressure of hours on end of physical activity. Instead, set aside just a few precious minutes of your day to dedicate yourself to movement. Allow yourself to sweat a little, give in to conscious effort, but make it a daily practice. Consistency is the key to reaping the rewards of a healthy, vibrant life. So, commit to yourself, every day, to nourish your body and mind with the gift of movement.



How not to abandon your healthy routine

On our journey toward a healthier life, we are often too hard on ourselves. We charge ourselves for every slip-up, criticize ourselves for every mistake and judge ourselves relentlessly for not reaching unrealistic standards of perfection. However, it's time to change that mindset and embrace self-compassion as a powerful tool for maintaining healthy habits over the long term.

Self-compassion is the practice of treating ourselves with kindness, understanding, and acceptance, especially when we face difficulties or failures. Instead of beating ourselves up for our mistakes, self-compassion invites us to comfort and support ourselves in the same way we would a dear friend in a time of difficulty.

If we allow self-criticism to overwhelm us with each slip-up on our journey towards healthy habits, we run the risk of finding ourselves weighed down by the weight of guilt, even giving up on our aspirations for a healthier life. However, there is precious wisdom in learning from our mistakes rather than getting caught up in the trap of self-deprecation.

So here's a vital truth: every stumble is an opportunity for growth and empowerment. Instead of getting lost in self-criticism and self-recrimination, we should embrace our flaws as compassionate teachers who guide us on the journey toward our best selves. It is the ability to rise after a fall, with the determination to become better and better, that leads us to lasting success.

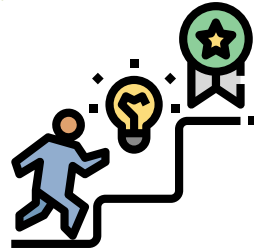
Therefore, choose compassion towards yourself. Recognize that you are human, susceptible to mistakes and setbacks. And instead of wallowing in guilt and self-condemnation, look within yourself with kindness and self-love. Because it is in this space of self-compassion that you will find the strength and resilience to persevere on your journey of healthy habits, thus achieving a full and satisfying life.

By practicing self-compassion, we make space for vulnerability and acceptance. We recognize that we are human, subject to flaws and imperfections, and that this is part of the human experience. Instead of wallowing in self-condemnation, we allow ourselves to learn from our mistakes and grow from them.

Self-compassion also helps us cultivate a more positive attitude towards ourselves and the process of change. Instead of seeing ourselves as failures when we slip up in our healthy habits, we treat ourselves kindly and encourage ourselves to start over. This empowers us to persevere in the face of challenges and commit to our long-term health goals.

Additionally, self-compassion strengthens our emotional resilience, helping us better deal with the stress and pressure that inevitably arise along our health journey. Instead of giving in to self-criticism and judgment, we turn to self-compassion as a source of comfort and support.

So I invite you to practice self-compassion on your healthy habits journey. Recognize and embrace your difficulties with kindness and compassion. Treat yourself with the same kindness and care you would offer a dear friend. By doing this, you will cultivate a solid foundation for maintaining healthy habits over the long term and enjoying a full, rewarding life.



FINISH

Exercises to eliminate culottes

With the exercises mentioned below, you can aim to eradicate unwanted culottes once and for all. And the best of all is that you can do them in the comfort of your home, without needing any equipment. Just insert these activities into your daily routine and persevere consistently, and without a doubt, you will witness the rapid dissolution of your culottes.

**20 minutes
walk/run**



Sumo squat



Walk/Run



jumping jack



Side plank



Hip raise



**3 session
45 seconds
each**



Lunge

Exercises to burn calories

**3 session
45 seconds
each**



Jump rope



Jump squat



High knees



**Lunge with
twist**

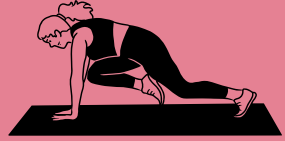


jumping jack

Exercises to flatten your belly



Abdominal



Mountain climber abs



**3 sessão
45 segundos
cada**



Board



Lunge with ball

If you are determined to lose your belly, eliminate your culottes and dry out quickly, avoid processed foods as much as possible, those that come in ready-to-eat packaging. They are often loaded with additives, preservatives and added sugars, which are not good for your health and can contribute to the accumulation of belly and butt fat.

