21 DAYS WEIGHT LOSS CHALLENGE



EVERYTHING YOU NEED TO LOSE WEIGHT WHILE HAVING FUN!



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Important health notices*

Please note that while we are passionate about nutrition, we are not healthcare professionals. This program is not intended to diagnose, treat, cure, or prevent any disease, nor is it meant to substitute or replace any medical treatment. If you have a pre-existing health condition, please consult a healthcare professional before starting this program. Additionally, the recipes in this program include a wide variety of ingredients, such as nuts and seeds. If you have food allergies, please carefully review the ingredients for each recipe. This product is for informational purposes only, and the author assumes no liability for any damages—actual or perceived—that may arise from the use of this information.

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Thank you

We are deeply grateful to everyone who contributed to the creation of this book. Their support and valuable feedback were instrumental in developing this guide.

This book is not simply a collection of recipes, but the fruit of a collective effort—a shared adventure with an incredible community. At Happy Smoothie, we firmly believe that we are a vibrant, united, and committed community.

This book came to life thanks to each and every one of you. Your enthusiasm, your feedback, and your passion for our smoothies drove this project. You have all contributed to making Happy Smoothie what it is today.

A very special thank you to our exceptional customers, whose feedback and interaction made this project possible. This book came to life thanks to this close-knit community and the wonderful people who shaped every page with their constructive feedback.

Thanks to:
Gaëlle O., Charline L., Nadia K., Tiffany B., Karine B., Sandra F., Anaïs R., Miriame F., Eliane L., Cécile A., Sadia D., Michèle M., Hanah K., Marie-Ange L., Joëlle P., Corinne G., Frédéric A., Karine S., Mona G., Tiffany D., Manu R., Kenzy G., Laurent P., Sophie T., Camille D., Isabelle R., Vincent M., Julie A., Christophe H., Amandine J., Olivier B., Patricia V., Élodie F., Sébastien C., Claire M., Yannick L., Nathalie P., François D., Céline B., Julien G., Stéphanie R., Guillaume T., Véronique S., and many others..

We cannot mention everyone, but every comment has been invaluable. Your participation made this book a reality. We invite you to continue sending us your opinions and suggestions at the following email address: **max@happy-smoothie.com**

We'd love to hear from you and continue improving Happy Smoothie together.
With all our gratitude,

The Happy Smoothie team

I can't seem to lose weight!

Haven't you always dreamed of losing weight while enjoying your favorite foods, without having to go hungry all day?

You have probably tried all kinds of diets without achieving long-term results, because they were too restrictive.

I know this because I went through that same situation; for years, before finding this method that actually works, I wanted to lose the fat that made me feel so insecure. I tried the keto diet and weight-loss meal delivery services, and even practiced intermittent fasting for over a year without really seeing any changes.

A while back, I was in the same boat as you; after trying all those diets, I realized something: every time I went on a diet, it didn't work—I'd simply gain the weight back afterward. It was incredibly frustrating because I had done everything right: I stopped snacking between meals, ate off smaller plates, counted calories... in short, I followed the diets to the letter.

But there was a little voice in my head that was hungry all the time; I had sugar cravings and felt guilty every time I gave in to those impulses—especially when going out with friends or attending family gatherings. You find yourself in situations where you don't want to be the person who seems too uptight, even at a restaurant. Obviously, you aren't going to show up with your own packed meal just to stick to an overly restrictive diet to the letter, becoming the only person eating their own food. When you're with friends and someone offers you a drink, you aren't going to say, "Oh, no, I'm on a diet"; besides, chances are they'll pressure you, saying, "Come on... just this once."

In the end, for all these reasons, I couldn't keep up the pace; worse still, I gained even more weight.

The solution!

So, I was constantly looking for a way to achieve my goals without feeling guilty. I started doing some research and realized something: I wasn't eating enough fruits and vegetables.

So, I wondered how I could incorporate more fruits and vegetables into my diet. At first, I tried preparing them using weight-loss recipes I found online, but the problem was that they required too much preparation time—time I didn't have. Furthermore, the ingredients were often too expensive, and I was on a very tight budget.

Then I discovered that frozen fruits and vegetables were much cheaper than fresh ones, while retaining the same nutritional value. So, I tried making smoothies with them. I noticed that having a smoothie left me feeling full; I couldn't eat anything else. This method allowed me to consume the recommended five daily servings of fruits and vegetables without sacrificing enjoyment.

However, for years I was led to believe that it was impossible to lose weight without depriving myself of anything—that I had to go hungry—but I had just discovered that wasn't true!

By having a shake in the morning, a free meal at midday, and another shake at night, I lost weight; that was what allowed me to start slimming down quickly without feeling restricted—something that had never happened to me before.

Drinking the shake in the morning—even when I wasn't hungry—kept me full until midday, so I didn't snack between meals. At lunchtime, I could enjoy a meal with friends or family. And the afternoon shake allowed me to have a light dinner and avoid late-night cravings.

The extraordinary thing about this strategy is its flexibility: whenever I wanted to go out on a Friday night, I could simply swap my dinner shake for my midday "treat meal," allowing me to enjoy the evening without feeling guilty.

Given my results, I then wondered if this could work for everyone.

The rise of social media

That was when I decided to share my recipes on social media platforms like Instagram and TikTok.

In just a few months, this challenge has brought together more than 150,000 people and amassed tens of millions of views!

I couldn't believe it.

The unexpected success on social media was just the beginning. Soon, testimonials began to pour in from people who were not only trying the recipes but also sharing their own results. Each post and video became a gathering place for those looking to change their eating habits.

Upon realizing the impact these simple weight-loss smoothie recipes had on people's lives, I stepped up my efforts. I collaborated with a fitness trainer to perfect the recipes, ensuring a perfect balance of flavor, simplicity, and health benefits.

Our vision expanded as public engagement grew. Smoothies had become more than just a trend; they were a movement—a community of people driven by the desire to improve their health in a tangible and delicious way.

The key to this success lay in transparency and authenticity. That is why we decided to create this book. Designed not only to offer recipes but also to inspire, educate, and motivate, this book is a celebration of our shared journey.

That is why we want to congratulate you on joining the movement toward a better quality of life!

Without further ado, here is the book that brings together the most effective recipes and the most valuable tips we have gathered throughout our experience.

If you wish to access our social media channels

@happysmoothie_ @happysmoothie_

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Welcome to the Happy Smoothie Challenge.

Welcome to the Happy Smoothie Challenge! We're thrilled you've joined us and look forward to receiving your messages with your before-and-after results.

Our team has spent months working on this challenge to offer you a weight-loss program you can truly stick with to the end. We don't want Happy Smoothie to be like those diets people quickly abandon out of boredom—the ones that fail because results take too long to appear or because they demand overly drastic changes to daily routines. That is why some participants choose to continue with the challenge even after completing the initial 21-day cycle, in order to keep losing weight.

For those who find it a bit difficult to get started, we've kept you in mind too: we've included a 3-day detox and an optional one-week kick-start phase to help you ease into the routine.

Finally, Happy Smoothie will help you lose weight, but that's not all. It will also improve your skin's appearance, boost your energy and self-confidence, help you sleep better... We could go on and on, as the benefits of smoothies are practically endless. You probably already know all this; otherwise, you wouldn't be here!

Please read the complete guide!

If you're anything like us, you probably want to skip the introduction and jump straight to the part that interests you most. But wait! Chances are, if you have any questions, the answers are right there in the introduction—so don't skip it! We want to welcome you and let you discover all the details of this weight loss challenge.

I eat healthily, but I'm still gaining weight!

That is what Monique, one of our private clients, told us.

That is why we would like to clarify this point with you. That is why we would like to clarify this point with you. No matter how healthy your diet is, if you consume more calories per day than you burn, you will gain weight. The only way to lose weight is to consume fewer calories than you burn.

The reason people gain weight is because they don't know two things:

How many calories do they need per day to lose weight?

How many calories do they actually consume each day?

Therefore, to determine the number of calories you need, we will use the Harris-Benedict method, revised by Roza and Shizgall.

To avoid tedious calculations, complicated formulas, and unnecessary headaches, we made a simple decision:
we won't ask you to calculate a thing.

We've created a tool that provides a clear, personalized benchmark in seconds, taking your profile and lifestyle into account.

This tool offers you:
– an estimate of your daily needs
– a simple reference point for establishing a reasonable deficit
– without having to count every single calorie

You don't need to understand the numbers for it to work.

The goal isn't to eat as little as possible. Quite the opposite. If you'd like to get your personalized benchmark, you can access the calorie deficit calculator designed for the Happy Smoothie program.

If you wish to access the calorie deficit calculator:

SCAN ME

Pssst *:*
You can also access it via:
https://www.happy-smoothie.com/calculate-calorie-deficit

How to choose a blender

Most modern blenders are perfectly capable of making smoothies. If your blender is already 20 years old, it might be time to consider replacing it. I suggest viewing this as a long-term investment.

1 NINJA FOODI POWER NUTRI 1200



The one we use

It's the Rolls-Royce of smoothie makers; we've been using it for years and are very satisfied with it. Thanks to its versatility, you can achieve a wide range of textures—from thick blends meant to be eaten with a spoon to smooth drinks and sauces. A truly excellent smoothie maker!

2 NUTRIBULLET ORIGINAL 600



Most affordable blender

Nutribullet is also a great blender brand. This model offers one of the best quality-price ratios, despite having half the power of the Ninja Foodi Power Nutri. This makes it a more economical option for preparing Smoothies, while still offering excellent results.

BONUS PORTABLE BLENDER NINJA BLAST PORTABLE BLENDER



The portable blender

This blender is ideal to maintain your weight loss challenge even during vacations. It is compact, practical and powerful. We use it both when traveling and when going to work; It allows us to blend the fruit at the last minute to preserve all its nutrients and enjoy it during the mid-workday break.

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The shopping guide

Let's move on to some tips for running your errands more quickly, affordably, and easily. As a general rule, opt for fresh or frozen fruit. If you cannot find a detailed recipe for a particular ingredient, consult the substitution guide on page 17 to find an alternative.

PRIORITIZE SEASONAL FRUITS AND VEGETABLES.
For ethical reasons, try to prioritize seasonal foods. They will be cheaper, tastier, and won't harm the environment.

BUY THE FULL VERSION
Pre-cut and pre-washed fruits and vegetables have an additional cost; Weigh convenience against your budget.

BUY IN BULK AND FREEZE.
Make sure you're actually going to use the fruit and that it can be frozen!

COMPARE PRICES
Check the local newspaper, in-store advertisements, and websites to find promotions and coupons that help you cut down on food expenses.

CONTINUE THE LIST
For the smoothies, check the shopping list you were given—and make sure not to go shopping when you're hungry!

SHOP ONLINE
You wouldn't believe how much time you save by shopping online. You don't have to walk through the entire store to find ingredients, and you avoid all those temptations that lead you to buy more than you need.

Fresh or frozen?

Wondering which is more nutritious: fresh produce or frozen? You may be surprised to learn that frozen products may actually be more nutritious than some of the fresh ones sold in supermarkets. Frozen fruits and vegetables undergo a blanching process to eliminate bacteria and enzymes that cause food spoilage, and then are quickly frozen to preserve their nutrients. Instead, fresh produce that travels long distances is often picked before it is fully ripe, that is, before it has time to reach its maximum nutritional potential. Additionally, these products are often exposed to high temperatures and intense light during transportation, factors that can degrade sensitive vitamins and minerals.

Food Substitution Guide

There are many reasons why you might need to substitute one ingredient for another. The good news is that smoothies are very versatile and offer numerous options when a substitution is needed. Here are some guidelines you can follow.

Substitution with green vegetables

You can really use any leafy green you like in each of the smoothies. You'll notice that some greens have a slightly more "grassy" or intense flavor than others. For example, kale has a stronger taste than spinach. Arugula is probably the most intensely flavored leafy green used in this program. All I ask is that you vary the greens you use; for instance, don't use spinach in three consecutive smoothies. Nowadays, it is very common to find dark leafy green blends in stores. We especially like buying one called "Power Greens." You can simply add a handful of these blends to the blender.

Fruit and sugar substitution

BANANAS: Avocados are less sweet but offer the same creamy texture.
ORANGES: Clementines, mandarins
PINEAPPLE: Oranges, mangos, peaches
PEAR: Peaches, Apples, Plums
MELON: Any other melon
MANGOS: Papaya, Peaches
PAPAYA: Peaches, mangos
BERRIES: Any other berry
DATES: Dried figs or plums
PUMPKIN PUREE: 1/2 ripe pear or green apple

Coconut sugar: Honey, maple syrup

Butter substitution using nuts, dried fruits, and liquids

You can use any liquid; however, keep in mind that this may affect the consistency. Almond milk and other nut-based milks are interchangeable, as both lend a creamy texture to the smoothie. If you substitute plain water for coconut water, the smoothie will be less sweet. Different types of nut butters can also be swapped; for example, you can use almond or cashew butter instead of peanut butter.

The power of preparation

Preparation is the key to your success! Don't let a busy schedule stop you from completing the Happy Smoothie challenge. Here are some tips to save valuable time when preparing your smoothies.

Prep ingredients for the whole week at once.
Use our shopping list to buy all your ingredients in bulk; this way, you'll avoid unnecessary trips to the store. Prep the vegetables by trimming the ends of the stalks and removing any outer leaves that don't look appetizing. Then, divide the ingredients into equal portions, place them in open bags, and store them in the refrigerator to use throughout the week. Having the ingredients ready beforehand makes the blending process much easier.

