

15

Meal Replacement

SMOOTHIES

for WEIGHT LOSS

Healthy, Filling & Delicious Recipes
to Support Your Goals



HIGH
PROTEIN
RECIPES



STAY
FULL
LONGER



7-DAY
SMOOTHIE
PLAN
INCLUDED



FREE BONUS:
SHOPPING LIST
+
SECRET
FULLNESS TIP



Nourish Your Body ♥ Fuel Your Day ♥ Love Your Results

DISCLAIMER

Disclaimer

This eBook is for informational purposes only and is not intended as medical advice.

Weight loss depends on many factors, including overall diet, physical activity, sleep, and individual health conditions.

Consult a healthcare professional before making significant dietary changes.



If you've ever felt hungry an hour after drinking a smoothie, you're not alone. Many smoothies are loaded with fruit and sugar but lack the protein, fiber, and healthy fats needed to keep you satisfied.

The recipes in this book are different.

Each smoothie is designed as a balanced meal replacement, helping you stay fuller longer while providing nutrients your body needs.

What Makes a Good Meal Replacement Smoothie?

Protein

Helps support muscle maintenance and satiety.

Examples:

- Greek yogurt
- Cottage cheese
- Protein powder
- Tofu

Fiber

Supports digestion and fullness.

Examples:

- Chia seeds
- Flaxseeds
- Oats
- Fruits and vegetables

Healthy Fats

Help slow digestion and improve satisfaction.

Examples:

- Peanut butter
- Almond butter
- Avocado
- Hemp seeds

Complex Carbohydrates

Provide sustained energy.

Examples:

- Oats
- Banana
- Sweet potato
- Berries

Shopping List

Protein

- Greek yogurt
- Cottage cheese
- Protein powder

Fruits

- Bananas
- Strawberries
- Blueberries
- Apples
- Peaches
- Mango

Healthy Fats

- Peanut butter
- Almond butter
- Avocados

Fiber Boosters

- Chia seeds
- Flaxseeds
- Oats

Vegetables

- Spinach
- Cucumber

7-Day Smoothie Plan

Monday

Berry Protein Smoothie

Tuesday

Chocolate Oatmeal Smoothie

Wednesday

Green Smoothie

Thursday

Coffee Breakfast Smoothie

Friday

Blueberry Almond Smoothie

Saturday

Peach Protein Smoothie

Sunday

High-Protein Smoothie

My Secret Smoothie Tip



Add 1 tablespoon of chia seeds and let the smoothie sit for 5 minutes before drinking.....

The chia seeds absorb liquid and slightly thicken the smoothie, creating a more satisfying texture that may help you feel fuller for longer.

It's a small step, but it can make a noticeable difference in how satisfying your smoothie feels.

BERRY PROTEIN BREAKFAST SMOOTHIE

Quick, Healthy & High-Protein
Morning Fuel



Serving 1

Calories 320

Berry Protein Breakfast Smoothie

Ingredients

- 1 cup unsweetened almond milk
- 1 scoop vanilla protein powder
- 1 cup mixed berries
- 1 tablespoon chia seeds
- ½ banana
- Ice