Another villain to be avoided are refined sugars, present in sweets, soft drinks and desserts. Not only do they add empty calories to your diet, they can also lead to problems like insulin resistance and type 2 diabetes.

Also keep an eye on excess trans and saturated fats. They are present in fried foods, margarine and fatty meats, and can make it difficult to lose weight and increase the risk of heart disease.

As for carbohydrates, always opt for whole grains. Whole-grain breads, pastas and rice provide essential fiber and nutrients, as well as keeping you fuller for longer, which is great for controlling those sudden snacking urges.

Finally, remember to moderate your alcohol consumption. They are high in calories and can hinder your weight loss goals if consumed in excess.

So, to achieve your goals in a healthy and sustainable way, focus on a balanced diet rich in natural and nutritious foods. Combined with regular physical activity and adequate sleep, you'll be on your way to achieving a flat stomach and saying goodbye to your culottes. You can!





VEGGIE BURGER

How about exploring a delicious and exotic experience? Discover the flavor of this vegetarian burger and create your snack in a healthy way, without having to resist cravings or fear going off your diet.

INGREDIENTS

- 1 cup of raw, wet lentils (already soaked);
- 2 cups of filtered water;
- 2 bay leaves
- 1 tablespoon of soy sauce (shoyu);
- 1 cup chopped onion (1 large onion);
- 1 cup of cooked rice (whole or white, preferably unseasoned);
- 1 cup of grated raw carrot;
- 1/3 cup chopped raw celery stalk;
- 2 teaspoons of garlic powder;
- 1/2 teaspoon of cumin powder;
- salt to taste (I use around 1 + 1/2 teaspoon in total);
- black pepper to taste;
- 1 cup chopped fresh parsley;
- 1/2 cup oat flour;
- 2 tablespoons flaxseed flour

12°



VEGETARIAN PIZZA

Looking for a tasty and exotic experience? Try our irresistible vegan pizza and surrender to the unique flavors it offers. Build your pizza in a healthy and balanced way, without leaving aside the pleasure of a delicious meal. There is no need to resist this temptation or fear leaving your eating routine. Allow yourself to enjoy every bit without worry

INGREDIENTS

- Wheat flour 3 cups (tea);
- Milk 1 cup (tea);
- Olive oil 1 tablespoon (soup);
- Salt 1 teaspoon;
- Fresh biological yeast 1 tablet;
- Oregano 1 tablespoon;
- Olive oil 2 teaspoons;
- Half-cured cheese 100 grams;
- Red Pepper 1 unit;
- Tomato 4 units;
- Eggplant 1 unit;
- Garlic 2 cloves

VITAMINS FOR WEIGHT LOSS

MANGO SMOOTHIE WITH COCONUT

Ingredients

1 ripe mango, peeled and chopped

Mango can help with weight loss due to its fiber content, which promotes satiety and controls appetite. Furthermore, it is rich in vitamins and antioxidants, supporting a healthy metabolism and helping to burn fat.

1/2 cup coconut milk

Coconut milk is an alternative to cow's milk. It contains good fats that can help you feel fuller by controlling your hunger. But remember, it's a bit caloric, so it's best not to overdo it. Choose the type without added sugar for more benefits.

1/2 cup natural Greek yogurt

Natural Greek yogurt is an excellent choice for those looking to lose weight due to its high protein and low fat content. Protein helps promote satiety, which can reduce calorie consumption throughout the day. Additionally, Greek yogurt is rich in probiotics, which can support digestive health and metabolism.

1 tablespoon of honey (optional)

To make it tastier and sweeter.

