



*A Refreshing
Way To Lose
10-20 Lbs
In 3 Weeks*

THE 21-DAY SMOOTHIE DIET

Thatwowlifestyle

21 Day Smoothie Diet | A Refreshing Way To Lose 10 Pounds In 3 Weeks

This article is about a 21 day smoothie diet plan and how it can impact your weight in a fast and positive way.

Today we are going to be talking about the ultimate health and weight loss solution: the 21 day smoothie diet.

This is not a fad diet and it doesn't require any weird food combinations like some of the "detox" diets you may have seen before.

So without further ado, let us begin.

What Is The 21 Day Smoothie Diet?

The 21 day smoothie diet is a simple and easy-to-follow plan that will allow you to lose as much as 3 pounds per week.

In fact, with this plan, you won't be feeding on liquid only but I you'll be allowed some protein and veggies for dinner or lunch.

You'll be mainly cutting out on carbs and sugar.

You won't feel deprived because the smoothies you drink throughout the 21 days will be healthy and full of fresh produce, so it's basically like you're getting a cleanse all in one.

Does The Smoothie Diet Really Work?

First off, since you'll be doing a carb and sugar detox, there's no way you wouldn't lose weight. And that's what make this diet work.

The 21 day smoothie diet works because it takes advantage of the fact that you naturally sense when you're full (and it's not just the stomach).

The idea behind this diet is that your smoothies will be nice and filling because they will contain lots of healthy fiber-rich veggies, fruits, and nuts.

So what about calories?

The whole idea behind the 21 Day Smoothie Diet is that it promotes weight loss by effectively cutting out bad calories without denying you of your daily nutritional needs.

You won't go hungry on this diet; you'll just be drinking all your meals (and snacks).

The Importance Of Exercise

If you really want to see results on the 21 Day Smoothie Diet, it would be best to combine it with exercise.

As we know, there are tons of benefits to exercising, including weight loss.

An easy way to work exercise into your routine is to simply build it into your daily morning routine.

A good exercise might be a brisk 30-minute walk, a run, or a workout video if you're not a big fan of going outdoors.

Benefits of The 21 Day Smoothie Diet

If you're new to this diet, the benefits of the 21 Day Smoothie Diet may surprise you.

You don't have to just believe us on this, but here are some of the great things you'll get if you eat smoothies all day long...

1. Decreased Cholesterol

The smoothie diet will increase your intake of good cholesterol, which is a result of all the fruit and veggies you'll consume.

As a result, you'll be reducing the amount of LDL (bad) cholesterol and increasing your HDL (good) cholesterol, which has been proven to lower your risk of heart disease.

2. Decreased Blood Pressure

The smoothie diet is great for those with high blood pressure as it helps reduce high blood pressure by increasing the amount of potassium you consume.

In addition, the fiber in the smoothies will help reduce your risk of high blood pressure.

3. Decreased Fasting Glucose

Eating a healthy diet is beneficial for those with high blood sugar, which is a result of eating a poor diet rich in processed foods and sugary foods.

As a result, your body will naturally produce more insulin to digest carbs after eating a meal that contains excess fats and sugars.

The 21 day smoothie diet will help you lose weight and boost your energy by decreasing the amount of food you eat and increasing the fiber in your diet.

You'll also benefit from boosting your immune system and losing excess water weight.

4. Increased Energy Levels

By consuming more fruits and veggies throughout the day, you'll be providing your body with more energy than if you were just eating a standard American fare of fast food or junk foods.

5. Increased Athletic Performance

Let's face it - your body doesn't feel good after you eat a fatty, greasy meal.

Fortunately, the smoothies you'll be eating will contain lots of protein along with healthy fats, so your body will have everything it needs to perform at its peak.

6. Improved Skin and Hair

The vitamins and minerals in the smoothies you'll be drinking will help improve the condition of your skin, as well as eliminate dry or itchy skin.

In addition, the smoothie diet will increase your antioxidant intake, giving your hair a boost as well.

