


DR. MARIZA
Snyder

QUICK & HEALTHY DETOX SMOOTHIE RECIPE GUIDE



WWW.DRMARIZA.COM



What if I told you that you can increase your energy, improve your digestion and lose weight by adding this one simple habit to your daily routine?

Smoothies and shakes are my secret sauce! A staple in my diet since 2008, green smoothies are a must-have part of my mornings. In my house, we have a smoothie station set up and ready to go, and we always keep fresh greens and smoothie add-ins at-the-ready for our morning smoothies.

SMOOTHIE & SHAKE BENEFITS

Ready in as little as 5 minutes, protein shakes and green smoothies are the easiest and yummiest way to upgrade your health to look and feel your very best – fast! They are also easily digestible for optimal energy and focus, and they make a great post-workout recovery drink to boost fat burning and muscle repair.

Whether you call it a smoothie or shake, the key to a healthy meal replacement drink is a trifecta of clean, lean **protein**, healthy **fat**, and plenty of **fiber**. Add the right liquids with a healthy dose of greens, and you're all set with a complete, satisfying meal!

And guess what is the perfect hormone-support trio? That's right. **Proteins, healthy fats, and fiber!**

Below you will find my top tips to help you create the ideal meal-on-the-go. *You're guaranteed to have a shake or smoothie that gives your body exactly what you need to look and feel your best.*

HOW TO MAKE A SMOOTHIE: THE BASICS

Have you ever had a less-than-delicious green smoothie? You know what I'm talking about... Chunky, bitter, and all-around not appealing. In my years of making these daily, I've discovered some keys for success to make sure you look forward to your daily dose of YUM!

Here are my **top 5 tips for smoothie success:**



Be sure that you have a high-powered blender to get a smoothie and not a chunky! Vitamix, Blendtec, or Nutribullet blenders work the best for the creamiest version.



Use a liquid base and a sufficient blend time. This is the secret to a smooth, creamy green smoothie! Put your liquid in first, filling it up to the 2.5-3 cup mark for 2-quarts of smoothie. Since we avoid dairy, I like to use coconut water or water as a base, or for a creamier version, we swap in unsweetened almond milk or coconut milk.



Pile in 2-4 cups of packed, freshly-washed greens. Combine leafy greens and green plants like kale, spinach, lettuce, parsley, mint, or whatever you like. Greens are the most nutrient-dense food available, so pack it in! If you are a newbie, start with spinach for a milder flavor.



Now, blend it up! I recommend at least 45 seconds; otherwise, you will end up with chunks of greens.



Add in about 1 cup of your favorite frozen fruits. Go for low-sugar options like berries, but whatever is in season usually makes a great choice. Blend up your smoothie one more time and you're all set!



HOW TO MAKE YOUR SMOOTHIE A COMPLETE MEAL

To take your green smoothie to the next level and make it a complete meal, here are 3 things you can add to make sure you are satisfied and full for 4 to 6 hours. This way, you'll be able to ward off snacking and cravings that could derail your success!

✓ ADD IN YOUR DAILY FIBER COMPLETE.

Did you know that the average American woman consumes less than 12 grams of fiber each day, but **we need between 35 to 45 grams everyday?** Adding **Pure Daily Fiber** to your smoothies will give you the daily dose needed to heal your gut and support your hormones.

It's the key so many of you may be missing to keeping your bowel movements regular and your estrogen in balance! Pure Daily Fiber is gentle (so it won't leave you feeling bloated) while supplying what you need to boost your smoothie!



✓ ADD PALEO DAILY PROTEIN (OR PEA DAILY PROTEIN FOR A VEGAN OPTION).

As you get older, the key to feeling your best is to maintain your muscle mass, particularly if you're someone like me who has lost weight or wants to lose weight. Maintaining muscle mass is associated with greater longevity.

Each serving of my pure, additive-free, functional, vanilla protein powder has 20 grams of protein and 3.5 grams of branched chain amino acids, which aids in maintaining muscle mass, boosting energy and metabolism, and balancing blood sugar.



Paleo Daily Protein



Pea Daily Protein



✓ ADD HEALTHY FAT.

Fats are the building blocks of hormones, so making sure you have enough healthy fat daily is critical in keeping your body in balance. They will also help you feel full longer to help ward off cravings between meals.

My favorite way to add a luscious, creamy texture and a dose of healthy fat is by adding **avocado** to my smoothies. Packed with heart- and hormone-loving monounsaturated fats, avocados are the secret ingredient to take your smoothie to the next level!