Ice to taste

Ice is often used in smoothies to add a refreshing, cold texture. Although it contains no nutrients, ice can contribute to feelings of satiety and help control calorie consumption, especially when replacing higher-calorie ingredients in drinks.

The mango and coconut smoothie is a true explosion of flavor and health! Combining the tropical sweetness of mango with the exotic creaminess of coconut, this smoothie not only satisfies cravings but also boosts your weight loss efforts. Rich in fiber to keep you fuller for longer and healthy fats that energize your body, every sip of this smoothie is a delicious journey toward your best self. Try it today and give your day a tasty boost!



MANGO SMOOTHIE WITH PAPAYA



Ingredients

★ 1/2 ripe papaya, seeded and chopped

Papaya is low in calories and rich in fiber, which helps with digestion and the feeling of satiety. It also contains digestive enzymes that promote a healthy digestive system, making it a smart choice for those looking to lose weight.

★ Juice of 2 oranges

Orange is an excellent choice for those looking to lose weight. It is rich in fiber and water, which promotes satiety and helps with digestion. Additionally, it is a great source of vitamin C, which can help with fat metabolism during exercise. Incorporating oranges into your diet can be a delicious and healthy way to support your weight loss goals.

★ 1/2 ripe banana

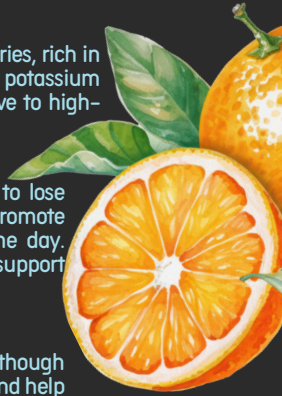
Bananas can help with weight loss because they are low in calories, rich in fiber that promotes satiety, provide energy for exercise, contain potassium that helps with fluid regulation and can be a healthy alternative to high-calorie desserts.

★ 1/4 cup natural Greek yogurt

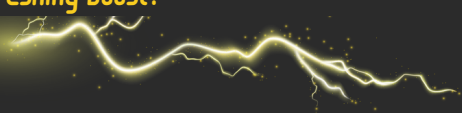
Natural Greek yogurt is an excellent choice for those looking to lose weight due to its high protein and low fat content. Protein helps promote satiety, which can reduce calorie consumption throughout the day. Additionally, Greek yogurt is rich in probiotics, which can support digestive health and metabolism.

★ Ice to taste

Ice is often used in smoothies to add a refreshing, cold texture. Although it contains no nutrients, ice can contribute to feelings of satiety and help control calorie consumption, especially when replacing higher-calorie ingredients in drinks.



Turn your weight loss journey into a delicious experience with Papaya Orange Smoothie. A refreshing blend that combines the smoothness of papaya with the freshness of orange, this vitamin is the key to achieving your goals in a tasty and healthy way. Satiety, nutrition and energy in every sip - try it today and give your success a refreshing boost!



AVOCADO AND SPINACH SMOOTHIE

Ingredients

★ 1/2 ripe avocado

Avocado can help with weight loss due to its high amount of fiber and healthy fats, which promote a feeling of satiety and help control appetite. In addition, it contains nutrients that help with metabolism and fat burning, such as oleic acid and potassium. However, it is important to consume it in moderation, as despite being healthy, it is high in calories.

★ 1 cup fresh spinach

Spinach is low in calories and rich in fiber, essential vitamins and minerals. Its fibers help with satiety, controlling appetite, and its nutrients promote a healthy metabolism. Thus, it can be useful for weight loss when included in a balanced diet.

★ 1/2 ripe banana

Bananas can help with weight loss because they are low in calories, rich in fiber that promotes satiety, provide energy for exercise, contain potassium that helps with fluid regulation and can be a healthy alternative to high-calorie desserts.

★ Juice of 1/2 lemon

To make it tastier.

★ 1 teaspoon of honey (optional)

To make it tastier and sweeter.

★ 1/2 cup coconut water

Coconut water is low in calories and rich in electrolytes, making it an excellent hydration option. It can help with weight loss as it is a natural, additive-free alternative to sugary drinks, in addition to contributing to the feeling of satiety.