Transfer other ingredients to smaller jars.
If you plan to use seeds, nuts, dried fruit, or ground cinnamon in your smoothies, transfer them from their original packaging into smaller jars. This allows you to grab ingredients quickly and neatly when needed, saving you the hassle of opening and closing bags every time.

Freeze the fruit.
Stock up on fresh fruit and store it in the freezer so you don't have to go to the market every week. Spread the fruit out on a tray and place it in the freezer for about two hours to prevent the pieces from sticking together. Once frozen, store them in an airtight container or freezer bag. If a recipe calls for fresh fruit, simply place the bag in warm water to thaw the fruit quickly before blending.

Set up a "smoothie station" in your kitchen.
Keep your blender and dry smoothie ingredients close together, preferably on the countertop. This ensures everything is within easy reach whenever you need to make your smoothies.

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CHALLENGE

Happy Smoothie



How do you prepare your smoothies?

Making smoothies is quite simple. You just need to put all the ingredients into a high-powered blender and blend until you reach the right consistency! However, there are a few things to keep in mind to achieve the best results.

The order of the ingredients

Always add the liquid first.
Ingredients cannot be blended properly without a liquid base. I like to add the leafy greens to the liquid and blend them first to ensure there are no floating chunks before adding the rest of the ingredients. Always add frozen ingredients last. If you add frozen fruit or ice too early, the mixture can take on an ice cream-like consistency, making it difficult to blend the remaining ingredients.

INSTRUCTIONS

1. Add the liquid
2. Add the dry ingredients (oats, flaxseed, etc.)
3. Add the fats (nut butter, oils)
4. Add fresh fruit (Blend for 20–30 seconds)
5. Add frozen fruit

The consistency of the smoothie

It is possible that sometimes, when following one of our recipes, you do not achieve the ideal consistency for the Smoothie; It may be too thick or too runny. There are many factors that influence the consistency: the amount of frozen ingredients or ice used, the degree of ripeness of the fruit, the type and amount of liquid, the use of ingredients that absorb Liquids - such as oats, Flax seeds or wheat germ - and, finally, the power of your blender. Therefore, you may need to make some adjustments to get it just right. Once blended, pour a little into a glass to check the consistency and flavor. If it is too thick, add a little more liquid (quarter cup at a time) and blend again. If it seems too liquid, try adding ice and blending again. Generally, Liquid Smoothies are perfect as is, but those that are too thick will need a little more liquid.

How should smoothies be stored?

You can certainly prepare your Smoothies the night before and store them in an airtight container in the refrigerator for about 24 hours. This will save you time and allow you to get out the door quickly in the morning. However, from a nutritional point of view, we do not recommend this practice, since, when crushed, Fruits and vegetables release their vitamins, minerals and antioxidants. This also means that these nutrients begin to degrade more quickly upon contact with air: the longer the Smoothie remains exposed to air, the less nutritious it will be.

Therefore, we recommend preparing the Smoothie and consuming it immediately. You will see—after preparing a few—how quick and easy it is to do so. You can also prepare the Smoothie that you will have for Lunch in the morning, since it will not be exposed to the air for too long. Make sure to shake the Smoothies well before drinking so that the nutrients are evenly distributed.



The Happy Smoothie Challenge

*Over the next three weeks, you will replace two meals a day with a smoothie. One day a week, you can have a "free meal" (or *cheat meal*), meaning you can eat whatever you like throughout the day; however, try not to overdo it. All the smoothie recipes are listed in order on the following pages, along with the weekly shopping lists.*

We recommend printing the getting-started guide; it contains everything you need to get off to a good start with the challenge.

daily calories

As previously mentioned, the Happy Smoothie challenge is based on a daily intake of approximately 1,400 to 1,500 calories. The smoothies are designed to replace meals and provide between 300 and 400 calories each. For your main solid meal, you should consume around 450 calories, and your two snacks should not exceed 150 calories each.

Thus, the daily breakdown is as follows:

Smoothie 1: **350 calories**
Snack 1: **150 calories**
Lunch: **450 calories**
Snack 2: **150 calories**
Smoothie 2: **350 calories**

TOTAL: **1.450 calories**



The Happy Smoothie Challenge

If you wish to enjoy a regular dinner with your family or plan to go out, you can swap your midday "free meal" for dinner (while still practicing moderation) and have "SMOOTHIE 2" at lunchtime instead.

1

SMOOTHIE 1

Even if you aren't hungry in the morning, we recommend having a smoothie. This will help you avoid snacking between meals.

2

SNACK 1

If you are hungry at 10 a.m. m., have a Snack of no more than 150 calories. I recommend the bars or snacks available at this link:
https://mypro2col.com/fr-FR/kenzygharbi-catalog

3

EAT WHATEVER YOU WANT.

You can eat whatever you want, but be reasonable with servings of high-calorie foods.

4

SNACK 2

If you are hungry at 4 p.m. m., have a snack of no more than 150 calories. I recommend the bars or snacks available at this link:
https://mypro2col.com/fr-FR/kenzygharbi-catalog

5

SMOOTHIE 2

The Night Smoothie allows you to have a light dinner so you can sleep well at night.

© Happy Smoothie

Out of ideas for your cheat meal?

Ideally, have a smoothie for breakfast, a solid lunch, and another smoothie for dinner. If you wish to enjoy a regular dinner with your family or plan to go out, you can have a smoothie for breakfast and lunch, and then eat dinner as usual. Just make sure your dinner contains around 450 calories or less. You can also have your two snacks whenever you like throughout the day.

We are often asked for lunch recommendations, so we have prepared **a 21-day meal plan** for you to follow alongside your Happy Smoothie challenge, including a shopping list to make things as easy as possible for you.

If you wish to obtain
your weight-loss meal plan

SCAN ME

Pssst *:*
You can also obtain it through:
https://www.amazon.fr/stores/Nathalie-Mercier/author/B0DXTLXF3M

When it comes to snacks, it is best to avoid products that masquerade as healthy options—such as Special K, certain cereal bars, and specific yogurt brands. I was fooled by these kinds of brands myself for a long time, and we want to warn you so that you don't waste your time and money on them, too.

480 KCAL



DAY 1

2 PEOPLE

1H30 MIN

EGGPLANT LASAGNA

INGREDIENTS

- 2 eggplants
- 4 sheets of whole wheat lasagna
- 1/2 Carrot
- 1/2 onion
- 1 chicken breast fillet (approx. 120 g)
- 250 ml tomato coulis
- 250 ml chicken broth
- 100 ml skimmed milk or unsweetened vegetable milk
- 10 g of butter or 1 tablespoon of olive oil
- 12.5g flour
- 25 g parmesan cheese
- 20 g of grated Comté cheese
- Herbs of Provence

INSTRUCTIONSS

1. Roast the eggplant in a pan or in the oven until golden brown, then set aside on paper towels.
2. Cut the chicken into small pieces and brown them for a few minutes in a hot pan.
3. Sauté the onion and carrot, add the tomato purée, broth, herbs, and chicken, and simmer for 10 minutes.
4. Prepare a light béchamel sauce using butter, flour, and milk; season with salt and pepper.
5. Assemble the lasagna by alternating layers of sauce, eggplant, pasta sheets, béchamel, and cheese.
6. Bake for 50 minutes at 210°C and let it rest before serving.

NATHALIE'S VEGAN TIP

You can substitute the chicken with 100 g of cooked red lentils for a 100% plant-based, protein-rich version. Use soy milk and a little nutritional yeast to maintain that creamy texture without animal products.

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460 KCAL



DAY 2

2 PEOPLE

25 MIN

PERUVIAN CEVICHE

INGREDIENTS

- 250 g raw white fish (sea bream, cod, or sea bass)
- 1 medium sweet potato (approx. 200 g)
- Juice of 3 limes
- ½ red onion, thinly sliced
- ½ avocado (optional)
- 1 small red chili (optional)
- 1 tablespoon olive oil
- Fresh cilantro
- Salt and pepper

INSTRUCTIONSS

1. Steam or bake the sweet potato until tender.
2. Cut the fish into small cubes and marinate in lime juice for 10 to 15 minutes.
3. Add the red onion, cilantro, olive oil, chili, salt and pepper.
4. Serve very cold along with the warm sweet potato and, if you wish, some slices of Avocado.

NATHALIE'S ADVICE

For an even more refreshing effect, add a few cubes of mango or Cucumber before serving.

This bittersweet mixture provides vitality and hydration while remaining light.

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470 KCAL



DAY 5

2 PEOPLE

20 MIN

NOODLES WITH SALMON

INGREDIENTS

- 80 g semi-whole wheat tagliatelle
- 150 g fresh or smoked salmon
- 100 g "Smoothie" fresh cheese (white cheese) with 0–3% fat
- 30 ml light cream
- 1 clove of garlic
- Juice of ½ lemon
- 150 g zucchini (or fresh spinach)
- 10 g Parmesan cheese
- 1 teaspoon olive oil
- Dill, salt, and pepper

INSTRUCTIONSS

1. Cook the pasta *al dente* in salted water. Drain and set aside.
2. In a frying pan, sauté the garlic and zucchini in a little olive oil.
3. Add the cream, *fromage blanc*, and lemon juice; then, stir in the chopped salmon.
4. Cook over low heat for 5 to 7 minutes.
5. Add the pasta, mix well, and sprinkle with dill and Parmesan cheese before serving.

NATHALIE'S ADVICE

You can replace the salmon with natural canned tuna or marinated tofu to obtain an economical version rich in Proteins. Add a little lemon zest to enhance the sauce without adding additional salt.

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460 KCAL



VEGETARIAN

2 PEOPLE

20 MIN

ORZO WITH TOMATO AND BASIL

INGREDIENTS

- 120 g whole-wheat orzo (or 100 g dry, depending on appetite)
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 250 g cherry tomatoes, halved
- 1 tablespoon tomato paste
- 1 teaspoon dried oregano
- Salt and pepper
- A handful of fresh basil leaves
- 1 tablespoon nutritional yeast (optional, for a "Parmesan" flavor without cheese)
- 150 g cooked white beans

INSTRUCTIONSS

1. Cook the orzo in a pot of salted water according to the package INSTRUCTIONSs. Drain and set aside.
2. Heat the olive oil in a skillet. Sauté the garlic for 1 or 2 minutes.
3. Add the cherry tomatoes, tomato paste, oregano, salt, and pepper. Simmer for 10 minutes, until the tomatoes soften slightly.
4. Stir in the cooked orzo and the beans. Mix and heat for 2 or 3 minutes over low heat.
5. Add the fresh basil just before serving and sprinkle with nutritional yeast.

NATHALIE'S ADVICE

For a more intense flavor, add a squeeze of lemon or a few mild chili flakes. You can also substitute the beans with roasted chickpeas for a crunchier texture and even more fiber.

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Start your challenge

For some people, starting with two smoothies a day might seem like too big or sudden a change. Although that approach yields the fastest results, I wanted to offer an option that allows you to ease into the program a bit more gradually, if you need to.

HOW DOES IT WORK?
It's simple: instead of replacing two meals a DAY with a Smoothie, you will only replace one. This allows you to adapt to the program gradually. Use the same Shopping list, but prepare a single Smoothie per DAY; you can choose the one you prefer. You can do it like this for the first DAYs if you wish and, once you feel comfortable, move on to drinking two Smoothies a day. When you're ready, go back and start over with the two Smoothies a DAY routine.

IMPORTANT: Do not move on to Week 2 until you have finished ALL of the Smoothies from Week 1. The goal is still to consume approximately 1,500 calories, so the breakdown for the flexible DAY will be as follows:

Smoothie 1: 350 calories
Snack 1: 150 calories
Lunch: 450 calories
Snack 2: 150 calories
Smoothie : 400 calories

Total calories: 1500

Three or more flexible days ? Take a free-meal day!
If you use three or more flexible days during the first Week, skip the first free-meal day. You will have enough ingredients from the Shopping list to prepare an additional Smoothie for that day. The goal is to reach a consumption of two Smoothies per day as soon as possible.

What foods should be incorporated into the diet?

For the next 21 DAYS, incorporate the following foods into your solid meals and snacks. Avoid refined starches, such as white rice, white bread, pasta, and white potatoes. Also, avoid regular milk, sodas (including diet sodas), and sugary fruit drinks. Carry a bottle of water with you throughout the DAY to avoid craving soda or fruit juice.

To make things easier for you, we've **also prepared a 21 days meal plan** (page 24) that includes recipes and a Shopping list to prepare dishes that you can combine with your Happy Smoothie challenge.

Chicken - Beef - Fish

• Chicken breast
• Lean beef (sirloin steak)
• Ground turkey
• Lean pork (tenderloin)
• Salmon
• Tilapia
• Shrimp
• Eggs

Fruits and vegetables

• All fruits and vegetables!
• Sweet potatoes or yams (not white potatoes)

Milk products

• Greek yogurt
• Hard cheeses (e.g., Parmesan)
• Sheep's milk cheese (feta)

Cereals

• Brown rice
• Quinoa

Healthy fats

• Nuts, dried fruits, and seeds (almonds, cashews, walnuts, pecans, sunflower seeds, pumpkin seeds)
• Natural almonds, cashews, and walnuts
• Peanut butter
• Unsweetened coconut flakes • Oils (olive oil, coconut oil, avocado oil)
• Avocado

Sweets

• Dark chocolate (70% or more cocoa)

Vegetables

• Black beans
• White beans
• Chickpeas
• Lentils

Liquids

• Almond and coconut milk
• Coconut water
• Coffee in moderation

What foods should be avoided?