Another alternative is to add a tablespoon or two of **coconut butter** (or **coconut oil**, if that's what you have on hand). These have many benefits for your hormones (and body in general), so they make great smoothie additions, too!

Now that you have everything you need to make your smoothie a complete meal that will provide sustainable energy for hours on end, here are some of my favorite recipes you can begin incorporating into your daily routine.



CREAMY STRAWBERRY CHOCOLATE SHAKE

Serves 1

Ingredients:

1-2 scoops Vanilla [Paleo Daily Protein](#) (or [Pea Daily Protein](#), for vegans)
2 cups mixed greens
½ medium avocado, pitted, peeled and chopped
1 cup frozen strawberries
2 tsp [Pure Daily Fiber](#)
2 tsp unsweetened baking cocoa (optional)
1 cup unsweetened coconut milk
1 cup purified water

Directions:

Add the greens, water and unsweetened coconut milk to a high-powered blender. Start blending on low and increase to medium speed until greens are completely broken down and smooth. Add frozen strawberries, fiber, avocado, unsweetened baking cocoa and vanilla protein powder. Blend well on medium to high speed until desired consistency is achieved, about 1 minute. Enjoy immediately!



HORMONE LOVE SMOOTHIE

Serves 1

Ingredients:

1-2 scoops Vanilla [Paleo Daily Protein](#) (or [Pea Daily Protein](#), for vegans)
2 cups baby kale or spinach
½ lemon, squeezed
1 cup frozen raspberries and/or blueberries
2 tsp [Pure Daily Fiber](#)
½ medium avocado, pitted, peeled and chopped
1 cup unsweetened vanilla almond milk or coconut milk
½ cup purified water

Directions:

Add the kale or spinach, water and unsweetened vanilla almond milk to a high-powered blender. Start blending on low and, as kale starts to break down, increase to medium speed until completely broken down and smooth. Add lemon juice, avocado, frozen berries, vanilla protein powder, and fiber. Blend well on medium to high speed until desired consistency is achieved, about 1 minute. Enjoy immediately!



VANILLA CAKE BATTER SHAKE

Serves 1

Ingredients:

1-2 scoops Vanilla [Paleo Daily Protein](#) (or [Pea Daily Protein](#), for vegans)
1 cup organic frozen banana, chopped
2 tsp [Pure Daily Fiber](#)
1 Tbsp coconut butter (or coconut oil, if butter isn't available)
⅛ tsp real vanilla extract
⅛ tsp real almond extract
2 cup unsweetened vanilla almond milk or coconut milk
3-4 ice cubes

Directions:

Add vanilla protein powder, unsweetened almond or coconut milk, frozen banana, vanilla extract, almond extract, fiber, coconut butter and ice cubes to the blender. Blend well on medium to high speed until desired consistency is achieved, about 1 minute. Enjoy immediately!



CHOCOLATE ALMOND BUTTER SHAKE

Serves 1

Ingredients:

1-2 scoops Vanilla [Paleo Daily Protein](#) (or [Pea Daily Protein](#), for vegans)
1 cup mixed greens
1 cup organic frozen banana, chopped
2 tbsp unsweetened almond butter
2 tsp [Pure Daily Fiber](#)
2 tsp unsweetened baking cocoa
2 cups unsweetened almond milk or coconut milk
3-4 ice cubes (optional)

Directions:

Add the greens and unsweetened almond or coconut milk to a high-powered blender. Start blending on low and increase to medium speed until greens are completely broken down and smooth. Add frozen banana, fiber, almond butter, cocoa, vanilla protein powder and ice. Blend well on medium to high speed until desired consistency is achieved, about 1 minute. Enjoy immediately!



CREAMY BERRY BLISS SMOOTHIE

Serves 1

Ingredients:

1-2 scoops Vanilla [Paleo Daily Protein](#) (or [Pea Daily Protein](#), for vegans)
2 cups mixed greens
½ medium avocado, pitted, peeled and chopped
1 tsp pure vanilla extract
1 cup frozen organic mixed berries
2 tsp [Pure Daily Fiber](#)
2 cups unsweetened vanilla almond milk or coconut milk

Directions:

Add the greens and unsweetened almond or coconut milk to a high-powered blender. Start blending on low and, as greens start to break down, increase to medium speed until completely broken down and smooth. Add frozen berries, avocado, vanilla protein powder, fiber and vanilla extract. Blend well on medium to high speed until desired consistency is achieved, about 1 minute. Enjoy immediately!