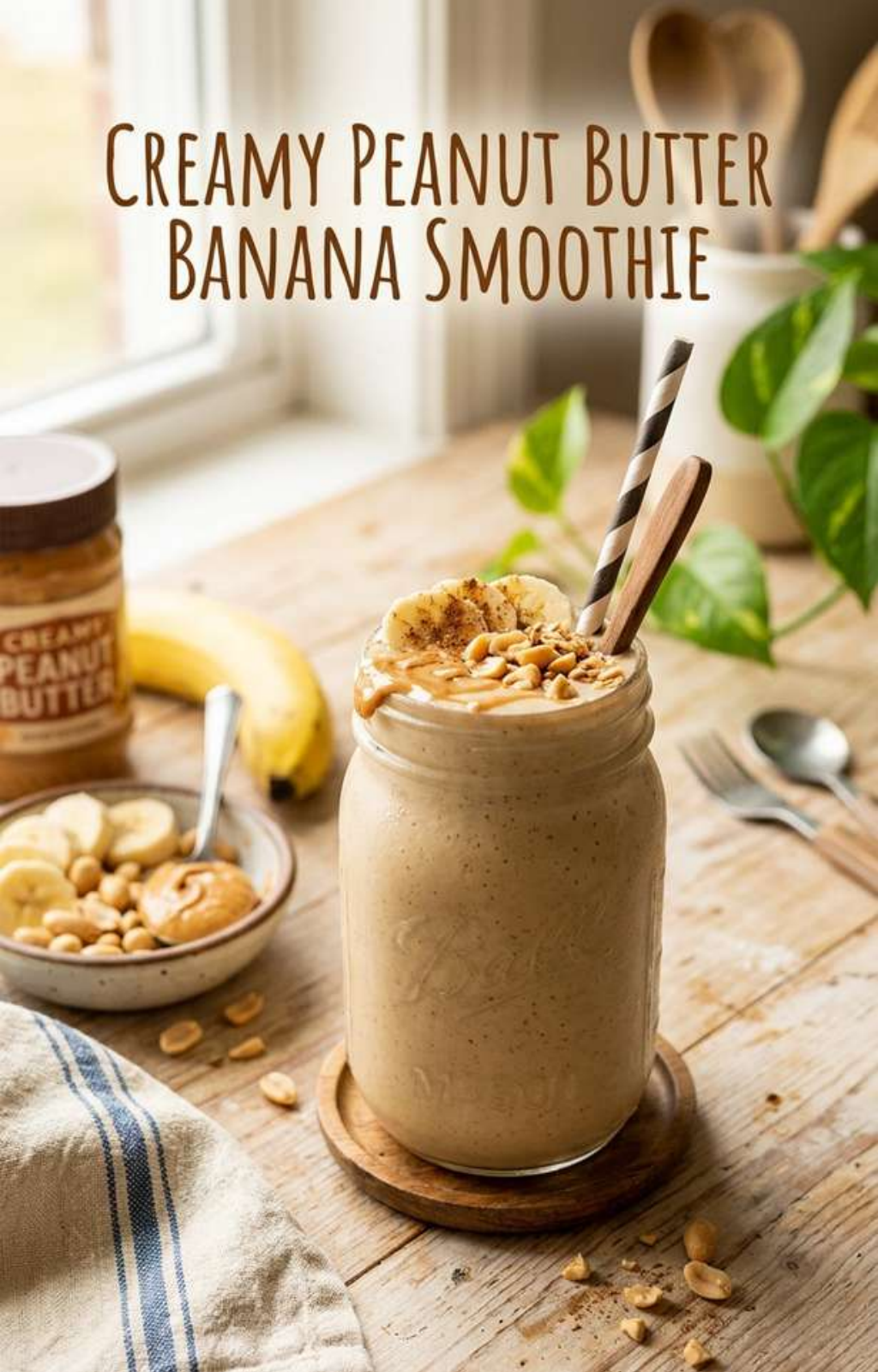
Instructions

Blend until smooth.

Pro tip

Blend the berries first for a smoother, creamier texture.

CREAMY PEANUT BUTTER BANANA SMOOTHIE



Serving 1

Calories 350

Peanut Butter Banana Smoothie

Ingredients

- 1 banana
- 1 tablespoon natural peanut butter
- 1 scoop protein powder
- 1 cup milk of choice
- Ice
- Chia seeds

Instructions

Blend until smooth

Pro Tip

Use natural peanut butter for a richer flavor with no added sugar.