Most people know that the foods on this list are not beneficial to your health. It's not so much about knowing which foods are harmful, but rather avoiding them from the beginning. Our advice is to make sure you do not have any of these ingredients at home. If you have healthier alternatives (see list on previous page), you won't be tempted to make unhealthy choices.

Meats

- Common ground beef
- Fatty cuts of beef, such as ribeye or Porterhouse steak...
- Fatty cuts of pork, such as ham, chops or sausages...
- Processed meats, such as sausages and bacon

Milk products

- Whole milk
- Soft cheeses like mozzarella
- Butter
- Ice cream

Liquids

- Soft drinks (including diet or "sugar-free" ones)
- Fruit juice
- Energy drinks
- Beer

Fats

- Vegetable oil (no fried foods)
- Margarine
- Butter (Crisco)

Sweets

- Pastry products (cookies, cakes, muffins)
- Sweets
- Ketchup

Seeds

- White rice
- White bread
- Regular pasta
- Crackers
- Snacks (fried snacks/chips)
- Breakfast cereals

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Choosing the Right Snacks

Snacks are great for curbing hunger, but make sure to watch your portion sizes. Almonds, for example, contain 7 calories each; so, with just 14 almonds, you will have already consumed 100 calories. Never eat directly from a large bag. Always serve your snacks in a separate container so you know exactly how much you are eating. Snacking between meals is when many people gain extra weight, as they don't realize how many calories they are consuming.

TO LEARN MORE ABOUT SNACKS

Since snacking is a topic in itself, some people feel the need for more ideas to add variety and avoid getting bored over time.

That is why a book dedicated exclusively to snacks was created—following the "Happy Smoothie" approach—featuring simple, delicious ideas suitable for a balanced diet.

At the end of the book, you will find information on this topic for those who wish to learn more.

A quick note before we continue:
In some of the upcoming recipes, you will see Formula 1 mentioned.
Formula 1 is a powdered nutritional smoothie mix that provides protein, vitamins, and minerals; we use it in some Happy Smoothie recipes to make them more complete and nutritious.
Thanks to its protein content, it can help you feel fuller for longer, assisting with hunger control between meals as part of a balanced diet.
Plus, it is very easy to incorporate into smoothies and other recipes without making them complicated.

If you don't have your Formula 1 yet, you can get it here:

👉 **Order your Formula 1 here:**

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Pssst *:*
You can also access it via:
https://mypro2col.com/fr-fr/products/formula-1-shake?variant=61698798485874&site=kenzygharbi-catalog

OVERNIGHT CHOCO

For 1 person

1 minute

REST :
2 hours

Ingredients:

- 30 g Vanilla-flavored Formula 1
- 30 g Rolled oats (whole grain)
- 15 g Chia seeds
- 10 g Unsweetened cocoa powder
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 200 ml Unsweetened almond or hemp drink
- 50 g Raspberries

INSTRUCTIONSs

- In a blender, combine the milk, infant formula, oats, chia seeds, cocoa, cinnamon, and vanilla.
- Add the raspberries and blend again.
- Pour the mixture into a jar and let it thicken in the refrigerator for at least 2 hours or overnight.
- In the morning, stir, add a few raspberries or blueberries, and enjoy!

IG : 35	**Kcal** 250	**Proteins** 17 g	**Carbohydrates** 24 g	**Of which, sugars** 5 g



STRAWBERRY MOUSSE

For 2 servings

PREP :
2 minutes

COOKING:
2 minutes

Ingredients:

- 150 g fresh strawberries (or frozen and thawed)
- 200 g of natural skyr (0% fat)
- 150 ml of water (or Almond milk)
- 2 sheets of gelatin (approx. 4 g)
- 15 g of ground Chia seeds (approx. 1 heaping tablespoon)
- A few drops of vanilla or stevia extract (optional)

INSTRUCTIONSs

- Hydrate the gelatin sheets in cold water for 5 minutes.
- Blend the Strawberries with the water (or Almond milk) and the skyr until you obtain a homogeneous mixture.
- Lightly heat 2 tablespoons of this mixture and dissolve the hydrated gelatin in it.
- Pour the dissolved gelatin into the rest of the mixture and blend again.
- Add the ground Chia seeds and mix well.
- Divide the preparation into individual glasses and let it rest in the refrigerator for at least 3 or 4 hours (ideally, leave it overnight so that the mousse sets and the Chia seeds thicken).

IG : 32	Kcal 110	Proteins 11 g	Carbohydrates 9 g	Of which, sugars 5 g



Petit-Suisse Crêpes

Makes about 6 crepes

PREP :
15 minutes

COOKING:
24 minutes

Ingredients:

- 1 whole egg
- 3 egg whites
- 2 Petit-Suisse (120 g) or 120 g natural skimmed skyr (0% fat)
- 1 to 2 teaspoonfuls of vanilla essence or unsweetened Cocoa powder (optional)
- 1 teaspoonful of cooking oil (or cooking spray)

INSTRUCTIONSs

- Beat the egg and egg whites in a bowl.
- Add the *petit-suisse* (or skyr) and your chosen flavoring, and mix until the batter is smooth and fluid.
- Heat a lightly greased non-stick pan.
- Pour in a small ladleful of batter and cook for 2 to 3 minutes on each side.
- Repeat the process until all the batter is used up.

💡 **A delicious, low-glycemic tip:** add a few red berries, a teaspoonful of almond cream or an ounce of melted 85% dark chocolate on top.

Per serving				
IG : 20	**Kcal** 100	**Proteins** 14 g	**Carbohydrates** 5 g	**Of which, sugars** 2 g



NEAPOLITAN-STYLE MARBLE CAKE

Yields 8 servings

PREP :
10 minutes

COOKING:
25 minutes

Ingredients:

- 2 eggs + 1 egg white
- 130 g unsweetened applesauce
- 90 g almond flour
- 50 g whole-grain (or semi-whole-grain) oat flour
- 1 tablespoon unsweetened cocoa powder
- 1 teaspoon vanilla extract
- 1 tablespoon agave syrup (approx. 15 g)
- 100 g plain skyr (for the topping)
- A few 85% dark chocolate shavings (approx. 10 g)

INSTRUCTIONSs

- Preheat the oven to 185°C.
- Mix the eggs, apple puree, agave syrup, almond flour and flour until you obtain a homogeneous mixture.
- Divide the dough into two parts. Add the Cocoa powder to one of them.
- Lightly grease an elongated mold and pour the vanilla and cocoa batter into it alternately to create a marbled effect.
- Bake for 25 to 30 minutes. Let cool.
- Before serving, top with skyr and sprinkle with dark chocolate shavings.

👉 **Protein option:** add 20 g of Vanilla or Chocolate Formula 1 (page 30) to increase protein and fiber content, making it more satiating.

Per serving				
IG : 30	**Kcal** 150	**Proteins** 7 g	**Carbohydrates** 12 g	**Of which, sugars** 4 g



The 21-Day Program

At the end of this guide, you will find detailed smoothie recipes. The Quick Start Guide includes recipes and printable shopping lists.

DAY 1	- Smoothie 1: **Vitamin boost** - Snack 1 - Healthy lunch - Snack 2 - Smoothie 2: **Energizing smoothie**
DAY 2	- Smoothie 1: **Rosy sweetness** - Snack 1 - Healthy lunch - Snack 2 - Smoothie 2: **Mango Paradise**
DAY 3	- Smoothie 1: **Orange Explosion** - Snack 1 - Healthy lunch - Snack 2 - Smoothie 2: **Creamy cocoa**
DAY 4	- Smoothie 1: **Tropical paradise** - Snack 1 - Healthy lunch - Snack 2 - Smoothie 2: **Autumn comfort**
DAY 5	- Smoothie 1: **Energizing** - Snack 1 - Healthy lunch - Snack 2 - Smoothie 2: **Velvety tropical**
DAY 6	- Smoothie 1: **Supergreen** - Snack 1 - Healthy lunch - Snack 2 - Smoothie 2: **Fruit Fusion**
DAY 7	**Cheat Day**
DAY 8	- Smoothie 1: **Seasonal drink** - Snack 1 - Healthy lunch - Snack 2 - Smoothie 2: **Autumn delight**
DAY 9	- Smoothie 1: **Tropical Radiance** - Snack 1 - Healthy lunch - Snack 2 - Smoothie 2: **Nutritious CA**
DAY 10	- Smoothie 1: **Greek yogurt cream** - Snack 1 - Healthy lunch - Snack 2 - Smoothie 2: **Green Vitality**

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DAY 11	- Smoothie 1: **Spicy delight** - Snack 1 - Healthy lunch - Snack 2 - Smoothie 2: **Hulk**
DAY 12	- Smoothie 1: **Ambition Smoothie** - Snack 1 - Healthy lunch - Snack 2 - Smoothie 2: **Renewal Smoothie**
DAY 13	- Smoothie 1: **Forest Delight** - Snack 1 - Healthy lunch - Snack 2 - Smoothie 2: **Green freshness**
DAY 14	**Cheat Day**
DAY 15	- Smoothie 1: **PA Delight** - Snack 1 - Healthy lunch - Snack 2 - Smoothie 2: **Green Spirit**
DAY 16	- Smoothie 1: **Rosé Freshness** - Snack 1 - Healthy lunch - Snack 2 - Smoothie 2: **Garden freshness**
DAY 17	- Smoothie 1: **Summer Sweetness** - Snack 1 - Healthy lunch - Snack 2 - Smoothie 2: **Springtime vitality**
DAY 18	- Smoothie 1: **Fruit Fusion** - Snack 1 - Healthy lunch - Snack 2 - Smoothie 2: **Fruit Delight**
DAY 19	- Smoothie 1: **Fruit energy** - Snack 1 - Healthy lunch - Snack 2 - Smoothie 2: **Creamy apple**
DAY 20	- Smoothie 1: **Fig Delight** - Snack 1 - Healthy lunch - Snack 2 - Smoothie 2: **Tropical freshness**
DAY 21	Share your results with us **in the private Facebook group**, by email **(max@happy-smoothie.com)** or through our Instagram (happysmoothie_).

After the 21 days

Once the 21 DAYS have passed, you have several options depending on your progress. Here are the different alternatives you can follow:

1

Keep losing weight.

If after 21 days you still have a lot of weight to lose, dedicate the following week to only replacing breakfast with your favorite Smoothies. The week after, you can start the 21 DAY program again. This time you can vary the Smoothies to your liking and even create new ones taking advantage of all the experience you have acquired preparing them!
amazon.fr/stores/Nathalie-Mercier/author/B0DXTLXF3M

2

Stabilize your weight

If you have reached your weight goal, continue replacing one meal a day with a smoothie to maintain the health benefits and keep the weight off. You can also continue to lose weight this way if your regular meals are healthy and your total caloric intake is lower than the calories you burn.
amazon.fr/stores/Nathalie-Mercier/author/B0DXTLXF3M

3

21-Day Meal Plan

Smoothies are fantastic, but they are just one piece of the health puzzle—especially since many people struggle to prepare and cook healthy meals. If you haven't yet picked up our 21-Day Food Reset Plan to complement this challenge, we highly recommend it. It is a comprehensive three-week meal plan that includes shopping lists, recipes, prep guides, and much more. All the meals are simple, quick, and delicious, and are designed to fit a lifestyle that also includes celebrating and having fun.
amazon.fr/stores/Nathalie-Mercier/author/B0DXTLXF3M

After the 21 days (BONUS)

To help you avoid regaining weight and prevent the rebound effect after the challenge, we are offering you an exclusive bonus.

Bonus included: How to avoid the yo-yo effect

We know that after trying numerous diets, the hardest part is often what comes next: **the fear of regaining the weight you lost.** Strict diets frequently lead to rapid weight regain, which is why our approach is different.

To ensure you don't regain the weight after the challenge—and to give you the best chance of achieving lasting results—we are offering you an exclusive bonus.

This bonus will help you avoid the rebound effect once the challenge is over. It includes practical tips for maintaining your results in the long run, ensuring you stay fit and healthy.

If you wish to access the bonus offer: avoid the yo-yo effect.

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Pssst *:*
You can also access it via:
happy-smoothie.com/eviter-l-effet-yoyo



HAPPY Smoothie

Do you have any question?



Frequently Asked Questions

Over the past year, we have received many questions about the smoothie diet and smoothies in general. Below, we present the most frequently asked questions and comments we receive; we hope they answer all your questions.

1 **Can I change the smoothies?**

You can change the Smoothies each Week if you wish, but if you change them for different Weeks, the shopping lists will no longer be accurate.

2 **Can I change some foods?**

If you wish to substitute ingredients, see the substitutions guide on page 17. Adding additional ingredients will alter both the flavor and consistency.

3 **Can I have the smoothie whenever I want?**

We suggest replacing breakfast and dinner with a smoothie; however, if you prefer to replace breakfast and lunch and have a regular dinner, that is also fine. Just make sure your dinner is around 450 calories.

4 **My smoothie is too thick or too runny.**

There are many reasons why your smoothie might not turn out perfectly, even if you follow the recipe. It depends on factors such as the ripeness of the fruit and the power of the blender, among others. If the smoothie is too thick, add 1/4 cup of liquid at a time and blend again until you reach the desired consistency. If it is too thin, you can try adding ice cubes and blending again.

5 **I don't like the taste of my smoothie.**

It depends on what you don't like about it. If it isn't sweet enough, you can add half a teaspoon of honey or half a date for an extra touch of sweetness. We've done our best to make the smoothie as delicious as possible while keeping it healthy!