7. Improved Digestion

You will see a big improvement in your digestion if you start ingesting more fiber, which is a major component of the smoothies you'll be eating.

The smoothies will also help balance out your hormones, giving your digestive system a much-needed break.

8. Improved Mood

Your mood and energy levels will be on an upward swing as soon as you begin to drink more smoothies because of the nutrients they contain, including lots of vitamins and minerals like calcium, essential fatty acids, potassium, zinc, iron...

9. Reduced Appetite

The smoothies will help curb your appetite and give you energy without all the sugars and carbs that cause you to feel sluggish.

As a result, you'll be reducing overall calories by filling up on fiber.

10. Faster Metabolism

You'll also kickstart your metabolism with the smoothies you're drinking as they will keep your digestive system moving.

In addition, the antioxidants will help replenish cells and repair damaged cells, resulting in a metabolic boost for your body.

11. Increased Absorption of Nutrients

The smoothies will help you absorb all the vitamins, minerals, and antioxidants that are essential to your health.

The fiber in the smoothies will also give you a boost in the daily amount of fiber you're consuming each day.

12. Increased Quality of Life

You'll feel more energetic and positive about your success on the 21 Day Smoothie Diet by drinking more smoothies because they are filled with healthy fats, protein, antioxidants, and fiber.

The ability to focus and maintain a positive frame of mind will make you feel great!

Downsides of The 21 Day Smoothie Diet

With any diet, there are some things you should consider before jumping in with both feet. The 21 Day Smoothie

Diet is not for everyone. Here are some of the cons of the smoothie diet...

1. Costly

One of the downsides of the smoothie diet is that it requires you to purchase lots of fruits and vegetables, especially if you opt for organic produce instead of conventional ones.

Shopping every day for these items can get expensive.

2. Can Get Boring

While this diet might be effective for some, it does get a bit repetitive after a while.

Trying out a new smoothie recipe each day may also make the diet feel less "special."

3. You'll Have To Keep Track Of Your Calories

The aim of the smoothie diet is to make the transition as simple as possible, but as you start drinking more smoothies, you'll have to keep track of how much you're drinking and what's going into each one.

4. Too Much Sugar

While it's true that smoothies do contain more fiber than most other beverages, the fact of the matter is they still contain a lot of sugar from fruit.

If you're sensitive to sugar, this diet might not be for you as you'll probably experience blood sugar swings as a result of over-consumption of fruit.

2. Lack of Vitamin D

One part of the 21 Day Smoothie Diet that may be overlooked is your daily intake of Vitamin D.

The smoothies do not contain enough vitamin D to meet your daily needs, which is essential for maintaining healthy bones and teeth.

To see any benefits, you'll need to supplement this in another way.

3. Lack of Protein

Another downside of the smoothie diet is that you may be short in your daily amount of protein.

Protein is essential for muscle growth and repair, so if you're not getting enough, you may notice some slight muscle loss, weakness, or discomfort.

Vegetarians and vegans may find it very hard to get enough protein with the smoothie diet because there are so few sources that don't use dairy or eggs in them.

You can use soy milk in many recipes, but that's about the only way to do it without animal products.

4. Allergy

Some people may be allergic to the fruits and veggies used in the smoothies.

For example, there are people who are allergic to cashews or bananas (or both), thus making it impossible for them to participate in the smoothie diet.

If you're not sure about whether you're allergic to any of the ingredients, you can try a few recipes at home before jumping into this diet with both feet.

5. Lack of Variety

Another downside is the lack of variety you'll have when eating nothing but smoothies for three weeks straight.

You can make funky combinations and add in different ingredients, but you will still be eating the same things over and over.

This could get boring after a while.

6. Lack of Fat

Another downside is the lack of fat in the smoothies. Fat is essential for a healthy diet and helps to keep you full until your next meal.

Without the fats, your body will not get enough of this essential nutrient that it needs.

There are obviously more downsides but not every one of them apply to everyone.

Each person's metabolism, body type, and nutritional requirements are different, so what may be a downside for one person may not be for someone else.