GREEN FAT-BURNING SMOOTHIE

BOOST METABOLISM & DETOX



Serving 1

Calories 290

Green Fat-Burning Smoothie

Ingredients

- 1 cup fresh spinach
- ½ medium avocado
- ½ green apple, chopped
- 1 tablespoon fresh lemon juice
- 1 teaspoon grated fresh ginger
- 1 cup unsweetened almond milk
- ½ cup ice cubes (optional)

Instructions

Blend until smooth

Pro tip

Add fresh lemon juice just before blending for the brightest flavor.

RICH & WHOLESOME
CHOCOLATE OATMEAL SMOOTHIE
ENERGY-BOOSTING RECIPE



Serving 1

Calories 417

Chocolate Oatmeal Smoothie

Ingredients

- 1 medium banana
- 1 scoop chocolate protein powder
- $\frac{1}{4}$ cup rolled oats
- 1 tablespoon unsweetened cocoa powder
- 1 cup unsweetened almond milk
- $\frac{1}{2}$ cup ice cubes

Instructions

Blend until smooth

Pro Tip

Blend the oats first for an extra-smooth texture.

DELICIOUS STRAWBERRY CHEESECAKE SMOOTHIE

Creamy, Easy & Perfectly Indulgent!



Serving 1

Calories 300

Strawberry Cheesecake Smoothie

Ingredients

- 1 cup frozen strawberries
- ½ cup plain nonfat Greek yogurt
- 2 oz reduced-fat cream cheese
- 1 scoop vanilla protein powder
- 1 cup unsweetened almond milk
- ½ teaspoon vanilla extract
- ½ cup ice cubes (optional)

Instructions:

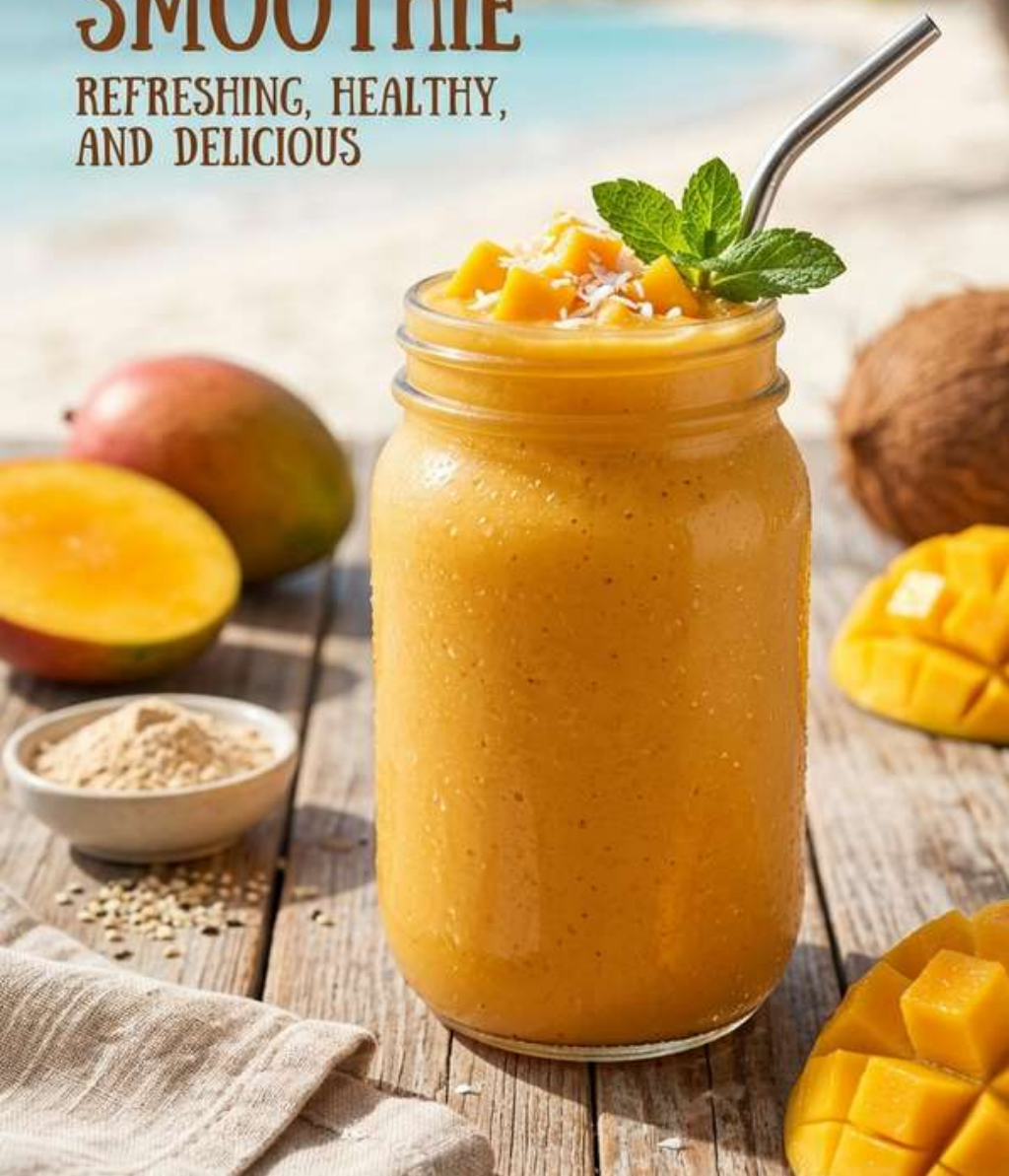
Blend all ingredients until smooth

Pro tip

Add a splash of vanilla for a richer cheesecake flavor.

TROPICAL MANGO PROTEIN SMOOTHIE

REFRESHING, HEALTHY,
AND DELICIOUS



Serving 1

Calories 310

Tropical Mango Protein Smoothie

Ingredients

- Mango 1 cup frozen chunks
- $\frac{3}{4}$ cup plain non-fat Greek yogurt
- 1 cup Coconut water
- 1 tablespoon Chia seeds

Instructions

Blend untill smooth

Pro Tip

add a squeeze of fresh lime juice to brighten the mango flavor without adding many calories.

COFFEE BREAKFAST SMOOTHIE

energizing & delicious!



Serving 1

Calories 340

Coffee Breakfast Smoothie

Ingredients

- Cold coffee 1 cup
- Banana 1 medium
- Protein powder 1 scoop
- Oats $\frac{1}{4}$ cup
- Almond milk 1 cup

Instructions

Blend until smooth

Pro tip

Use cooled strong coffee for a richer, bolder flavor.

APPLE PIE SMOOTHIE

A Spiced Autumn Treat!



Serving 1

Calories 335

Apple Pie Smoothie

Ingredients

- 1 medium apple, chopped
- $\frac{3}{4}$ cup plain non-fat Greek yogurt
- $\frac{1}{4}$ cup rolled oats
- 1 cup unsweetened almond milk
- $\frac{1}{2}$ teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- Ice cubes (optional)

Instructions

Blend untill smooth

Pro tip

Use frozen apple slices for a thicker smoothie and richer apple flavor.

AVOCADO GREEN SMOOTHIE

Creamy, Healthy & Delicious



Serving 1

Calories 345

Avocado Green Smoothie

Ingredients

- ½ medium avocado
- 1 cup fresh spinach
- 1 scoop vanilla protein powder
- 1 cup unsweetened almond milk
- Juice of ½ lime
- 1 tablespoon chia seeds

Instructions

Blend until smooth

Pro Tip

Add a few fresh mint leaves for a refreshing flavor without significantly changing the calorie count.

BLUEBERRY ALMOND SMOOTHIE

A Healthy & Delicious Recipe



Serving 1

Calories 385

Blueberry Almond Smoothie

Ingredients

- 1 cup fresh or frozen blueberries
- 1 tablespoon almond butter
- $\frac{3}{4}$ cup plain non-fat Greek yogurt
- 1 cup unsweetened almond milk
- Ice cubes (optional)
- $\frac{1}{2}$ teaspoon vanilla extract

Instructions

Blend until smooth

Pro Tip

Add 1 tablespoon of chia seeds and let the smoothie rest for 5 minutes for a thicker texture and extra fiber.