6 **Do I have to drink it all?**

Yes. However, drinking too quickly will cause an excessive buildup of gas in the stomach and may lead to a feeling of bloating. If it seems like too much, drink what you can and take the rest with you as a snack.

7 **Can I prepare the smoothies in advance?**

Absolutely! If you're short on time during the day, this is the best option. Once a smoothie is made, the fruits and vegetables begin to oxidize and slowly lose their nutritional value. Ideally, you should consume it immediately to maximize nutrient absorption and enjoy the best flavor. You can keep it for up to 12 hours; just make sure to shake it well before drinking.

8 **Why do I feel bloated?**

Generally, this indicates that your body is adapting to the increased fiber intake. It should pass in a few days. It could also be because you are drinking the smoothies too quickly. We know they're delicious, but try to drink them slowly.

9 **I am allergic to an ingredient.**

If you are allergic to any ingredients, see the substitutions guide on page 17.

10 **What is a cup equivalent to?**

One cup is equivalent to 240 ml.

10 **Can I do the challenge with a friend?**

Of course! The more, the better. If you want to do it with someone else, just make sure to double the quantities and update your shopping lists. You can prepare two Smoothies at once in a large blender or make them one by one.

11 **I am a vegetarian / vegan.**

The smoothies are suitable for vegans and vegetarians. We have included vegetarian and vegan options for your regular meals and snacks. In most cases, the focus will be on protein-rich foods, such as legumes and quinoa. If any of the foods do not suit you, you can consult our substitution guide on page 17.

12 **Why haven't I lost weight?**

If you aren't losing weight, it is very likely that extra calories are creeping in somewhere. Make sure your main meal doesn't exceed 450 calories and that your snacks contain fewer than 150 calories. Pay attention to portion sizes. Remember that even a small handful of nuts and dried fruit can contain close to 200 calories.

13 **I have finished the challenge; what should I do now?**

It depends on what you want to do now.
Please refer to page 125 for more information..

14 **Where is the nutritional information?**

We don't want you to focus on nutritional information. We have designed this program to flood your body with essential nutrients for 21 days. Most people make poor choices regarding food quality when they start obsessing over calories, carbohydrates, and fats; that's why we want you to leave that responsibility to us. Follow our guidelines, and you will lose weight!

HAPPY Smoothie

OUR SMOOTHIES RECIPES



Before losing weight

Why take a photo before you start?

Are you ready to take on the weight-loss smoothie challenge? Before embarking on this highly effective and delicious experience, here is an important step you shouldn't overlook:

- **Before you start: take a photo and note down your current weight.**

Why is this so crucial? Because these images and measurements will serve as reference points. They will allow you to see the progress you make throughout our 21-day program. You'll be able to notice the difference in how your clothes fit and celebrate your achievements once the challenge is over.

When you feel tired or have doubts, look at this photo of who you were back then. Remember how far you've come since that starting point, and let that give you the boost to keep moving forward.

The secret Facebook group

Did you know that by joining our 21-Day program, you also unlock a secret door to a vibrant, supportive community?

In fact, as a program member, you gain automatic access to a private Facebook group reserved exclusively for participants like you. **Imagine being surrounded by people who share your goals**—all determined to improve their health and well-being.

In this group, you can ask questions, share your achievements and challenges, and exchange ideas with other community members. It is a place where you can feel supported and motivated at every stage of your journey toward a better version of yourself.

If you wish to access
the private Facebook group

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Pssst *:*
You can also access it via:
facebook.com/groups/happy.smoothie.challenge

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Before losing weight

Gifts within the group

And that's not all! We organize fun games and contests in the secret Facebook group, with special prizes up for grabs (Amazon gift cards worth €100 or €50, or even smoothie makers...). Yes, you read that right!

To participate, you'll need to post a photo of your results, a photo of yourself with the book, or a photo of yourself with your smoothies if you chose the digital version. It all depends on the rules and your own preference.

So, the next time you whip up one of our delicious recipes, remember that there's a whole community on your side, supporting you and eager to interact with you.

If you wish to access
the private Facebook group

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Pssst *:*
You can also access it via:
www.facebook.com/groups/happy.smoothie.english/



THE ONLY PERSON WHO CAN STOP YOU FROM ACHIEVING YOUR GOALS IS YOU.

Jackie Joyner-Kersee

SUCCEED IN THE WEEK AHEAD.

Welcome to the Happy Smoothie Challenge: a 21-day challenge that gives you all the tools you need to lose weight while enjoying the process.

From detailed smoothie recipes and weekly shopping lists to prep tips and food substitution guides, this is the key to getting back in shape without feeling deprived.

Everyone's journey is different. That's why—whether you're striving for a specific weight-loss goal or looking to optimize your daily health—this challenge will help you stay motivated and achieve success.

Come on.

Week 1: Shopping list

Fruit (fresh or frozen)

- [ ] Banana (4)
- [ ] Mango (3)
- [ ] Kiwi (2)
- [ ] Apple (2)
- [ ] Orange (1)
- [ ] Pineapple (1 cup)
- [ ] Apricots (1 cup)
- [ ] Blueberries (1 cup)
- [ ] Strawberries (1 cup)
- [ ] Raspberries (1 cup)

Liquids

- [ ] Unsweetened almond milk (1,5 l)
- [ ] Almond milk (1,5 l)
- [ ] Lemon juice (3 tablespoons)



Vegetables

- [ ] Carrot (1)
- [ ] Avocado (1)
- [ ] Romaine lettuce (1 handful)
- [ ] Fresh ginger (1)
- [ ] Fresh mint (3 tablespoons)
- [ ] Canned pumpkin puree (1/2 cup)

Miscellaneous

- [ ] Plain Greek yogurt (2)
- [ ] Flax seeds (3 tablespoons)
- [ ] Chia seeds (3 tablespoons)
- [ ] Sesame seeds (3 tablespoons)
- [ ] Sunflower seeds (2 tablespoons)
- [ ] Coconut sugar (6 tablespoons)
- [ ] Cocoa powder (1 tablespoon)
- [ ] Sugar-free almond butter (1 tablespoon)
- [ ] Ground cinnamon (1 teaspoonful)
- [ ] Ground nutmeg (1 teaspoonful)
- [ ] Honey (1 teaspoonful)

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What isn't started today is never finished tomorrow.

Goethe



DAY 1

Done!

DAY 1 - SMOOTHIE 1

Vitamin Boom

The "Vitamin Boom" smoothie combines the sweetness of banana, the tart, refreshing touch of apple, and the tropical flavor of kiwi. It is enriched with a splash of almond milk for creaminess and flax seeds for a dose of omega-3. Beyond being delicious, this smoothie is highly nutritious thanks to its content of vitamins, minerals, and fiber. It is easy to prepare: simply blend peeled, chopped apples and kiwis with a little water or plant-based milk, if desired.

INGREDIENTS

1 peeled kiwi
1 diced apple
1 banana
240 ml almond milk
1 tablespoon lemon juice
1 tablespoon flax seeds

INSTRUCTIONSS

1. Pour in the almond milk and lemon juice, then add the flax seeds.
2. Add the peeled and chopped kiwi, apple, and banana.
3. Finally, blend all the ingredients until the mixture is smooth.

DID YOU KNOW?

Fruit sugar—or natural fructose—comes packaged with fiber, vitamins, and minerals, which slows the body's absorption of the sugar and helps regulate blood glucose levels. In contrast, industrial sugar—often sucrose or corn syrup—is absorbed rapidly, which can cause blood glucose spikes and contribute to long-term health issues such as type 2 diabetes or obesity.

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DAY 1

Done!

DAY 1 - SMOOTHIE 2

Energizing smoothie

The "Tonic" smoothie is a refined, refreshing blend of juicy blueberries and creamy almond milk, enhanced with a touch of Greek yogurt for a smooth texture. Chia seeds add an interesting texture as well as omega-3 fatty acids, fiber, and protein, making this smoothie a choice that is as nutritious as it is delicious. It also stands out for its high nutritional value, thanks to its content of health-beneficial vitamins, minerals, and fiber.

INGREDIENTS

1 cup blueberries
1 plain Greek yogurt
240 ml almond milk
1 tablespoon coconut sugar
1 tablespoon fresh mint
1 tablespoon chia seeds

INSTRUCTIONSS

1. Pour in the almond milk and Greek yogurt; then, add the chia seeds and coconut sugar.
2. Add the blueberries and mint.
3. Finally, blend all the ingredients until you have a smooth mixture.

DID YOU KNOW?

Almond milk adds a light touch and a nutty nuance to smoothies, making it ideal for those watching their calorie intake. Coconut milk offers a creamy texture and tropical flavor, while also providing energizing fatty acids. Water, being neutral, dilutes the mixture without adding calories or altering the flavors, making it the lightest option. The choice for each smoothie depends on your preferences!

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Daily checklist

DAY 1

- Have you had your two weight-loss smoothies? ☐ ☐
- Was your cheat meal reasonable in terms of calories? ☐ ☐
- Did you sleep well? ☐ ☐
- Did you stay well-hydrated throughout the day? ☐ ☐
- Did you feel hungry? ☐ ☐

→If so, did you have a healthy snack to satisfy that hunger? ☐ ☐

- Did you consume processed foods containing sugar between meals? ☐ ☐
- Did you feel better than yesterday? ☐ ☐

→ If not, why?:

Other notes or conclusions from the day's proceedings:

SCAN ME

Share your progress in the Facebook group

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Celebrate even the small victories.

H. Jackson Brown, Jr



DAY 2

Done!

DAY 2 - SMOOTHIE 1

Refreshing Sweetness

The "Refreshing Sweetness" smoothie is a delicious blend of strawberries and creamy banana, combined with almond milk. A tablespoon of coconut sugar enhances the mix with exquisite natural sweetness, while sunflower seeds—rich in vitamins E and B as well as minerals—add a nutritious, crunchy touch. This smoothie is not only irresistible but also energizing, making it the ideal choice for a revitalizing breakfast.

INGREDIENTS

1 cup strawberries
1 banana
1 tablespoon coconut sugar
240 ml almond milk
1 tablespoon sunflower seeds

INSTRUCTIONSS

1. Pour in the almond milk, then add the sunflower seeds and coconut sugar.
2. Add the strawberries and banana.
3. Finally, blend all the ingredients until the mixture is smooth.

DID YOU KNOW?

Crushing frozen fruit instead of fresh can be advantageous for several reasons. Frozen fruit is often picked at peak ripeness and flash frozen, preserving its nutritional value, including vitamins and antioxidants. In addition, the use of frozen fruit gives body to the Smoothies. It is an effective way to enjoy out-of-season fruits without compromising nutritional quality.

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DAY 2

Done!

DAY 2 - SMOOTHIE 2

Mango Paradise

The "Mango Paradise" smoothie combines mango—rich in vitamins A and C—with the revitalizing freshness of mint, known for aiding digestion. Almond milk adds creaminess while serving as a valuable source of fatty acids that can help boost metabolism. Lemon juice adds a citrusy touch and enhances iron absorption. Finally, chia seeds—packed with omega-3s, fiber, and protein—turn this smoothie into a true nutritional powerhouse.

INGREDIENTS

1 diced mango
1 tablespoon chopped fresh mint
240 ml Almond milk
1 tablespoon lemon juice
1 tablespoon of Chia seeds

INSTRUCTIONSS

1. Pour in the almond milk and lemon juice, then add the chia seeds.
2. Add the mango and mint.
3. Finally, blend all the ingredients until the mixture is smooth.

DID YOU KNOW?

To save money on smoothies, opt for seasonal fruits, which are more affordable and flavorful. Buying in bulk and freezing allows you to take advantage of special offers without sacrificing quality. Incorporating budget-friendly vegetables, such as spinach or carrots, can also lower the cost while providing nutrients.

Daily checklist

DAY 2

- Have you had your two weight-loss smoothies? ☐ ☐
- Was your cheat meal reasonable in terms of calories? ☐ ☐
- Did you sleep well? ☐ ☐
- Did you stay well-hydrated throughout the day? ☐ ☐
- Did you feel hungry? ☐ ☐

→If so, did you have a healthy snack to satisfy that hunger? ☐ ☐

- Did you consume processed foods containing sugar between meals? ☐ ☐
- Did you feel better than yesterday? ☐ ☐

→ If not, why?:

Other notes or conclusions from the day's proceedings:

SCAN ME

Share your progress in the Facebook group

© Happy Smoothie

Life is what we make of it. It has always been that way, and it always will be.

H. Jackson Brown, Jr



DAY 3

Done!

DAY 3 - SMOOTHIE 1

Orange Explosion

The "Orange Explosion" Smoothie offers an explosion of revitalizing and vitamin-rich flavors. Orange and Carrot provide a generous dose of vitamin C and beta-carotene to strengthen the immune system and promote skin health. Ginger adds a spicy and invigorating touch, ideal for stimulating digestion and relieving an upset stomach. Almond milk provides a creamy texture while providing fatty acids beneficial for cardiovascular health.

INGREDIENTS

1 orange, peeled and diced
1 carrot, peeled and diced
1 tablespoon fresh ginger
240 ml almond milk
1 tablespoon coconut sugar
1 tablespoon flax seeds

INSTRUCTIONSS

1. Pour in the almond milk, then add the flax seeds and coconut sugar.
2. Add the orange and carrot (peeled and chopped), as well as the fresh ginger.
3. Finally, blend all the ingredients until the mixture is smooth.

DID YOU KNOW?