Making the decision to try the smoothie diet will require you to evaluate these pros and cons before jumping in.

As long as you're aware of the choices you're making, then there's no reason that anyone can't reap the healthy benefits of this diet.

What To Consider Before Jumping On The 21 Day Smoothie Diet

Once you're ready to start the 21 Day Smoothie Diet, there are a few things to consider before you do.

And just like everything in life, it will work best if you take these steps before you make your grand decision!

1. A little Planning Goes a Long Way

Your smoothie diet will last for three weeks.

Before you begin the diet, you should have all your ingredients on hand.

This way, you can purchase what you need before starting the diet so that you don't have to do it every day.

2. Keep Track of Calories

You should know how many calories are coming into your body each day before beginning this diet.

The last thing you want to do is lose sight of how many calories are being burned by your body. Keeping a calorie burn journal will help with this.

3. Get Your Body Ready

Make sure that you're getting enough nutrients in your diet for at least a month before beginning the smoothie diet to help your body adapt to the changes that are coming.

If you're trying to lose weight, then stop eating all solid foods 24 hours before starting the smoothie diet. This will give you a jump start on the results of the 21 Day Smoothie Diet.

4. Stick To It!

Of course, the smoothie diet will not become effective if you don't follow it.

If you don't want to make a commitment to following this diet every day for three weeks, then don't start!

But if you do want to follow it, be sure that you're attending a smoothie class at least once a week during the 3 week period.

Otherwise, you won't get all of the benefits from this diet.

5. Fresh is Best

When you're purchasing the fruits and vegetables for your smoothies, try to get them as fresh as possible.

We all know that frozen fruits and veggies tend to lose a bit of their nutritional value over time, so try to get your ingredients from a local source that isn't too far away.

You can certainly use frozen produce, but you might notice a difference in the taste of the smoothies.

Choosing The Best Blender For Your Smoothies

Of course, if you're going to try this diet yourself, then you'll need a blender that will allow you to make the right smoothies for this diet.

This way, you can stick to it and reap the benefits without having to buy all new tools.

The best blenders for smoothies are those that do not only seal correctly and correctly blend the ingredients but also retain their freshness and flavor as well.

Otherwise, after a few days of making your smoothies with them, they'll start tasting old and stale.

You'll also want a blender that can shred your fruit as well as make it as smooth as possible.

This way, you won't have to go over the food with a knife or fork, which will leave your blender dirty and yourself frustrated.

So it's best to find a good quality one that will give you the results you desire.

Here are a few other things you should look for in a blender:

- Easy to clean (no hidden corners or crevices)
- Easy to use (e.g. removable, dishwasher safe parts)
- Easy to clean again (after making a smoothie)
- Ability to make either frozen or fresh smoothies with any ingredients, depending on your preference.

The best blenders for smoothies are those that will also do all of these things and more. But no matter what you decide, look for one that is powerful enough to give you the results you desire.

If it's too weak, then your smoothies will lack power and may not taste as good as they can. You'll probably have to increase the amount of time it takes to make a smoothie because of this as well.

Remember, you have to have a great blender if you want to see the results from this diet.

It's the only way to ensure that your smoothies will taste as good as they can be and that you'll get all of the nutrients that they can provide you with.

So it's up to you--do you want a great blender for your smoothies or not?

Once you find a quality one, then there's no reason why this diet shouldn't work for you.

Recommended Blender For Your Next 21 Days (Top 3 Picks)

1. The Ninja Personal Blender - [Check Price on Amazon](#)



This single-serve blender is very user-friendly and can be used both for smoothies and for making everyday drinks.

In addition, it comes with a good-sized cup that is perfect for taking your drink on the go with you.

It's also dishwasher safe, which makes clean-up a breeze! This Ninja blender has enough power to break down whole fruits and tough ingredients like nuts or seeds since it's equipped with a 700w motor.

Some cool features:

Pulse Technology

The Ninja Professional Blender has pulse technology that allows it to process ingredients quickly and easily without the need for pre-chopping or adding water.

