



Summertime Smoothies for Weight Loss

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The summer heat is approaching and we have the perfect healthy treat to keep you lean and cool—smoothies! Smoothies are easy to make and they taste great!

You can make smoothies with almost anything in your fridge, and they can also be hormonally balanced. Let's take a look at what goes into a smoothie and what staples you will need on hand for delicious treats all summer long.

Staples:

- Protein powder
- Fruit—fresh or frozen
- Flax oil
- Water or soymilk

These staples fall into three categories: Protein, carbohydrates and fat.

Protein

The protein source of a smoothie is usually protein powder, however, you could also use cottage cheese. If you are following the Truostar Meal Plans, protein powder should already be one of the staples you have in your kitchen.

Carbohydrates

Fruit is the main source of carbohydrates in a smoothie. You can incorporate any fruit you desire into a smoothie; mix and match them until you find the combinations that you most enjoy. Other potential carbohydrates can be honey and other natural sweeteners.

Fat

There are many varieties of fats that can be added to a smoothie, the most popular being flax oil. Other healthy fats to add include:

- Nuts
- Seeds

Nut butters (e.g. peanut butter, almond butter)

Combinations

Some foods, such as soymilk, possess more than one of these macronutrients. Soymilk is high in protein as well as carbohydrates. Tofu is another—it has all three components: protein, carbohydrates and fat.

Smoothies make a perfect snack and can even be a quick meal when you are on a weight loss plan. They are low in carbohydrates and are easy to balance; the same recipe can easily be adapted to fit Phase 1 and Phase 2 of the Truostar Weight Loss Plan.

How can I be sure my smoothie is balanced?

If you incorporate all three components into your smoothie, you will most likely come close to the ideal balance. A surefire way to make sure your smoothie contains the right amounts of protein, carbs and fats is to enter it into the Food Trakker. Another way is to follow an example; once you learn what the proportions should look like, making your own combinations should be easy. For an example of a Phase 1 smoothie, [click here](#). For a Phase 2 recipe, [click here](#). Notice how the same recipe can be adapted to fit both of these plans.

Don't be afraid to be creative, just remember the basics and you too can make great smoothies!