



Dr. Cabral's Wellness & Weight Loss Smoothies

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Everyday is Smoothie Day!

Very few people love smoothies as much as I do, but hopefully after seeing each one of these recipes you'll begin to share my excitement!

The reason why I love smoothies so much is because no other meal is going to pack more nutrition into one easy to consume, convenient meal that I know every cell in my body will benefit from.

This means I'll be not only boosting my metabolism and helping with any body transformation goals, but really the benefits come from improving your overall health & wellness - which then in turn shines from the inside out!

Lastly, one important factor that's often overlooked is the science of energy loss through digestion. Every whole food meal you eat takes an enormous amount of energy from your body to break down all of that food you just put into your stomach.

And although I am advocate of enjoying whole foods for lunch & dinner, I do have to say that by using a smoothie for breakfast instead of a typical sit down meal, you'll have a lot of extra energy left over that you never even knew you had (and you'll never know until you try it)...

This is the fringe benefit thousands of my clients and customers get by drinking a delicious Daily Nutritional Support smoothie each morning and I want you to enjoy the same results!

I look forward to hearing your personal success story and I'd love to hear any recipes you've enjoyed making as well!

Ayubowan and happy smoothie drinking!

Stephen Cabral, ND
Board Certified Naturopathic Doctor
Ayurvedic & Functional Medicine Practitioner



(Photo: TammyNutrition)

Pink Flamingo Smoothie

When trying to come up with a fun name for this “hot pink” smoothie the only thing that kept popping into my mind over and over was that it looked like the same color as a pink flamingo! This smoothie is not only delicious and healthy for you, but if you have little kids running around your home like I do, it’s sure to be a crowd favorite when they see that bright pink color coming their way!

- 8oz Nut Milk (unsweetened almond, coconut, hemp, or rice)
- 8oz water
- 1/2-1c Pineapple (frozen)
- 1/2-1c Raspberries (fresh or frozen)
- 1 Small Banana (frozen) {Use 1/2 banana or omit for weight loss}
- 1 TBSP Coconut Oil/Cream (optional)
- 2 scoops [Daily Nutritional Support](#) (multi/mineral+vegan protein)



(Photo: RefromerAthletics)

The Cabral Purple Crush Smoothie

In all of my smoothie recipe guides I always make sure to include the “original!” It was this first smoothie recipe 10 years ago that got me into drinking these delicious alternative breakfasts everyday. Although I make all sorts of fun creations throughout the week, most every morning still starts with my “Purple Crush” smoothie! (By the way, it got its name because as a kid growing up with poor eating habits, my favorite soda to drink was called *Fanta Purple Crush* ;)

- 8oz Unsweetened Almond Milk (or any unsweetened nut milk)
- 8oz water
- 1-2c Wild Blueberries (frozen) {*Keep to 1c for Weight Loss*}
- 1c Leafy Greens (fresh or frozen, and/or [1 TBSP Fruit & Vegetable Blend powder](#))
- 2 scoops [Daily Nutritional Support](#) (multi/mineral+vegan protein powder)

Optional Add-Ons

- 1 Small banana (frozen or fresh)
- 1 TBSP flax or chia seeds



(Photo: theSmoothieBombs)

Coconut Cream Coffee Caramel Keto Smoothie

This is one of our community favorites for those still looking to burn body fat while enjoying the AM caffeine buzz! However, if you're looking to decrease your caffeine consumption you can also use decaffeinated coffee (water-processed) instead. And, since the [Daily Nutritional Support](#) powder has a slight caramel toffee taste when mixed with coffee, this recipe turns out to be an amazing healthy "Frappaccino" alternative!

- 8oz Cold coffee (cold brewed if desired for less acidity)
- 8oz water
- 2c Ice
- 1 TBSP Coconut Oil/Cream
- 2 scoops [Daily Nutritional Support](#) (multi/mineral+vegan protein powder)



(Photo: theSmoothieBombs)

Tropical Island Dream Smoothie

This exact smoothie is my go-to recipe for mid-afternoons where I want something sweet - especially if I just finished an afternoon workout. I love how whenever I drink it I'm reminded of sipping on a non-so-healthy island frozen beverage... Only drinking this tropical smoothie is one of the best things you can do for your body!