For the best results in smoothies, it is preferable to use fully ripe bananas, as they are sweeter and easier to blend. Freezing peeled bananas not only preserves their optimal flavor but also lends a creamy texture to the smoothies without the need for extra ice.

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DAY 3

Done!

DAY 3 - SMOOTHIE 2

Creamy cocoa

The "Creamy Cacao" Smoothie combines the creaminess of Avocado with the smoothness of Almond milk to create a nutritious drink. Sesame seeds provide a crunchy texture and extra nutrients, especially essential fatty acids and minerals. This Smoothie is a delicious way to treat yourself while enjoying the health benefits of its ingredients.

INGREDIENTS

1 Avocado, peeled and diced
240 ml almond milk
1 tablespoon cocoa powder
1 tablespoon sesame seeds

INSTRUCTIONSS

1. Pour in the almond milk, then add the cocoa powder and sesame seeds.
2. Add the peeled and chopped avocado.
3. Finally, blend all the ingredients until the mixture is smooth.

DID YOU KNOW?

To keep a smoothie fresh for longer, you can pour it into an airtight container and store it in the refrigerator, where it will stay fresh for about 24 hours. Adding a little lemon juice before refrigerating can also help preserve its color and flavor, as the acidity of the lemon slows down the oxidation of the ingredients.

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Daily checklist

DAY 3

- Have you had your two weight-loss smoothies? ☐ ☐
- Was your cheat meal reasonable in terms of calories? ☐ ☐
- Did you sleep well? ☐ ☐
- Have you stayed well-hydrated today? ☐ ☐
- Did you feel hungry? ☐ ☐
- →If so, did you have a healthy snack to satisfy that hunger? ☐ ☐
- Did you consume processed foods containing sugar between meals? ☐ ☐
- Did you feel better than yesterday? ☐ ☐

→ If not, why?:

Other notes or conclusions from the day's proceedings:

SCAN ME

Share your progress in the Facebook group

© Happy Smoothie

Eat healthy, sleep well,
breathe deeply,
move with harmony.

Jean-Pierre Barral



DAY 4

Done!

DAY 4 - SMOOTHIE 1

Tropical paradise

The "Tropical Paradise" smoothie combines juicy pineapple with the sweet flavor of mango to deliver an explosion of tropical taste. Almond milk adds creaminess, while freshly grated ginger provides a zesty kick—ideal for boosting the immune system. Sunflower seeds offer an extra dose of nutrients, including vitamins E and B as well as minerals. This smoothie is not only delicious but also revitalizing.

INGREDIENTS

1 cup fresh or frozen pineapple
1 diced mango
240 ml almond milk
1 tablespoon fresh ginger
1 tablespoon sunflower seeds

INSTRUCTIONSS

1. Pour in the almond milk, then add the sunflower seeds and fresh ginger.
2. Add the diced pineapple and mango.
3. Finally, blend all the ingredients until the mixture is smooth.

DID YOU KNOW?

To combat sugar cravings, prioritize foods rich in protein, fiber, and healthy fats, as they help stabilize blood sugar levels and prolong the feeling of fullness. Drinking enough water throughout the day can also reduce cravings, given that thirst is sometimes mistaken for hunger. Finally, keep your mind and body occupied with activities such as walking or meditating.

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DAY 4

Done!

DAY 4 - SMOOTHIE 2

Autumn comfort

The "Autumn comfort" smoothie combines the creaminess of almond milk with the comforting richness of almond butter. Pumpkin puree adds an autumnal touch, along with fiber and vitamins. Cinnamon and nutmeg provide warm, spiced flavors that evoke the pleasures of the season. Romaine lettuce adds an unexpected freshness, while plain Greek yogurt contributes a velvety texture and a boost of protein.

INGREDIENTS

240 ml almond milk
1 tablespoon almond butter
1/2 cup pumpkin puree
1 teaspoon cinnamon
1 teaspoon nutmeg
1 handful (30 g) romaine lettuce
1 plain Greek yogurt

INSTRUCTIONSS

1. Pour in the almond milk, Greek yogurt, and almond butter.
2. Add the pumpkin puree, cinnamon, nutmeg, and romaine lettuce.
3. Finally, blend all the ingredients until the mixture is smooth.

DID YOU KNOW?

Adding healthy fats to smoothies can benefit both your health and your sense of fullness. Incorporating avocados—rich in monounsaturated fatty acids—can help you feel full for longer. Chia or flax seeds (rich in omega-3s), or a tablespoon of almond or cashew butter, are also excellent sources of healthy fats.

© Happy Smoothie

Daily checklist

DAY 4

- Have you had your two weight-loss smoothies? ☐ ☐
- Was your cheat meal reasonable in terms of calories? ☐ ☐
- Did I share my progress in theFacebook group ? ☐ ☐
- Have you stayed well-hydrated today? ☐ ☐
- Did you feel hungry? ☐ ☐
- →If so, did you have a healthy snack to satisfy that hunger? ☐ ☐
- Did you consume processed foods containing sugar between meals? ☐ ☐
- Did you feel better than yesterday? ☐ ☐

→ If not, why?:

Other notes or conclusions from the day's proceedings:

SCAN ME

Share your progress in the Facebook group

© Happy Smoothie

Take care of your body;
it is the only place
where you can live.

Jim Rohn



DAY 5

Done!

DAY 5 - SMOOTHIE 1

Energizing Mixed Berries

The "Energizing Mixed Berry" smoothie combines the sweetness of banana with the tart freshness of berries—such as strawberries, blueberries, and raspberries—to deliver an explosion of fruity flavors. Almond milk creates a light, creamy base, while a tablespoon of coconut sugar adds a touch of natural sweetness. Sesame seeds provide a crunchy texture and an extra boost of nutrients, such as protein and minerals.

INGREDIENTS

1 banana
1 cup mixed berries (strawberries, blueberries, raspberries...)
240 ml almond milk
1 tablespoon coconut sugar
1 tablespoon sesame seeds

INSTRUCTIONSS

1. Pour in the almond milk, then add the sesame seeds and coconut sugar.
2. Add the banana and berries (strawberries, blueberries, raspberries, etc.).
3. Finally, blend all the ingredients until the mixture is smooth.

DID YOU KNOW?

Smoothies offer numerous health benefits. They allow for the quick and easy consumption of various fruits and vegetables, thereby increasing daily intake of vitamins, minerals, and fiber. They also provide protein and healthy fats, contributing to a greater sense of satiety and a balanced metabolism. Additionally, smoothies help maintain hydration.

© Happy Smoothie



DAY 5

Done!

DAY 5 - SMOOTHIE 2

Tropical velvet

The "Tropical velvet" Smoothie combines the sweetness of Apricots with the sweet and exotic flavor of mango, creating an explosion of tropical flavors. Almond milk provides a creamy texture and a subtly sweet flavor that complements the mixture perfectly. One tablespoon of Chia seeds enriches the Smoothie with nutritional benefits, highlighting the contribution of omega-3, fiber and Proteins.

INGREDIENTS

1 cup of fresh or frozen Apricots
1 diced mango
240 ml Almond milk
1 tablespoon of Chia seeds

INSTRUCTIONSS

1. Pour in the almond milk and then add the chia seeds.
2. Add the diced apricots and mango.
3. Finally, blend all the ingredients until the mixture is smooth.

DID YOU KNOW?

Making fruit smoothies makes it easy to combine various fruits and vegetables, thereby increasing vitamin and mineral intake. It is a quick and practical way to add more nutrients to one's diet—especially useful for those who are often in a rush.

© Happy Smoothie

Daily checklist

DAY 5

- Have you had your two weight-loss smoothies? ☐ ☐
- Was your cheat meal reasonable in terms of calories? ☐ ☐
- Did I share my progress in theFacebook group ? ☐ ☐
- Have you stayed well-hydrated today? ☐ ☐
- Did you feel hungry? ☐ ☐
- →If so, did you have a healthy snack to satisfy that hunger? ☐ ☐
- Did you consume processed foods containing sugar between meals? ☐ ☐
- Did you feel better than yesterday? ☐ ☐
- → If not, why?:

Other notes or conclusions from the day's proceedings:

SCAN ME

Share your progress in the Facebook group

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I am not changing;
I am simply becoming
more myself.

Joyce Carol Oates



DAY 6

Done!

DAY 6 - SMOOTHIE 1

Super Green

The "Super Green" smoothie combines the vibrant tang of kiwi with the crisp, fresh sweetness of apple, creating an explosion of refreshing flavors. Almond milk provides a creamy texture. A tablespoon of lemon juice adds a refreshing touch of acidity, while freshly grated ginger introduces a zesty, invigorating note—ideal for aiding digestion. Flax seeds offer an extra boost of omega-3s, fiber, and protein.

INGREDIENTS

1 peeled kiwi
1 diced apple
240 ml almond milk
1 tablespoon lemon juice
1 tablespoon grated fresh ginger
1 tablespoon flax seeds

INSTRUCTIONSS

1. Pour in the almond milk and lemon juice, then add the flax seeds.
2. Add the kiwi, apple, and freshly grated ginger—all peeled and coarsely chopped.
3. Finally, blend all the ingredients until the mixture is smooth.

DID YOU KNOW?

If you wish to enjoy a regular dinner with your family or plan to go out, you can have a smoothie for breakfast and lunch, and then have a normal dinner. Just make sure your dinner provides around 450 calories or less. You can also have your two snacks at any time of the day.

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DAY 6

Done!

DAY 6 - SMOOTHIE 2

Fruitful Fusion

The "Fruitful Fusion" Smoothie combines the sweetness of Raspberries with the creaminess of Banana to offer an explosion of fruity flavors. The Almond milk provides a velvety texture and an exotic touch, while the chopped Fresh mint provides a revitalizing freshness. A tablespoon of Coconut sugar adds a touch of natural sweetness, and the Sesame seeds provide a crunchy texture and extra nutrients.

INGREDIENTS

1 cup of Raspberries
1 banana
240 ml Almond milk
1 tablespoon chopped fresh mint
1 tablespoon coconut sugar
1 tablespoon Sesame seeds

INSTRUCTIONSS

1. Pour in the almond milk, then add the sesame seeds and coconut sugar.
2. Add the banana, raspberries, and chopped fresh mint.
3. Finally, blend all the ingredients until the mixture is smooth.

DID YOU KNOW?

Drinking smoothies for weight loss is a better option than following a keto diet. These smoothies are packed with beneficial nutrients, such as fiber and protein, helping to keep your body in shape without causing the fatigue or discomfort that can sometimes accompany the keto diet. They are convenient, and you can customize them to suit your tastes. In short, smoothies are an excellent choice for staying fit and feeling good.

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Daily checklist

DAY 6

- Have you had your two weight-loss smoothies? ☐ ☐
- Was your cheat meal reasonable in terms of calories? ☐ ☐
- Did I share my progress in theFacebook group ? ☐ ☐
- Have you stayed well-hydrated today? ☐ ☐
- Did you feel hungry? ☐ ☐

→If so, did you have a healthy snack to satisfy that hunger? ☐ ☐

- Did you consume processed foods containing sugar between meals? ☐ ☐
- Did you feel better than yesterday? ☐ ☐

→ If not, why?:

Other notes or conclusions from the day's proceedings:

SCAN ME

Share your progress in the Facebook group

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Loving yourself is the beginning of a lifelong love story.

Oscar Wilde

Week 2 : Shopping list

Fruit (fresh or frozen)

- [ ] Banana (5)
- [ ] Apple (4)
- [ ] Orange (2)
- [ ] Lime (1)
- [ ] Berries (2 cups)

Liquids

- [ ] Unsweetened almond milk (1,5 l)
- [ ] Almond milk (1,5 l)
- [ ] Lemon juice (2 tablespoons)



Vegetables

- [ ] Avocado (2)
- [ ] Cucumber (2)
- [ ] Fresh ginger (1)
- [ ] Spinach (1 handful)
- [ ] Celery (1 branch)
- [ ] Pumpkin (200 g)

Miscellaneous

- [ ] Plain Greek yogurt(2)
- [ ] Coconut sugar (6 tablespoons)
- [ ] Sunflower seeds (2 tablespoons)
- [ ] Chia seeds (2 tablespoons)
- [ ] Sesame seeds (2 tablespoons)
- [ ] Flax seeds (1 tablespoon)
- [ ] Ground nutmeg (1 teaspoonful)
- [ ] Nuts and dried fruits (1 cup: cashews, pecans, or macadamia nuts)
- [ ] Rolled oats (1 cup)
- [ ] Ground cinnamon (2 teaspoonfuls)
- [ ] Honey (1 teaspoonful)

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I may not have arrived yet, but I am closer than yesterday.

José N. Harris



DAY 8

Done!

DAY 8 - SMOOTHIE 1

Seasonal drink

The "Seasonal Drink" Smoothie combines the creamy texture of Plain Greek yogurt with the freshness of red fruits, creating an explosion of acidic and vibrant flavors. Almond milk provides subtle sweetness and a light texture, while a tablespoon of Coconut sugar adds a touch of natural sweetness. Sunflower seeds offer a crunchy touch and an extra dose of nutrients, including proteins and minerals.

INGREDIENTS

1 plain Greek yogurt
1 cup of assorted red fruits
240 ml Almond milk
1 tablespoon coconut sugar
1 tablespoon of Sunflower seeds

INSTRUCTIONSS

1. Pour in the almond milk and Greek yogurt; then, add the sunflower seeds and coconut sugar.
2. Add the berries.
3. Finally, blend all the ingredients until the mixture is smooth.

DID YOU KNOW?