★ Ice to taste

Ice is often used in smoothies to add a refreshing, cold texture. Although it contains no nutrients, ice can contribute to feelings of satiety and help control calorie consumption, especially when replacing higher-calorie ingredients in drinks.



Avocado spinach smoothie is a delicious and nutritious choice, packed with fiber, vitamins and minerals that promote satiety, boost metabolism and provide energy. It 's a smart option to boost your health and wellness goals.

16°

RED FRUIT AND OAT SMOOTHIE



Oatmeal Berry Smoothie is more than just a drink—it 's the key to a delicious and effective weight loss journey. Imagine enjoying a sip of this irresistible blend, packed with berries loaded with powerful antioxidants, ready to fight inflammation and accelerate your fat burning. And with the addition of oats, not only will you feel fuller for longer, but you ' ll also be providing your body with a healthy dose of fiber to keep your metabolism up and your cravings in check. Don ' t waste any more time - give your weight loss journey a boost with this delicious and nutritious smoothie!



Ingredients

- ✦ **1/2 cup fresh strawberries**
Strawberries can help with weight loss because they are low in calories and rich in fiber, which promotes satiety. Additionally, it is a source of antioxidants that can help burn fat.
- ✦ **1/2 cup fresh blueberries**
Blueberries are low in calories, rich in antioxidants and fiber, which helps control appetite and promote a feeling of satiety, making them a great option for those looking to lose weight.
- ✦ **1/2 cup fresh raspberries**
Raspberries are low in calories and rich in fiber and antioxidants, which makes them great for promoting satiety, burning fat and reducing inflammation, making them excellent allies for those looking to lose weight.
- ✦ **1/4 cup rolled oats**
Oats are rich in fiber that helps keep you feeling full longer, reducing cravings for between-meal snacks. Additionally, it regulates blood sugar, preventing hunger spikes. It's a great option for a weight loss diet, keeping you full and energized for longer.
- ✦ **1/2 cup almond milk or skim milk**
Almond milk and skim milk are popular options in weight loss diets due to their low fat and calorie content. Both are sources of protein, calcium and other essential nutrients, but almond milk is a dairy-free alternative for those who are lactose intolerant or follow a vegan diet.
- ✦ **1/4 cup natural Greek yogurt**
- ✦ **Ice to taste**

PEACH AND OAT SMOOTHIE

Ingredients

★ 2 ripe peaches, peeled and chopped

Peaches are low in calories, high in fiber and full of vitamins and minerals. They help control your appetite and satisfy sweet cravings in a healthy way, which can support your weight loss goals.

★ 1/4 cup rolled oats

Oats are rich in fiber that helps keep you feeling full longer, reducing cravings for between-meal snacks. Additionally, it regulates blood sugar, preventing hunger spikes. It's a great option for a weight loss diet, keeping you full and energized for longer.

★ 1/2 cup almond milk or skim milk

Almond milk and skim milk are popular options in weight loss diets due to their low fat and calorie content. Both are sources of protein, calcium and other essential nutrients, but almond milk is a dairy-free alternative for those who are lactose intolerant or follow a vegan diet.

★ 1/4 cup natural Greek yogurt

Natural Greek yogurt is an excellent choice for those looking to lose weight due to its high protein and low fat content. Protein helps promote satiety, which can reduce calorie consumption throughout the day. Additionally, Greek yogurt is rich in probiotics, which can support digestive health and metabolism.

★ 1 teaspoon of honey (optional)

To make it tastier and sweeter.

★ Ice to taste

Ice is often used in smoothies to add a refreshing, cold texture. Although it contains no nutrients, ice can contribute to feelings of satiety and help control calorie consumption, especially when replacing higher-calorie ingredients in drinks.