It can do everything from blending an apple to crushing ice and frozen fruits and vegetables.

Easy To Use

This blender is incredibly easy to use and clean.

The lid is simple to understand--the twist lock makes sure it's closed securely, but you can still drink from the jar if you twist the cap clockwise.

Nutrient Extraction

The Ninja Professional Blender has a cup that measures exactly 2 liters, which allows you to efficiently extract all of the essential nutrients from your food.

It has a high-efficiency blade that pulverizes foods quickly without sacrificing nutrition.

Easy to Clean

This blender is easy to clean by hand or in the dishwasher, making it perfect for those on the 21-Day Smoothie Diet.

[Check Price On Amazon & Read More](#)

2. The Ninja BL660 - [Check Price On Amazon](#)



This one is more of a professional blender with a 1100W motor.

It is a complete power center that can easily crush ice, slice or chop just about anything, and puree super-sized ingredients.

This powerful blender has a built-in cookbook as well as an electronic smoothie recipe book to show you how to make your favorite smoothies with ease!

Some cool features:

Strong Pulverizer

The powerful 1100W motor allows you to make your smoothies with ease.

It also has a 6-point blade that is made of stainless steel, which can effectively blend even the most difficult ingredients.

Stainless Steel Blade

The stainless steel blade maintains its sharpness over time, unlike plastic blades.

You can make purees, juices, or crushed ice with this blade without having to worry about it breaking down on you anytime soon!

Large Capacity

This model is a "total crush" blender, capable of crushing ice effortlessly with its 1100W motor.

It has a large capacity, too, so it'll hold up to 7 cups of the ingredients you need for your smoothies.

Flavor Extraction

Another great thing about this model is that it's easy to extract the most flavor from foods when you use it.

There's a flavor extraction dial on the side of the blender that you can adjust to your preference.

Maintenance

This blender is fun and simple to clean, which means it won't be a hassle for you to keep it in good condition and healthy for you!

It also comes with an exclusive tool and recipe book that will show you how to make your favorite smoothies.

[**Check Price On Amazon & Read More**](#)

3. The NutriBullet NBR-0601 - [Check Price on Amazon](#)



This is a 12-piece blender, which means you'll get all of the benefits and advantages of the 21-Day Smoothie Diet with this one.

You can easily combine ingredients and make your smoothies in a matter of minutes.

Plus, it has a good-sized pitcher that is made of BPA-free materials, so you can drink your smoothies from it without worrying about leaching anything into your beverage!

Some cool features:

It's that easy. Simply push, twist, and blend!

The blade in this blender sets in place automatically when you push down on the top of the pitcher.

Then you just twist the front part of the lid to lock it into place and use the vortex action to get your smoothies started!

Save Time and Effort

It does the work for you!

All you need to do is combine the ingredients and push down on the lid, and it will blend them all up for you.

There's no need to "chop" or "slice" anything, and there's no pre-chopping or pre-cutting necessary.

Powerful

This blender has a high-powered 600W motor that can make all kinds of drinks, from smoothies to baby food.

It's powerful enough to break down ingredients like nuts and frozen fruits and vegetables, too.

Comes With a Recipe Book

The NutriBullet comes with a recipe book that shows how to make your favorite smoothies with just a few simple steps.

All you have to do is press, twist, and blend.

[Check Price On Amazon & Read More](#)

The 21 Day Smoothie Diet Plan

Below is a simple 7-day plan for your smoothie diet that you can replicate for the 2 remaining weeks.

Day 1

Breakfast: Smoothie 1

Ingredients: 1 cup of strawberries, 1 cup of yogurt, 1 medium apple, 1 medium banana, 2 kiwifruits, 1/2 cup of water and 1 date.

Serving: 3 cups

Lunch: Smoothie 2

Ingredients: 1/2 cup of yogurt, 1 cup of mango, 3/4 cup of pineapple, 1 small avocado and 1 cup of water.