Although Greek yogurt is consumed today throughout the world, its origin dates back to ancient Greece, where it was traditionally made to preserve goat and sheep milk. The ancient Greeks used fermentation methods to produce this thick, creamy yogurt, prized for its smooth texture and rich flavor.

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DAY 8

Done!

DAY 8 - SMOOTHIE 2

Autumn delight

The "Autumn Delight" smoothie combines the crisp freshness of apple with the sweet creaminess of banana. Almond milk provides a velvety texture and an exotic touch, while a teaspoon of ground cinnamon adds a warm, spicy note that evokes the pleasures of autumn. Additionally, this smoothie is an excellent source of fiber, potassium, and antioxidants.

INGREDIENTS

1 Chopped apple
1 Banana
240 ml almond milk
1 teaspoon ground cinnamon

INSTRUCTIONSS

1. Pour in the almond milk and add the ground cinnamon.
2. Add the chopped apple and the banana.
3. Finally, blend all the ingredients until the mixture is smooth.

DID YOU KNOW?

Cinnamon, a warm and aromatic spice widely used in cuisines around the world, is actually derived from the inner bark of the cinnamon tree. Native to South Asia, cinnamon is obtained from the bark of *Cinnamomum verum*, also known as the "Ceylon cinnamon tree." Once harvested, the bark is dried and then rolled into quills or ground into a powder.

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Daily checklist

DAY 8

- Have you had your two weight-loss smoothies? ☐ ☐
- Was your cheat meal reasonable in terms of calories? ☐ ☐
- Did I share my progress in theFacebook group ? ☐ ☐
- Have you stayed well-hydrated today? ☐ ☐
- Did you feel hungry? ☐ ☐

→If so, did you have a healthy snack to satisfy that hunger? ☐ ☐

- Did you consume processed foods containing sugar between meals? ☐ ☐
- Did you feel better than yesterday? ☐ ☐

→ If not, why?:

Other notes or conclusions from the day's proceedings:

SCAN ME

Share your progress in the Facebook group

© Happy Smoothie

Be the person you needed when you were younger.

Ayesha Siddiqi



DAY 9

Done!

DAY 9 - SMOOTHIE 1

Tropical Radiance

The "Tropical Radiance" smoothie combines the sweet creaminess of banana with the exotic flavor of almond milk. Fresh grated ginger adds a zesty, revitalizing touch—ideal for aiding digestion and boosting the immune system. Chia seeds provide a crunchy texture and an extra dose of nutrients—such as omega-3s, fiber, and protein—making this smoothie a true source of energy and nutrition.

INGREDIENTS

1 banana
240 ml Almond milk
1 tablespoon coconut sugar
1 tablespoon grated fresh ginger
1 tablespoon of Chia seeds

INSTRUCTIONSS

1. Pour in the almond milk, then add the chia seeds and coconut sugar.
2. Add the banana and grated fresh ginger.
3. Finally, blend all the ingredients until the mixture is smooth.

DID YOU KNOW?

Coconut sugar, used as a natural alternative to refined sugar in many recipes, is made from the sap of coconut palm blossoms. This sugar is extracted from the blossoms and subsequently heated to evaporate the water, resulting in a nutrient-rich sugar with a delicately sweet flavor and notes of caramel. This relatively simple production process helps preserve the nutrients.

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DAY 9

Done!

DAY 9 - SMOOTHIE 2

Nourishing Avocado Cream

The "Nutritious Avocado Cream" smoothie combines the velvety texture of avocado with the richness of nuts and dried fruit to offer a unique experience of flavor and nutrition. Almond milk provides subtle sweetness and a light texture, while a tablespoon of flax seeds adds a touch of crunch and an extra dose of omega-3s, fiber, and protein. This smoothie is not only delicious but also an exceptional source of nutrients that supports your overall well-being.

INGREDIENTS

1 avocado, peeled and diced
1 cup nuts and dried fruit (cashews, pecans, macadamia nuts, etc.)
240 ml almond milk
1 tablespoon flax seeds

INSTRUCTIONSS

1. Pour in the almond milk and then add the flax seeds.
2. Add the peeled and chopped avocado, as well as the nuts and dried fruits (cashews, pecans, macadamia nuts, etc.).
3. Finally, blend all the ingredients until you obtain a smooth, uniform mixture.

DID YOU KNOW?

Sugar and coconut sugar are two popular sweeteners, but they have some important differences. Sugar is primarily obtained from sugarcane or sugar beets and has a slightly caramelized flavor. Coconut sugar, on the other hand, is extracted from the sap of the coconut palm flower and has a somewhat more complex flavor.

© Happy Smoothie

Daily checklist

DAY 9

	✓	✗
• Have you had your two weight-loss smoothies?	☐	☐
• Was your cheat meal reasonable in terms of calories?	☐	☐
• Did I share my progress in theFacebook group ?	☐	☐
• Have you stayed well-hydrated today?	☐	☐
• Did you feel hungry?	☐	☐
→If so, did you have a healthy snack to satisfy that hunger?	☐	☐
• Did you consume processed foods containing sugar between meals?	☐	☐
• Did you feel better than yesterday?	☐	☐

→ If not, why?:

Other notes or conclusions from the day's proceedings:

SCAN ME

Share your progress in the Facebook group

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The best preparation for tomorrow is giving your best today.

H. Jackson Brown, Jr



DAY 10

Done!

DAY 10 - SMOOTHIE 1

Creamy Greek

The "Creamy Greek" Smoothie combines the creamy richness of Plain Greek yogurt with the velvety texture of Almond milk. A tablespoon of coconut sugar provides a touch of natural sweetness, while flaked oats provide fiber and complex carbohydrates for sustained energy. Sunflower seeds add a crunchy texture and an extra dose of nutrients, including proteins, essential fatty acids and antioxidants.

INGREDIENTS

1 plain Greek yogurt
240 ml Almond milk
1 tablespoon coconut sugar
1 tablespoon of Rolled oats
1 tablespoon of Sunflower seeds

INSTRUCTIONSS

1. Pour in the almond milk and Greek yogurt; then, add the rolled oats, sunflower seeds, and coconut sugar.
2. Blend all the ingredients until the mixture is smooth.

DID YOU KNOW?

Rolled oats are essentially whole oat grains that have been cut and flattened. This processing method yields flakes that cook quickly. In addition to adding texture and flavor to dishes, rolled oats are rich in fiber, protein, and essential nutrients such as iron and magnesium.

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DAY 10

Done!

DAY 10 - SMOOTHIE 2

Green Vitality

The "Green Vitality" smoothie combines the creamy texture of avocado with the freshness of spinach to create a nutrient-rich drink. Almond milk adds a touch of sweetness and a light texture, while a tablespoon of lemon juice provides a refreshing, citrusy note. Chia seeds add a bit of crunch and an extra dose of omega-3s, fiber, and protein.

INGREDIENTS

1 avocado, peeled and diced
1 cup fresh or frozen spinach
240 ml almond milk
1 tablespoon lemon juice
1 tablespoon chia seeds

INSTRUCTIONSS

1. Pour in the almond milk and lemon juice, then add the chia seeds.
2. Add the peeled and chopped avocado and the spinach.
3. Finally, blend all the ingredients until the mixture is smooth.

DID YOU KNOW?

Spinach, often praised for its high nutrient content, has a fascinating history dating back thousands of years. Originally from Persia (present-day Iran), it was already cultivated more than 2000 years ago. However, it achieved real popularity in Europe during the Early Middle Ages, when Catherine de' Medici—originally from Italy—became queen of France. He loved Spinach!

© Happy Smoothie

Daily checklist

DAY 10

- Have you had your two weight-loss smoothies? ☐ ☐
- Was your cheat meal reasonable in terms of calories? ☐ ☐
- Did I share my progress in theFacebook group ? ☐ ☐
- Have you stayed well-hydrated today? ☐ ☐
- Did you feel hungry? ☐ ☐
- →If so, did you have a healthy snack to satisfy that hunger? ☐ ☐
- Did you consume processed foods containing sugar between meals? ☐ ☐
- Did you feel better than yesterday? ☐ ☐
- → If not, why?:

Other notes or conclusions from the day's proceedings:

SCAN ME

Share your progress in the Facebook group

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If you are happy,
if you feel good,
nothing else matters.

Robin Wright



DAY 11

Done!

DAY 11 - SMOOTHIE 1

Spicy delight

The "Spicy Delight" smoothie combines the sweetness of banana with the creaminess of almond milk. A tablespoon of coconut sugar adds a touch of natural sweetness, while a teaspoon each of ground cinnamon and ground nutmeg offers warm, spicy flavors—perfect for awakening the palate. Sesame seeds add a crunchy texture and an extra boost of nutrients.

INGREDIENTS

1 banana
240 ml almond milk
1 tablespoon coconut sugar
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
1 tablespoon sesame seeds

INSTRUCTIONSS

1. Pour in the almond milk, then add the sesame seeds, coconut sugar, ground cinnamon, and ground nutmeg.
2. Add the banana.
3. Finally, blend all the ingredients until the mixture is smooth.

DID YOU KNOW?

Nutmeg, often used for its warm, aromatic flavor in various sweet and savory dishes, comes from the seed of a tropical tree native to the Sunda Islands in Indonesia. The nutmeg tree produces a fruit containing a seed wrapped in a red covering known as mace. This seed is dried and ground to produce the powdered nutmeg we know.

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DAY 11

Done!

DAY 11 - SMOOTHIE 2

Hulk

The "Hulk" smoothie combines the freshness of celery and cucumber with the sweetness of apple to offer a revitalizing experience. A tablespoon of lemon juice adds a refreshing, tangy touch, while almond milk provides a velvety texture and a hint of sweetness. This smoothie is not only delicious but also an excellent source of essential vitamins and minerals that support your overall well-being.

INGREDIENTS

1 Celery stalk
1 cucumber, peeled and diced
1 apple, diced
1 tablespoon lemon juice
240 ml almond milk

INSTRUCTIONSS

1. Pour in the almond milk and lemon juice.
2. Add the celery stalk, the peeled and chopped cucumber, and the chopped apple.
3. Finally, blend all the ingredients until the mixture is smooth.

DID YOU KNOW?

Celery, often appreciated for its crisp and refreshing taste, has a rich and ancient history dating back to antiquity. Originating in the Mediterranean region, celery was revered by the ancient Greeks and Romans for its medicinal properties and culinary qualities. In fact, it was used in religious rituals and regarded as a symbol of victory and glory.

© Happy Smoothie

Daily checklist

DAY 11

	✓	✗
• Have you had your two weight-loss smoothies?	☐	☐
• Was your cheat meal reasonable in terms of calories?	☐	☐
• Did I share my progress in theFacebook group ?	☐	☐
• Have you stayed well-hydrated today?	☐	☐
• Did you feel hungry?	☐	☐
→If so, did you have a healthy snack to satisfy that hunger?	☐	☐
• Did you consume processed foods containing sugar between meals?	☐	☐
• Did you feel better than yesterday?	☐	☐

→ If not, why?:

Other notes or conclusions from the day's proceedings:

SCAN ME

Share your progress in the Facebook group

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The grass is greener where you water it.

Neil Barringham



DAY 12

Done!

DAY 12 - SMOOTHIE 1

The "Ambition" Smoothie

The "Ambition" smoothie combines the citrusy freshness of lime with the creaminess and sweetness of banana and almond milk. A tablespoon of coconut sugar adds a touch of natural sweetness to balance the flavors. This smoothie is not only refreshing and delicious but also a good source of vitamins and minerals to help you stay fit and healthy.

INGREDIENTS

1 Lime
1 Banana
240 ml de Almond milk
1 tablespoon de Coconut sugar

INSTRUCTIONSS

1. Pour in the almond milk and then add the coconut sugar.
2. Add the banana and the lime (peeled and diced).
3. Finally, blend all the ingredients until the mixture is smooth.

DID YOU KNOW?

The lime—often used for its tart, refreshing flavor—is actually a variety native to Southeast Asia, specifically regions such as India and Malaysia. Known by the scientific name *Citrus aurantiifolia*, it is cultivated in many tropical regions around the world for its juicy, aromatic fruit.

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DAY 12

Done!

DAY 12 - SMOOTHIE 2

The Revitalizing Smoothie

The "Revitalizing" smoothie combines the crisp freshness of apple with the juicy sweetness of orange to deliver an explosion of fruity flavors. Almond milk provides a velvety texture and a touch of creaminess, while a teaspoon of honey adds a subtle sweetness that balances the flavors. Thanks to the addition of 200g of pumpkin, this smoothie is also an excellent source of vitamins and minerals.

INGREDIENTS

1 Chopped apple
2 Peeled and chopped oranges
240 ml almond milk
1 teaspoon honey
200 g pumpkin

INSTRUCTIONSS

1. Pour in the almond milk and then add the honey.
2. Add the chopped apple, the peeled and cut oranges, and the pumpkin.
3. Finally, blend all the ingredients until the mixture is smooth.

DID YOU KNOW?

The pumpkin, often associated with Halloween decorations and autumn dishes, is actually a winter vegetable belonging to the Cucurbitaceae family. Native to North America, it has been cultivated for millennia for its sweet, nutritious flesh and protein-rich seeds. Furthermore, pumpkins offer an impressive range of health benefits.