- 8oz Coconut Milk
- 8oz Water
- 1 TBSP Coconut Oil/Cream
- 1/2c Mangos (frozen)
- 1/2c Pineapple (frozen)
- 1 banana (fresh or frozen) *{Use 1/2 banana or omit for weight loss}*
- 2 scoops [Daily Nutritional Support](#) (multi/mineral+vegan protein powder)



(Photo: Korniky)

All-Mighty Omega-3 Meal Smoothie

Just like it's name states this is a full meal in itself and can be used as a lunch or dinner replacement. It's packed full of protein, healthy carbs, and tons of anti-inflammatory omega-3 fats that will fill you up and keep your body feeling alive and energized at the same time!

- 8oz Unsweetened Vanilla Nut Milk
- 8oz Water
- 1 TBSP of Flax or Chia Seeds
- 1/4c Nuts (Almonds, Walnuts, or Macadamia)
- 1 TSP Daily Omega-3 (add at end & shake up after blending so it doesn't oxidize)
- 1-2c Mixed Berries or Wild Blueberries (frozen)
- 1 Banana (fresh or frozen) {Use 1/2 banana or omit for weight loss}
- 2 scoops [Daily Nutritional Support](#) (multi/mineral+vegan protein powder)

Optional Add-Ons

- 1 TBSP [Daily Fruit & Vegetable Blend](#) (22 organic fruits, vegetables & superfoods!)
- 1 TSP Spirulina
- 1 TBSP Seaweed flakes or Nori



(Photo: Stomp_Shoes)

Sweet & Spicy Digestive Smoothie

Sometimes during the cooler weather (especially here in Boston) you want a little something to warm up your body... That's why I choose this smoothie recipe during a lot of those afternoons in the Fall & Winter months. It's similar to my Tropical Island Dream smoothie, but it has some spice from the ginger. This combination of sweet and spicy is just the right mix to warm me up and energize my body!

- 8oz Unsweetened Vanilla Nut Milk
- 8oz Water
- 1/2-1c of Mango (frozen)
- 1/2-1c of Pineapple (frozen)
- 1 TBSP [Daily Fruit & Vegetable Blend](#) (22 organic fruits, vegetables & superfoods!)
- 2 scoops [Daily Nutritional Support](#) (multi/mineral+vegan protein powder)
- 1" of Ginger Root (peeled)

Optional Add-Ons

- 1 Small banana (frozen or fresh) *{Use 1/2 banana or omit for weight loss}*
- 1/4 TSP Cayenne pepper powder (optional)



(Photo: Healthymaartje)

Green SuperFood Smoothie

If you're looking to push your health to the max, but still want your smoothies to taste great this is the recipe for you! It contains a superfood mixture of high-antioxidant ingredients, which means that this smoothie naturally kills free radicals that cause damage in your body. It's like drinking down wellness, weight loss, and anti-aging all in one glass!

Recipe

- 8oz Unsweetened Vanilla Nut Milk
- 8oz Water
- 1c Leafy Greens (spinach, kale, chard, etc. - fresh or frozen)
- 1 Banana (frozen) {Use 1/2 banana or omit for weight loss}
- 1c Pineapple (frozen)
- 1 TBSP [Daily Fruit & Vegetable Blend](#) (22 organic fruits, vegetables & superfoods!)
- 2 scoops [Daily Nutritional Support](#) (multi/mineral+vegan protein powder)

Optional Add-Ons

- 1 TSP of liquid chlorophyll
- 1 TBSP flax or chia seeds
- 1 TSP of parsley



* BONUS SMOOTHIE *

Low-Cal Shake on the Run!