Serving: 4 cups

Dinner: 80-120g of grilled chicken with sliced avocado, spinach and grapefruit with crushed almonds as a topping.

** Feel free to have an additional smoothie or a fruit as a snack at around 10am and 3pm.

Day 2

Breakfast: Smoothie 1

Ingredients: 1&1/2 cups of strawberries, 1 cup of raspberries, 3/4 cup of pineapple, 1/2 cup of yogurt and 1 date.

Serving: 2 cups

Lunch: Smoothie 2

Ingredients: 1 cup of blueberries, 1 cup of yogurt, 1&1/2 cups of grapes, 1/2 lime peeled, 1 ounce of almonds and 3 plums.

Dinner: Herbed tuna salad with cherry tomatoes and olive oil vinaigrette.

** Feel free to have an additional smoothie or a fruit as a snack at around 10am and 3pm.

Day 3

Breakfast: Smoothie 1

Ingredients: 1 cup of blackberries, 1&1/2 cups of grapes, 1 cup of mango, 1 medium tomato and 1/2 cup of water.

Lunch: Smoothie 2

Ingredients: 1/4 cup of grapefruit peeled, 1 cup of strawberries, 1/2 cup of red cabbage, 1&1/2 cups of grapes, 1/2 medium banana, 1 medium apple and 1/2 cup of water.

Dinner: Broiled Salmon topped with olive oil.

** Feel free to have an additional smoothie or a fruit as a snack at around 10am and 3pm.

Day 4

Breakfast: Smoothie 1

Ingredients: 1 cup of strawberries, 2 cups of cherries, 1 cup of mango and 1 medium banana.

Lunch: Grilled Salmon with soy sauce

Dinner: Smoothie 2

Ingredients: 1 cup of cranberry juice, 1 cup of cranberries, 1/2 celery stalk, 1 medium banana, 2 baby spinach and 1/2 date.

** Feel free to have an additional smoothie or a fruit as a snack at around 10am and 3pm.

Day 5

Breakfast: Smoothie 1

Ingredients: 2 cups of pawpaw or papaya, 1 cup of blueberries, 1 cup of cherries, 1 small avocado, 1/2 orange zest and 1 orange.

Lunch: Smoothie 2

Ingredients: 1 cup of blackberries, 1&1/2 cups of grapes, 1 cup of mango, 1 medium tomato and 1/2 cup of water.

Dinner: 100g of stir-fried beef with veggies of your choice.

** Feel free to have an additional smoothie or a fruit as a snack at around 10am and 3pm.

Day 6: Cheat Day...Yay!

Don't eat too many carbs as this can cause stomach pain. Instead, eat meat, chicken, fish, salads, fruits and veggies you love to replenish your system.

Have smoothies in between your meals. There is no need to include nuts in your smoothies if you are not following the diet.

Day 7

Breakfast: Smoothie 1

Ingredients: 1&1/2 cups of strawberries, 1&1/2 cups of watermelon, 1/2 cup of yogurt, 1/2 ounce of almonds, 1 small avocado, 5 mint leaves and 1 orange.

Lunch: 2 cups of pawpaw or papaya, 1 cup of blueberries, 1 cup of cherries, 1 small avocado, 1/2 orange zest and 1 orange.

Dinner: 1 cup of blackberries, 1&1/2 cups of grapes, 1 cup of mango, 1 medium tomato and 1/2 cup of water.

** Feel free to have an additional smoothie or a fruit as a snack at around 10am and 3pm.

Final Thoughts On The 21 Day Smoothie Diet

A healthy diet should not be limiting and boring.

With the 21 day smoothie diet, you get to consume amazing food full of nutrients.

This way your body can easily absorb all of the [energy-packed ingredients](#) in each smoothie.

While on this diet, you should definitely refrain from cutting out whole food groups completely.

Make sure you are getting plenty of fruits, vegetables, nuts and seeds.

Don't forget to exercise on a regular basis.

This way, the nutrients in the smoothies are being used up all throughout your body and weight loss can happen easily while also toning your body.