© Happy Smoothie

Daily checklist

DAY 12

- Have you had your two weight-loss smoothies? ☐ ☐
- Was your cheat meal reasonable in terms of calories? ☐ ☐
- Did I share my progress in theFacebook group ? ☐ ☐
- Have you stayed well-hydrated today? ☐ ☐
- Did you feel hungry? ☐ ☐
- →If so, did you have a healthy snack to satisfy that hunger? ☐ ☐
- Did you consume processed foods containing sugar between meals? ☐ ☐
- Did you feel better than yesterday? ☐ ☐
- → If not, why?:

Other notes or conclusions from the day's proceedings:

SCAN ME

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Energy and perseverance conquer all things.

Benjamin Franklin



DAY 13

Done!

DAY 13 - SMOOTHIE 1

Forest Delight

The "Forest Delight" smoothie combines the richness of mixed berries with the sweetness of banana and the creamy texture of almond milk. A tablespoon of coconut sugar adds a touch of natural sweetness that rounds out the flavors. This smoothie is not only delicious but—thanks to the berries—also an excellent source of vitamins and antioxidants, helping you maintain your energy throughout the day.

INGREDIENTS

1 cup mixed berries
1 banana
240 ml almond milk
1 tablespoon coconut sugar

INSTRUCTIONSS

1. Pour in the almond milk and then add the coconut sugar.
2. Add the banana and the berries.
3. Finally, blend all the ingredients until you have a smooth mixture.

DID YOU KNOW?

Berries—such as strawberries, raspberries, blueberries, and blackberries—are incredibly nutritious. These small, colorful gems are rich in vitamins, minerals, and antioxidants, making them valuable allies for health. The antioxidants found in berries can help reduce inflammation, protect against chronic diseases, and strengthen the immune system.

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DAY 13

Done!

DAY 13 - SMOOTHIE 2

Exuberant freshness

The "Exuberant freshness" smoothie combines the hydrating freshness of cucumber with the crisp sweetness of apple to offer a refreshing experience. Almond milk provides a velvety texture and a hint of subtle sweetness, while sesame seeds add extra nutrients and a crunchy texture. This smoothie is not only delicious but also an excellent source of fiber, vitamins, and minerals that contribute to your overall well-being.

INGREDIENTS

1 Peeled and chopped cucumber
1 Diced apple
240 ml almond milk
1 tablespoon sesame seeds

INSTRUCTIONSS

1. Pour in the almond milk and then add the sesame seeds.
2. Add the peeled and chopped cucumber, as well as the diced apple.
3. Finally, blend all the ingredients until the mixture is smooth.

DID YOU KNOW?

Cucumber, often considered a vegetable but botanically classified as a fruit, is composed primarily of water, making it an excellent natural moisturizer. In addition to its moisturizing properties, Cucumber is also a good source of vitamins and minerals, highlighting vitamin K, potassium and magnesium. Likewise, it has a low calorie content, making it a healthy option.

© Happy Smoothie

Daily checklist

DAY 13

- Have you had your two weight-loss smoothies? ☐ ☐
- Was your cheat meal reasonable in terms of calories? ☐ ☐
- Did I share my progress in theFacebook group ? ☐ ☐
- Have you stayed well-hydrated today? ☐ ☐
- Did you feel hungry? ☐ ☐
- →If so, did you have a healthy snack to satisfy that hunger? ☐ ☐
- Did you consume processed foods containing sugar between meals? ☐ ☐
- Did you feel better than yesterday? ☐ ☐
- → If not, why?:

Other notes or conclusions from the day's proceedings:

SCAN ME

Share your progress in the Facebook group

Self-love is the source of all our other loves.

Pierre Corneille

Disinterested goodwill

People who help others without expecting anything in return experience higher levels of happiness and live longer.

Would you help someone you don't know if it cost you no money, yet you received no reward in return?

If so, I have a request for you on behalf of several people you don't know.

These people are just like you—or at least, like the person you were a few years ago: less experienced, eager to help others, and seeking information but unsure where to find it. That's where you come in.

The only way for us at Happy Smoothie to fulfill our mission of helping people lose weight in a healthy way is, first and foremost, to find a way to reach them. And, more often than not, people judge a book by its cover (and its reviews). If this challenge has provided value to you, could you take a moment right now to leave a review of it and its content? It costs nothing and takes less than sixty seconds.

Your feedback will help:
One more person shed that stubborn fat they've been trying to lose for years.
One more person take control of their health.
One more person experience a transformation that otherwise wouldn't have been possible.

- One life transformed for the better.

Disinterested goodwill

To do this, all you have to do—and it will take less than 60 seconds—is leave a review.

All you have to do is scan this QR code:

The link to
Leave a review

SCAN ME



2. Next, scroll down to the "Write a customer review" section.
3. Finally, write a few sentences about this book and give it a star rating (adding a photo is even better!).

If the QR code link does not work:
1. Simply go to Amazon and search for our book by writing: **"Happy Smoothie" Challenge: 21 DAYS to lose weight without depriving yourself**
2. Next, scroll down to the "Write a customer review" section.
3. Finally, write a few sentences about the book and leave a star rating (adding a photo makes it even better!).

P.S. If helping people who want to share their passion for healthy eating makes you feel good, then you are the kind of person we love. We are even more excited to help you with the next recipes (you will love the following ones).

P.S.: Thank you from the bottom of our hearts. Now, back to our challenge! Your biggest fans: the Happy Smoothie team.

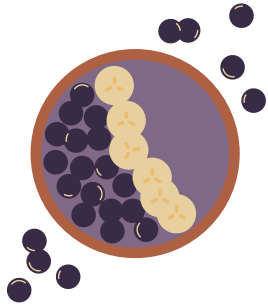
Week 3 : Shopping list

Fruit (fresh or frozen)

- [ ] Apple (3)
- [ ] Banana (3)
- [ ] Apricot (2)
- [ ] Orange (2)
- [ ] Pineapple (1)
- [ ] Pear (1)
- [ ] Kiwi (1)
- [ ] White peach (1)
- [ ] Lime (1)
- [ ] Raspberries (1 cup)
- [ ] Plums (1 cup)
- [ ] Figs(1 cup)

Liquids

- [ ] Unsweetened almond milk (1,5 l)
  Almond milk (1,5 l)
- [ ] Rose water
- [ ] (2 tablespoons)



Vegetables

- [ ] Carrot (3)
- [ ] Zucchini (1)
- [ ] Fresh ginger (1)
- [ ] Avocado (1)
- [ ] White asparagus (220 g)
- [ ] Fresh mint
  (1 tablespoon)
- [ ] Celery (1 stalk)
- [ ] Broccoli (150 g)
- [ ] Lettuce (1 handful)

Miscellaneous

- [ ] Plain Greek yogurt(3)
- [ ] Coconut sugar
  (5 tablespoons)
- [ ] Sesame seeds
  (5 tablespoons)
- [ ] Ground cinnamon
  (2 teaspoonfuls)
- [ ] Rolled oats
  (6 tablespoons)
- [ ] Honey (1 teaspoonful)

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A healthy exterior
starts on the inside.

Robert Urich



DAY 15

Done!

DAY 15 - SMOOTHIE 1

Apple and Pineapple Delight

The "Apple and Pineapple Delight" smoothie combines the crisp freshness of apple with the juicy sweetness of pineapple to offer a balanced flavor experience. Plain Greek yogurt provides a creamy texture and a protein boost, while almond milk adds an exotic, velvety touch. A slice of pineapple delivers a refreshing tropical flavor, and finally, a teaspoon of cinnamon adds a warm, spicy note.

INGREDIENTS

1 chopped apple
1 plain Greek yogurt
240 ml almond milk
1 slice of pineapple
1 teaspoon of cinnamon

INSTRUCTIONSS

1. Pour in the Almond milk and Greek yogurt, and then add the cinnamon.
2. Add the chopped Apple and the Pineapple slice.
3. Finally, blend all the ingredients until you obtain a homogeneous mixture.

DID YOU KNOW?

Pineapple, a tropical fruit prized for its sweet and refreshing flavor, contains a special enzyme called bromelain that can aid digestion and reduce inflammation. This enzyme, found primarily in the core of the pineapple, is often used in digestive supplements and natural remedies. In addition to its digestive benefits, pineapple is also rich in vitamin C.

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DAY 15

Done!

DAY 15 - SMOOTHIE 2

Green Vitality

The "Green Vitality" smoothie combines the crisp freshness of celery with the smoothness of lettuce and the nutritional richness of broccoli. Almond milk provides a velvety texture and a subtly sweet touch that balances the flavors. With 150g of broccoli, this smoothie is also an excellent source of fiber, vitamins, and minerals to support your health and vitality.

Green Vitality

INGREDIENTS

1 celery stalk
1 handful of salad greens
240 ml almond milk
150 g broccoli

INSTRUCTIONSS

1. Pour in the almond milk.
2. Add the celery stalk, the handful of leafy greens, and the broccoli.
3. Finally, blend all the ingredients until the mixture is smooth.

DID YOU KNOW?

Broccoli, often considered one of the healthiest vegetables, is actually a variety of cabbage native to Italy. This plant is rich in essential nutrients such as vitamin C, vitamin K, folate, and potassium, all of which contribute to optimal health. Furthermore, broccoli contains phytochemicals, such as sulforaphane, which have been shown to possess anti-cancer and anti-inflammatory properties.

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Daily checklist

DAY 15

- Have you had your two weight-loss smoothies? ☐ ☐
- Was your cheat meal reasonable in terms of calories? ☐ ☐
- Did I share my progress in theFacebook group ? ☐ ☐
- Have you stayed well-hydrated today? ☐ ☐
- Did you feel hungry? ☐ ☐
- →If so, did you have a healthy snack to satisfy that hunger? ☐ ☐
- Did you consume processed foods containing sugar between meals? ☐ ☐
- Did you feel better than yesterday? ☐ ☐
- → If not, why?:

Other notes or conclusions from the day's proceedings:

SCAN ME

Share your progress in the Facebook group

© Happy Smoothie

With love and patience, nothing is impossible.

Daisaku Ikeda



DAY 16

Done!

DAY 16 - SMOOTHIE 1

Frais Rosé

The "Frais Rosé" smoothie combines the sweetness of raspberries with the creamy texture of banana. A tablespoon of chopped fresh mint adds revitalizing freshness, while two teaspoons of rose water provide a subtle, refined floral note. Almond milk adds a touch of creaminess to round out this deliciously aromatic drink.

INGREDIENTS

1 cup of Raspberries
1 banana
1 tablespoon chopped fresh mint
2 teaspoonfuls of Rose water
240 ml Almond milk

INSTRUCTIONSS

1. Pour in the almond milk and add the rose water.
2. Add the banana, raspberries, and chopped fresh mint.
3. Finally, blend all the ingredients until the mixture is smooth.

DID YOU KNOW?

Rose water, a delicate aromatic ingredient often used in cooking and cosmetics, is made from fresh rose petals. This process, known as distillation, consists of boiling rose petals in water and collecting the steam, which condenses to form Rose water. This fragrant liquid is prized for its subtle floral aroma and mild flavor.

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DAY 16

Done!

DAY 16 - SMOOTHIE 2

Botanical Freshness

The "Botanical Freshness" smoothie combines the mildness of zucchini with the sweetness of carrot to offer a balanced flavor experience. Almond milk provides a velvety texture and a slightly sweet note, while plain Greek yogurt adds a touch of creaminess and extra protein. Sesame seeds offer a crunchy texture and an additional boost of nutrients.

INGREDIENTS

1 zucchini
1 carrot, peeled and diced
240 ml almond milk
1 plain Greek yogurt
1 tablespoon sesame seeds

INSTRUCTIONSS

1. Pour in the almond milk and Greek yogurt, then add the sesame seeds.
2. Add the zucchini and carrot.
3. Finally, blend all the ingredients until the mixture is smooth.

DID YOU KNOW?

Zucchini—also known as *zucchini* in some regions—are actually fruits, not vegetables. Although they are commonly used in savory dishes, botanically speaking they are fruits, since they develop from the flower of the plant. However, in cooking they are often treated as Vegetables due to their mild flavor and versatile texture.

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Daily checklist

DAY 16

- Have you had your two weight-loss smoothies? ☐ ☐
- Was your cheat meal reasonable in terms of calories? ☐ ☐
- Did I share my progress in theFacebook group ? ☐ ☐
- Have you stayed well-hydrated today? ☐ ☐
- Did you feel hungry? ☐ ☐
- →If so, did you have a healthy snack to satisfy that hunger? ☐ ☐
- Did you consume processed foods containing sugar between meals? ☐ ☐
- Did you feel better than yesterday? ☐ ☐
- → If not, why?:

Other notes or conclusions from the day's proceedings:

SCAN ME

Share your progress in the Facebook group

© Happy Smoothie

Health is the greatest wealth.

Ralph Waldo Emerson



DAY 17

Done!

DAY 17 - SMOOTHIE 1

Summer Sweetness»

The "Summer Sweetness" smoothie combines the juicy smoothness of white peach with the sweet flavor of apricots to offer a refreshing, fruity experience. Almond milk provides a velvety texture and a subtly sweet note, while two tablespoons of coconut sugar add a touch of natural sweetness to balance the flavors. This smoothie is not only delicious but also an excellent source of vitamins and minerals.

INGREDIENTS

1 White peach
2 Apricots
240 ml Almond milk
2 tablespoons of Coconut sugar

INSTRUCTIONSS

1. Pour in the almond milk and coconut sugar.
2. Add the white peach and apricots.
3. Finally, blend all the ingredients until the mixture is smooth.

DID YOU KNOW?

White peaches, famous for their sweet, juicy flesh, are generally considered the sweetest and most aromatic of all peach varieties. Originating in China, the white peach has been prized for centuries for its delicate flavor and tender texture. Apricots, meanwhile, are also delicious and nutritious fruits, rich in vitamins, minerals, and antioxidants.

