



**3-DAY**  
*Green Smoothie*  
**FAT LOSS CHALLENGE**



A STEP-BY-STEP GUIDE  
By Olivia Margarate

# "Green smoothies Transformed my life!"

Hi! My name is Olivia Margarate (The Smoothie Nerd) and I used to be right where you are now.

Five years ago, I was 70 lbs overweight and had tried everything to lose the weight, but nothing was working.

When I was in university I was a bit of a nerd. I would just study all day. I didn't give much thought to my health at the time. I thought when I graduate then I will have more time to focus on losing weight.

But I was wrong...

After school I got a 9-5 job and never had time to cook my own food or go to the gym. My weight continued to go up. To make matters worse, my boyfriend Michael had very bad eating habits as well so that made things worse.

One day I was looking at pictures of myself that Michael had taken and I was so embarrassed. I didn't realize how I had gained so much weight. I was so upset.

I made the decision to change my life. I searched day and night for the best weight loss method. I needed a program that would work for someone that had a busy life like me. I didn't have time to prepare complicated meals or count all the calories in my food.

I tried some diet pills and a bunch of "miracle" overnight diets and I lost a little weight but then just gained it all back. The diet pills made me dizzy and I found out later that they were actually really dangerous!

I was so depressed. I thought I would just be fat forever.

Then one day I was looking at Instagram and I saw someone drinking a green smoothie. She claimed it was the secret to her slim body and said she drinks one every day. I started to research smoothies and found out that they might just be the weight loss answer I was looking for.

They were easy and fast to make and I could take them with me anywhere.

The next morning, I tried to make a smoothie and prepared for it to taste awful.

To my surprise...it tasted amazing!

I drank my own green smoothies for the next week excited to see how much weight I would lose.

Unfortunately, I didn't lose any weight that week.

That's when my friend Jenny told me about [The 21-Day Smoothie Diet Program](#) designed by a certified health coach specifically for weight loss.

She gave me the URL and I immediately downloaded the program.

This is where I learned that not all smoothies help in losing your weight... but smoothies with the RIGHT combination of ingredients can rapidly melt fat off your body.

Unfortunately, you can't trust random smoothie recipes online like I did and think that this will work. Most of those recipes have unhealthy ingredients and will make you gain weight instead of lose it.

Once I began using the smoothie recipes from The Smoothie Diet, I immediately noticed a difference.

The smoothies were so yummy and after one week on the program I was down 7 lbs!

After 3 weeks I stepped on the scale and couldn't believe I had lost 11 more pounds for a total of 18 lbs.

By continuing to replace one of my meals per day with a smoothie and using all the healthy eating advice I had learned in the program. over the next four months I was able to lose another 50 lbs.

Now it is years later and I still have a smoothie every day to help keep my weight down and my energy levels up.

Smoothies have become a way of life for me and I couldn't have done it without [The 21-Day Smoothie Diet Program](#).



**Olivia Margarate (The Smoothie Nerd)**

Fitness Blogger, Healthy Food Lover

Lost 70 LBS with the help of yummy green smoothies



# 3- Day Green Smoothie Fat Loss Challenge

I wanted to share 3 of my favorite green smoothie recipes with you. I call it a 3-Day Challenge. Try to replace 1 meal each day for 3 days.

You can make these smoothies and take them with you anywhere.

If you love these recipes and want to take your health and your weight loss to the next level...I'm talking about losing up to 18 lbs in 3 weeks...then you'll definitely want to check out The 21 - Day Smoothie Diet program. It's the program I used to transform my life and I recommend it to everyone I know! Click below to check it out.



[Click here to start your delicious weight loss journey today!](#)

(or read the last page of this E-book to get more information about it)

# My Favorite Smoothie Recipes

## Blueberry Vanilla



Blueberries and vanilla make an amazing combination. Banana help thicken this smoothie up nicely, for a creamy, irresistible treat. Did you say this was green!?

**Serves 1**

### Ingredients

- 1 Cup Spinach
- 1 Banana
- 1 Cup Frozen Blueberries\* 1 tsp
- Vanilla Extract
- 1 Cup Almond Milk
- \* If using fresh, add 1/2 cup ice

### Directions

1. Add liquid, banana, spinach, vanilla extract and blend until smooth.
2. Add frozen blueberries and blend again until smooth.

# Pineapple Coconut



You may think that herbs are only a flavor enhancer when cooking, and while that is true, they are also an excellent source of nutrients. This creamy mango smoothie is a delicious example of that.

**Serves 1**

## Ingredients

1/2 Cup Almond Milk  
1 Cup Kale, stems removed  
1 Orange, Peeled & Seeds  
Removed 1 Cup Frozen Pineapple\*  
5-7 Fresh Mint Leaves  
2 tbsp Coconut Flakes  
\* If using fresh, add 1/2 cup ice. Add  
more liquid if needed.

## Directions

1. Add liquid, kale, orange, mint and coconut and blend until smooth.
2. Add frozen pineapple and blend again until smooth.

# Ginger Raspberry



Ginger is great for detoxing — it will help soothe any upset stomachs you get from adjusting your diet. When paired with raspberries and banana, it's delicious.

**Serves 1**

## Ingredients

- 1 Cup Almond Milk
- 1 Cup Spinach
- 1 Cup Frozen Raspberries\* 1
- Banana
- 1 tsp Grated Ginger
- \* If using fresh, add 1/2 cup ice

## Directions

1. Add liquid, banana, spinach, and ginger and blend until smooth.
2. Add frozen raspberries and blend again until smooth.



Ready to lose weight and keep it off forever?



People all over the world are losing MORE weight in LESS time following the deliciously simple Smoothie Diet 21-Day Weight Loss Program

Watch this short presentation below to see how you can use smoothies to Lose Up to 18 lbs In 21 days...and keep it off!



[Click here to watch the presentation](#)