Peach and oat smoothie is your perfect ally on your weight loss journey. Combining the refreshing sweetness of peaches with the comforting texture of oats, this smoothie is a burst of flavor and nutrition. Satisfy your cravings in a healthy way, stay fuller for longer and promote an active metabolism. Turn your weight loss journey into a delicious experience with every sip of this invigorating vitamin.





Ingredients



2 kiwis, peeled and sliced

Kiwi is not just a delicious fruit; It is a true ally to achieve your weight loss goals. With its low calorie content and high fiber content, each bite of kiwi satisfies your appetite, keeping you full for longer. Imagine savoring this refreshing burst of flavor and nutrition, knowing you're fueling your body with everything it needs to burn fat effectively. With kiwi by your side, your weight loss journey becomes tastier, vibrant and, above all, successful.



1 cup fresh spinach

Spinach is low in calories and rich in fiber, essential vitamins and minerals. Its fibers help with satiety, controlling appetite, and its nutrients promote a healthy metabolism. Thus, it can be useful for weight loss when included in a balanced diet.



1/2 ripe banana

Bananas can help with weight loss because they are low in calories, rich in fiber that promotes satiety, provide energy for exercise, contain potassium that helps with fluid regulation and can be a healthy alternative to high-calorie desserts.



1/2 cup orange juice

Orange is an excellent choice for those looking to lose weight. It is rich in fiber and water, which promotes satiety and helps with digestion. Additionally, it is a great source of vitamin C, which can help with fat metabolism during exercise. Incorporating oranges into your diet can be a delicious and healthy way to support your weight loss goals.



Ice to taste

Ice is often used in smoothies to add a refreshing, cold texture. Although it contains no nutrients, ice can contribute to feelings of satiety and help control calorie consumption, especially when replacing higher-calorie ingredients in drinks.

The kiwi and avocado smoothie is the secret to losing weight with flavor and nutrition. Combining the invigorating energy of kiwi with the creaminess of avocado, each sip is an explosion of flavor and benefits for your body. Satiates your hunger, controls your appetite and boosts your metabolism, transforming your weight loss journey into a deliciously satisfying experience. Take a step towards your dream body with this irresistible vitamin today!



Ingredients

★ 1 ripe banana

Bananas can help with weight loss because they are low in calories, rich in fiber that promotes satiety, provide energy for exercise, contain potassium that helps with fluid regulation and can be a healthy alternative to high-calorie desserts.

★ 1/2 cup fresh strawberries

Strawberries can help with weight loss because they are low in calories and rich in fiber, which promotes satiety. Additionally, it is a source of antioxidants that can help burn fat.

★ 1/2 cup almond milk or skim milk

Almond milk and skim milk are popular options in weight loss diets due to their low fat and calorie content. Both are sources of protein, calcium and other essential nutrients, but almond milk is a dairy-free alternative for those who are lactose intolerant or follow a vegan diet.

★ 1/4 cup natural Greek yogurt

Natural Greek yogurt is an excellent choice for those looking to lose weight due to its high protein and low fat content. Protein helps promote satiety, which can reduce calorie consumption throughout the day. Additionally, Greek yogurt is rich in probiotics, which can support digestive health and metabolism.

★ Ice to taste

Ice is often used in smoothies to add a refreshing, cold texture. Although it contains no nutrients, ice can contribute to feelings of satiety and help control calorie consumption, especially when replacing higher-calorie ingredients in drinks.

This is a delicious and calorie-rich recipe that helps you lose weight, as it is rich in fiber that promotes satiety. It replaces high-calorie desserts and helps with digestion, controlling the digestive flow for better body development, in addition to providing energy for exercise. It is important to combine it with a balanced diet and healthy lifestyle habits to obtain the best results.



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Dear readers, my gratitude overflows for each of you who chose to purchase and delve into the pages of my eBook. Your confidence not only fills me with joy but also inspires me deeply. I hope that when reading, you found not only entertainment, but also something that makes you reflect, smile or dream. Know that every word was written with humility and dedication, and it is with immense sympathy that I hope that our literary journey together is just the beginning of a beautiful friendship between author and reader. Thank you for being part of this story!