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DAY 17

Done!

DAY 17 - SMOOTHIE 2

Springtime vitality

The "Springtime Vitality" smoothie combines the delicate flavor of cooked white asparagus with the freshness of carrots to offer a light, revitalizing taste experience. Almond milk provides a velvety texture and a subtly sweet touch, while sesame seeds add a pleasant crunch and an extra boost of nutrients. This smoothie is not only delicious but also an excellent source of vitamins and minerals to support your well-being.

INGREDIENTS

220 g cooked White asparagus
240 ml Almond milk
1 carrot, peeled and diced
1 tablespoon Sesame seeds

INSTRUCTIONSS

1. Pour in the almond milk and sesame seeds.
2. Add the white asparagus and the carrot.
3. Finally, blend all the ingredients until you have a smooth mixture.

DID YOU KNOW?

White asparagus, often considered a delicacy, is grown in a way that avoids exposure to sunlight during development. This cultivation method gives white asparagus its characteristic pale tone, unlike green asparagus. It is harvested before it emerges to the soil surface, resulting in a tender and delicate texture.

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Daily checklist

DAY 17

	✓	✗
• Have you had your two weight-loss smoothies?	☐	☐
• Was your cheat meal reasonable in terms of calories?	☐	☐
• Did I share my progress in theFacebook group ?	☐	☐
• Have you stayed well-hydrated today?	☐	☐
• Did you feel hungry?	☐	☐
→If so, did you have a healthy snack to satisfy that hunger?	☐	☐
• Did you consume processed foods containing sugar between meals?	☐	☐
• Did you feel better than yesterday?	☐	☐

→ If not, why?:

Other notes or conclusions from the day's proceedings:

SCAN ME

Share your progress in the Facebook group

© Happy Smoothie

Our bodies are our gardens, and our wills are the gardeners.

William Shakespear



DAY 18

Done!

DAY 18 - SMOOTHIE 1

Fruit Fusion

The "Fruit Fusion" smoothie combines the fresh sweetness of apple with the juiciness of orange and the sweet flavor of carrot to offer a balanced taste experience. Almond milk provides a velvety texture and an exotic touch, while sesame seeds add a bit of crunch and extra nutrients. This smoothie is not only delicious but also an excellent source of vitamins and minerals.

INGREDIENTS

1 apple, diced
1 orange, peeled and diced
1 carrot, peeled and diced
240 ml almond milk
1 tablespoon sesame seeds

INSTRUCTIONSS

1. Pour in the almond milk and sesame seeds.
2. Add the apple, orange, and carrot.
3. Finally, blend all the ingredients until the mixture is smooth.

DID YOU KNOW?

Oranges, rich in vitamin C and antioxidants, were considered a symbol of wealth and prestige in many cultures. Throughout history, Oranges were rare and expensive fruits, which made them highly appreciated by the social elite. They were often exchanged as valuable gifts during special holidays and celebrations.

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DAY 18

Done!

DAY 18 - SMOOTHIE 2

Fruit Delight

The "Fruity Delight" smoothie combines the juicy sweetness of pear with the creamy texture of banana to offer a balanced flavor experience. Almond milk provides a velvety texture and an exotic touch, while a tablespoon of coconut sugar adds a hint of natural sweetness. Three tablespoons of rolled oats enrich the texture and provide fiber, resulting in a nutritious and delicious smoothie.

INGREDIENTS

1 pear, peeled and diced
1 banana
240 ml almond milk
1 tablespoon coconut sugar
3 tablespoons rolled oats

INSTRUCTIONSS

1. Pour in the almond milk, followed by the coconut sugar and rolled oats.
2. Add the pear and banana.
3. Finally, blend all the ingredients until the mixture is smooth.

DID YOU KNOW?

Pears, often considered sweet and delicate fruits, have a long history stretching back millennia. They have been cultivated for over 4,000 years, with evidence of their cultivation dating back to ancient China and Greece. Over time, numerous pear varieties have been developed, offering a range of unique flavors and textures.

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Daily checklist

DAY 18

- Have you had your two weight-loss smoothies? ☐ ☐
- Was your cheat meal reasonable in terms of calories? ☐ ☐
- Did I share my progress in theFacebook group ? ☐ ☐
- Have you stayed well-hydrated today? ☐ ☐
- Did you feel hungry? ☐ ☐
- →If so, did you have a healthy snack to satisfy that hunger? ☐ ☐
- Did you consume processed foods containing sugar between meals? ☐ ☐
- Did you feel better than yesterday? ☐ ☐
- → If not, why?:

Other notes or conclusions from the day's proceedings:

SCAN ME

Share your progress in the Facebook group

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Our first and last love is the love of self.

Christian Nestell Bovee



DAY 19

Done!

DAY 19 - SMOOTHIE 1

Fruity Energy

The "Fruity Energy" smoothie combines the freshness of kiwi with the juicy sweetness of plums and the refreshing citrus touch of orange to deliver a dynamic flavor experience. Almond milk provides a velvety texture and a subtly sweet note, while a tablespoon of coconut sugar adds a touch of natural sweetness. Sesame seeds add a crunchy texture and an extra boost of nutrients to this energizing smoothie.

INGREDIENTS

1 kiwi, peeled and diced
1 cup plums
1 orange, peeled and diced
240 ml almond milk
1 tablespoon coconut sugar
1 tablespoon sesame seeds

INSTRUCTIONSS

1. Pour in the almond milk, then add the coconut sugar and sesame seeds.
2. Add the kiwi, plums, and orange.
3. Finally, blend all the ingredients until the mixture is smooth.

DID YOU KNOW?

Plums, often appreciated for their sweet flavor and juicy texture, are rich in fiber and antioxidants, making them beneficial for digestive health and the immune system. They are also a good source of essential vitamins and minerals, such as vitamin C, vitamin K, and potassium. In addition to their health benefits, plums are delicious.

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DAY 19

Done!

DAY 19 - SMOOTHIE 2

Creamy Apple

The "Creamy Apple" smoothie combines the crisp freshness of apple with the creamy richness of plain Greek yogurt and almond milk to offer a balanced flavor experience. A tablespoon of coconut sugar adds a touch of natural sweetness, while sesame seeds provide a crunchy texture and an extra boost of nutrients to this refreshing smoothie.

INGREDIENTS

1 Apple chopped
1 plain Greek yogurt
240 ml Almond milk
1 tablespoon coconut sugar
1 tablespoon Sesame seeds

INSTRUCTIONSS

1. Pour in the almond milk and Greek yogurt; then, add the coconut sugar and sesame seeds.
2. Add the apple.
3. Finally, blend all the ingredients until the mixture is smooth.

DID YOU KNOW?

Coconut milk is a versatile and delicious ingredient, widely used in Asian, Caribbean and tropical cuisine. It is extracted from the pulp of mature coconut and is used as an alternative to cow's milk in many recipes. Not only is this milk creamy and flavorful, it is also rich in essential nutrients, such as healthy saturated fatty acids and vitamins C, E, and B.

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Daily checklist

DAY 19

- Have you had your two weight-loss smoothies? ☐ ☐
- Was your cheat meal reasonable in terms of calories? ☐ ☐
- Did I share my progress in theFacebook group ? ☐ ☐
- Have you stayed well-hydrated today? ☐ ☐
- Did you feel hungry? ☐ ☐

→If so, did you have a healthy snack to satisfy that hunger? ☐ ☐

- Did you consume processed foods containing sugar between meals? ☐ ☐
- Did you feel better than yesterday? ☐ ☐

→ If not, why?:

Other notes or conclusions from the day's proceedings:

SCAN ME

Share your progress in the Facebook group

© Happy Smoothie

There are never many people willing to go the extra step.

Christian Nestell Bovee



DAY 20

Done!

DAY 20 - SMOOTHIE 1

Fig Delight

The smoothie "Fig Delight" combines the sweet flavor of Figs with the creamy texture of Banana and Almond milk to offer an exquisite taste experience. A tablespoon of Honey adds a touch of natural sweetness, while freshly grated ginger and cinnamon provide warm, spicy notes. This SMOOTHIE is not only delicious, but also a source of vitality, thanks to its nutrient-rich ingredients.

INGREDIENTS

1 cup figs
1 banana
240 ml almond milk
1 tablespoon honey
1 tablespoon ginger
1 teaspoon cinnamon

INSTRUCTIONSS

1. Pour in the Almond milk and Honey, and then add the cinnamon.
2. Add the figs, Banana and ginger.
3. Finally, blend all the ingredients until you obtain a homogeneous mixture.

DID YOU KNOW?

Highly prized for their sweet flavor and soft texture, figs are among the oldest fruits cultivated by humans, with a history stretching back thousands of years. Native to the Mediterranean region, fig trees have been cultivated since ancient times for their delicious fruit. Figs are rich in fiber, minerals, and antioxidants, making them a healthy choice for a wide variety of recipes.

© Happy Smoothie



DAY 20

Done!

DAY 20 - SMOOTHIE 2

Tropical freshness

The "Tropical Freshness" smoothie combines the citrusy freshness of lime, the sweetness of pineapple, and the creamy texture of avocado to deliver an exotic flavor experience. Almond milk adds a velvety texture and a touch of subtle sweetness, while rolled oats provide a smooth consistency and a source of fiber, resulting in a nutritious and delicious smoothie.

INGREDIENTS

1 peeled lime
280 g Pineapple, diced
1 avocado, cut into pieces
240 ml Almond milk
3 tablespoons of Rolled oats

INSTRUCTIONSS

1. Pour in the almond milk and then add the rolled oats.
2. Add the avocado, lime, and pineapple.
3. Finally, blend all the ingredients until the mixture is smooth.

DID YOU KNOW?

Avocado, often associated with savory dishes and guacamole, can also be used in sweet preparations, lending a creamy texture and beneficial nutrients. In addition to being an excellent source of healthy fats, antioxidants, and vitamins, avocado adds unique richness and creaminess to a variety of sweet recipes.

© Happy Smoothie

Daily checklist

DAY 20

- Have you had your two weight-loss smoothies? ☐ ☐
- Was your cheat meal reasonable in terms of calories? ☐ ☐
- Did I share my progress in theFacebook group ? ☐ ☐
- Have you stayed well-hydrated today? ☐ ☐
- Did you feel hungry? ☐ ☐
- →If so, did you have a healthy snack to satisfy that hunger? ☐ ☐
- Did you consume processed foods containing sugar between meals? ☐ ☐
- Did you feel better than yesterday? ☐ ☐
- → If not, why?:

Other notes or conclusions from the day's proceedings:

SCAN ME

Share your progress in the Facebook group

© Happy Smoothie

Belief precedes success.

Jonas Caino

The results

Don't forget the gifts in the Facebook group.

We organize fun mini-games and contests in the secret Facebook group, with special prizes up for grabs (Amazon gift cards worth €100 or €50, or even Smoothieras...). Yes, you read that right!

To participate, you'll need to post your results after the challenge, a photo of yourself doing the challenge, or even a photo of yourself with your *smoothies*. It all depends on the specific rules and your own preferences.

If you're not really into social media

You can send us photos of your results to this email address: **max@happy-smoothie.com**
We will find a way to reward your effort and congratulate you! :)



If you wish to access the private Facebook group

SCAN ME

Pssst *:*
You can also access it via:
facebook.com/groups/happy.smoothie.challenge

After 21 Days

One of the 21 DAYs learned, you have many more choices in your voice progression. Here are the different options that you can use:

1

Continue losing weight

If you still have a lot of weight to lose after the 21 days, spend the following week replacing only breakfast with your favorite smoothies. The week after that, you can start the 21-day program again. This time, you can switch up the smoothies however you like and even create new ones using all the smoothie-making experience you've gained!
amazon.fr/stores/Nathalie-Mercier/author/B0DXTLXF3M

2

Stabilize your weight

If you have reached your weight goal, continue replacing one meal a day with a smoothie for ongoing health benefits and weight maintenance. You can also continue to lose weight this way if your regular meals are healthy and your total calorie intake is lower than what you burn.
amazon.fr/stores/Nathalie-Mercier/author/B0DXTLXF3M

3

21-Day Meal Plan

Smoothies are excellent, but they are just one piece of the health puzzle—especially since many people struggle with preparing and cooking healthy meals. If you haven't picked up our 21-Day Food Reset Plan to go along with this challenge, we highly recommend it. It is a comprehensive 3-week nutrition plan featuring shopping lists, recipes, prep guides, and more. All the meals are simple, quick, delicious, and designed to fit a fun, social lifestyle.
amazon.fr/stores/Nathalie-Mercier/author/B0DXTLXF3M

After 21 DAYS (BONUS)

To avoid recovering money and preventing the effect from happening again, we offer you an exclusive bonus.

Bonus included: How to avoid the yo-yo effect

However, although there are many diets, the most difficult part is that it is “desperate”: it is my chance to recover the lost weight. Strict diets on a menu lead to recovering your weight quickly; Therefore, our position is different.

To ensure that we recover the lost weight following the loss - and to ensure the best possible log results at the large square - we offer you an exclusive bonus.

You will have to avoid the restarted effect after the despair. This extra includes practical tips to maintain the results a long way, ensuring that you are maintained in a safe and healthy manner.

If you wish to access the bonus offer: avoid the yo-yo effect.

SCAN ME

Pssst *:*
You can also access it via:
happy-smoothie.com/eviter-l-effet-yoyo



You cannot come to the person you are angry with.

Babe Ruth