CINNAMON ROLL SMOOTHIE

Creamy, Cozy & Delicious!



Serving 1

Calories 365

Cinnamon Roll Smoothie

Ingredients

- 1 medium banana
- $\frac{1}{4}$ cup rolled oats
- 1 teaspoon ground cinnamon
- 1 scoop vanilla protein powder
- 1 cup unsweetened almond milk
- 1 teaspoon vanilla extract
- Ice cubes (optional)

Instructions

Blend until smooth

Pro Tip

Use a frozen banana for a naturally thicker, creamier smoothie without adding extra calories.

PEACH PROTEIN SMOOTHIE

EASY, CREAMY
& FUELING



Serving 1

Calories 350

Peach Protein Smoothie

Ingredients

- 1 cup frozen peach slices
- 1 scoop vanilla protein powder
- 1 cup unsweetened almond milk
- ½ cup plain nonfat Greek yogurt
- 1 teaspoon chia seeds
- ½ teaspoon vanilla extract
- ½ cup ice cubes

Instructions

Blend until smooth

Pro Tip

Use frozen peaches and a squeeze of lemon for a creamier, brighter smoothie.

CREAMY CHOCOLATE PEANUT BUTTER SMOOTHIE

A decadent, protein-packed breakfast recipe!



Serving 1

Calories 362

Chocolate Peanut Butter Smoothie

Ingredients

- 1 medium banana
- 1 scoop chocolate protein powder
- 1 tablespoon natural peanut butter
- 1 cup unsweetened almond milk
- 1 tablespoon unsweetened cocoa powder
- ½ teaspoon vanilla extract
- ½ cup ice cubes (optional)

Instructions

Blend until smooth

Pro Tip

Freeze the banana before blending for a thicker, creamier smoothie without extra calories.

RASPBERRY *Vanilla* SMOOTHIE

CREAMY, REFRESHING, & HEALTHY RECIPE



Serving 1

Calories 281

Raspberry Vanilla Smoothie

Ingredients

- 1 cup frozen raspberries
- 1 scoop vanilla protein powder
- 1 cup unsweetened almond milk
- ½ cup plain nonfat Greek yogurt
- ½ teaspoon vanilla extract
- ½ cup ice cubes (optional)