No blending required! The only thing needed for this smoothie is a shaker bottle or mason jar and the ingredients listed below. I personally keep a shaker bottle at my office and in my bag for those times when life throws me a curve ball and my schedule gets thrown off where I won't be able to get my healthy lunch or mid-afternoon smoothie...

This is often times my breakfast while traveling on a plane or eating in a hotel room. Basically, for the past 5 years it's become my fall back plan that I often have to use more than I care to share!

- 8oz Unsweetened Vanilla Nut Milk
- 8-16oz Water
- 1 TBSP [Daily Fruit & Vegetable Blend](#) (22 organic fruits, vegetables & superfoods!)
- 2 scoops [Daily Nutritional Support](#) (multi/mineral+vegan protein powder)

Optional Add-Ons

- Take 1c of berries or a banana on the go!

Shopping List

The shopping list below includes all the ingredients from the smoothie recipe's above. You may choose to purchase all the items to keep them on hand and then vary your smoothies each day and when you have a desire for something different. This keeps your daily smoothie motivation high and your results coming!

Dairy-Free Nut Milk

- Unsweetened Vanilla Almond Milk
- Unsweetened Vanilla Coconut Milk

Fruit

- Wild Blueberries (frozen)
- Mangos (frozen)
- Pineapple (frozen)
- Raspberries (fresh or frozen)
- Banana (may freeze when browning)

Vegetables

- Kale (fresh or frozen)
- Spinach (fresh or frozen)
- Chard (fresh or frozen)
- Ginger

Miscellaneous

- 1 TBSP Coconut Oil/Cream
- Flax or chia seeds

Dr. Cabral's Nutritional Supplement

- [Daily Nutritional Support powder](#) (multi/mineral+vegan protein)
- [Daily Fruit & Vegetable Blend](#) (22 organic fruits, vegetables & superfoods!)

I hope you enjoyed the smoothie recipes and please feel free to share your photos on social media and tag us ([@StephenCabral](#)) so we can see the final results!

Frequently Asked Questions (FAQ)

Can These Smoothies Be Used on the Dr. Cabral Detox?

These smoothies should be done after the 7, 14, or 21-Day [Dr. Cabral Detox](#) is over. The only exception is for those not looking to lose any weight on the detox.

Can I Substitute Fruit Ingredients?

Yes, as long you keep the proportions the same you should be fine.

Can I Add More Superfoods?

Absolutely! Superfoods are low or no calorie foods like maca, goji berries, camu camu, etc. I would not add any juices or additional fruit unless you are looking to gain weight.

Can I Add More Protein?

Yes. Although the [Daily Nutritional Support all-in-one powder](#) I use and recommend contains 15g of easily absorbed vegan protein, you may add more if you're looking to build more muscle.

Are These Smoothies Only for Weight Loss?

No. These are health based smoothies and loaded with protein, antioxidants, healthy carbs, anti-inflammatory fats, and fiber. You can also always add more fruit, protein, or healthy fats to meet your caloric requirements.

Should I Skip the Fruit If I'm Looking to Lose Weight?

After 21 days of my [Dr. Cabral Detox](#) or weight loss nutrition plans, we add back in berries and other low glycemic fruit for breakfast and after workouts. There are just too many benefits to not eating some healthy antioxidant-loaded fruits, but start with only 1 total cup of fruit per smoothie.

Where Can I Purchase the Daily All-in-One Powder and Fruit & Vegetable Blend?

You can use the same [daily shake](#) and [fruit & vegetable blend powder](#) (and [daily support probiotic!](#)) that Dr. Cabral uses at the private links below:

> [Get Dr. Cabral's Daily Nutritional Support shake](#)

> [Daily Nutritional Support shake + Organic Fruits & Vegetables Blend powder](#)
(save up to \$30!)

*** See Dr. Cabral's Daily Personal Protocol Below! ***

> [Daily Nutritional Support + Organic Fruits & Vegetables Blend + Daily Probiotic](#)
(save up to \$40!)