Instructions

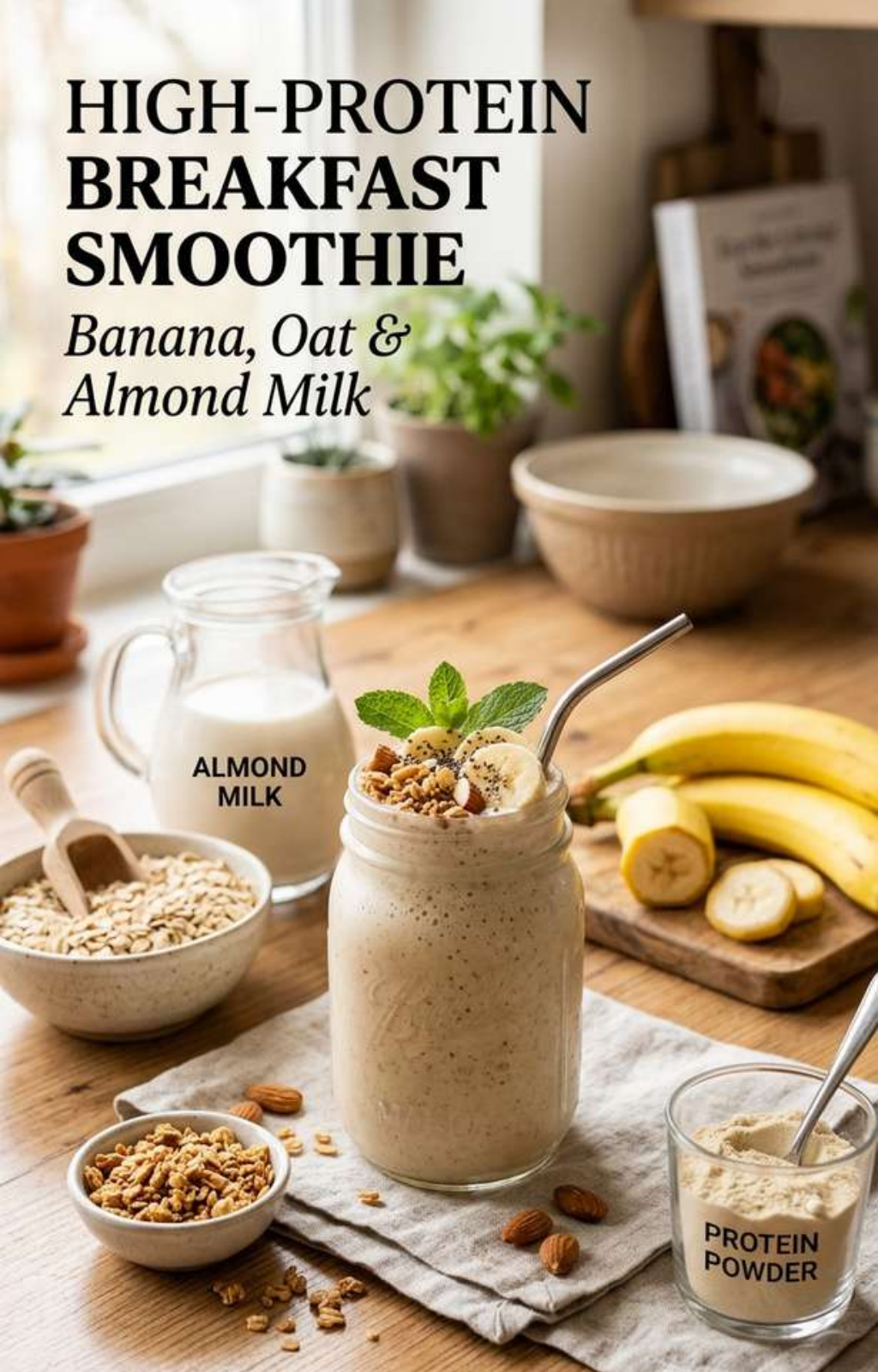
Blend until smooth

Pro Tip

Use frozen raspberries for a thicker smoothie and a naturally refreshing flavor without adding extra calories.

HIGH-PROTEIN BREAKFAST SMOOTHIE

*Banana, Oat &
Almond Milk*



Serving 1

Calories 390

High-Protein Breakfast Smoothie

Ingredients

- ½ cup plain nonfat Greek yogurt
- 1 scoop vanilla protein powder
- 1 medium banana
- ¼ cup rolled oats
- 1 cup unsweetened almond milk
- ½ cup ice cubes (optional)

Instructions

Blend until smooth

Pro Tip

Freeze the banana before blending for a thicker, creamier smoothie without adding extra calories.

♥ Thank You! 🌟

Keep the Healthy Journey Going

Discover more delicious smoothies, healthy recipes, nutrition tips, and wellness inspiration.



Want More
Healthy Recipes?



Visit Our Blog

MoonlightForAll.com

Healthy recipes • Smoothies • Wellness • Lifestyle



Follow Us on
Pinterest



Get fresh recipe ideas, healthy eating tips, and beautiful food inspiration delivered daily.

<https://www.pinterest.com/farinoshzahra/>



See You Soon!



Eat Well. Blend Fresh. Live Better. ♥



MoonlightForAll.com

© 2026 MoonlightForAll.com
All Rights Reserved



Scan to Visit
MoonlightForAll.com