



9 SEXY SMOOTHIES
THAT WILL CHANGE YOUR LIFE





HELLO MY WELLNESS WARRIOR!

Welcome to Laura London Fitness & Lifestyle. I am Laura London and I am your health and fitness coach.

Welcome to the world I live in. Here are nine smoothie recipes that will change your life. Drink your way to a magnificent body, more vitality, and feeling fabulous with every step.

I am guessing that this is why you are here – you want to have more energy, fewer cravings, less bloat, and glow from the inside out!

Say goodbye to diets and to feeling hungry or deprived, because I am giving you the tools you need to ditch the afternoon crash, stop eating your kids' candy, and avoid hitting the vending machine at 4 p.m.

As a health and fitness coach who helps busy woman to look and feel amazing, I am here to guide you towards making the right food choices in order to boost your metabolism and improve your digestion.

If you are inspired by what you read, then I have done my job. If you start drinking a smoothie a day and feel more energy than you can handle, that gets me really pumped.

I want you to have the endless energy I have. **Are you ready?**

Meet nine sexy smoothies that will change your life!

Laura London
Where Hot and Healthy is a Lifestyle

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SO WHAT IS THE DEAL WITH SMOOTHIES?

WHY ARE THEY GOOD FOR YOU?

Smoothies are:

- Chock full of vitamins, enzymes and minerals
- Easy to digest, which mean optimal assimilation of your nutrients
- Great for stabilizing blood sugar (you will see each smoothie here has a healthy fat, and fat is key for blood sugar stabilization)
- A fabulous way to consume a variety of different fruits or vegetables at one time
- Terrific for cleansing the body of toxicity
- An easy way to add more fiber to your diet for optimal bowel function

SMOOTHIES WILL GIVE YOU MORE ENERGY
& ARE THE BEST ON-THE-GO MEAL KNOWN TO
MAN.

WHY IS BLENDING YOUR SMOOTHIE BENEFICIAL?

- The health of your body depends on your digestion. When you blend your foods, you are supporting the digestion process. Your body does not have to work so hard to break down the nutrients as they are in a pre-digestible state.
- Did you know that 80% of your energy is spent digesting and assimilating your nutrients? So why not support your body to do less work?
- Instead of having to prepare and eat cup after cup of healthy greens or fruits, you are packing them into one nutrient-dense smoothie.

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CHOOSING A BLENDER:

- Vitamix is a super-powerful blender with a very strong motor that not only can blend smoothies, but also can make nut butters and even soups; however, it is an investment at around \$499.
- Blentec is another option similar to Vitamix and costs about \$350.
- Nutribullet is an amazing alternative as it costs only \$99.
- A blender at Costco, Wal-Mart or Target will typically cost you around \$40-\$60.

REMEMBER ANY BLENDER IS AMAZING BECAUSE WE WANT YOU TO START DRINKING SMOOTHIES TO SUPPORT YOUR BODY FOR ULTIMATE HEALTH.

MAKING THE ULTIMATE SMOOTHIE THE BASICS



1. Choose the liquid – water, coconut water or a dairy-free milk
2. Choose your greens – kale, spinach, parsley, Swiss chard, collards or lettuce
3. Choose your fruit – banana, apple, berries, mango and more

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4. Choose your fat/protein – hemp seeds, hemp protein, nut butters, avocado, coconut oil, flax or chia seeds
5. Superfoods – maca, raw cacao, bee pollen, shredded coconut, goji berries and more

TODAY IS THE DAY TO CHANGE YOUR LIFE.

During my studies at the Institute for Integrative Nutrition, I learned the importance of smoothies and now I drink one every day of my life. At the Institute I was able to study over 100 dietary theories and I also had the opportunity to study under respected teachers and leaders such as Andrew Weil, Mark Hyman, Geneen Roth and Deepak Chopra.

What I came to realize is that it was time to take care of me. I needed to reduce inflammation and detox myself emotionally and physically. So, I started to add in a smoothie a day and the results were amazing, now miss my daily smoothie if I don't have one!

If you are reading this and wondering what is going to put you into your new shoes, then get ready because TODAY is the day I will share my most favored secrets with you to set you on your path to success.



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STRAWBERRY BLISS

1- cup coconut water or almond milk
1/2 cup frozen strawberries
1 banana
1 Tablespoon coconut oil
1 Tablespoon hemp seeds

1 Tablespoon flax meal or chia seeds
Pinch of cinnamon
Stevia or raw honey to sweeten
Ice (optional)

A GINGERBREAD COOKIE

1- cup almond or coconut milk
1 Tablespoon flax meal or chia seeds
1 Teaspoon cinnamon
1 banana

1 cup of spinach
1 Tablespoon of almond butter
Stevia to taste (optional)
Ice (optional)

KIDNEY NOURISHING SMOOTHIE

1- cup almond or coconut milk
1/2 large cucumber peeled and sliced
1- cup fresh/frozen blueberries
1 Tablespoon flax meal or chia seeds

1 Tablespoon raw, organic honey
or stevia to taste (optional)
Ice (optional)

* Cucumbers are a wonderful kidney cleanser and provide you with bounds of energy.

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CRANBERRY SWEETNESS BLISS SMOOTHIE

1 cup unsweetened
almond/coconut/hemp or rice milk
1 cup of mixed berries
1/4 cup unsweetened cranberry juice
concentrate
1/4 avocado

1 Tablespoon flax meal or chia seeds
1 Teaspoon ginger
1 Teaspoon cinnamon
Ice (optional)

GINGERBREAD HOUSE SMOOTHIE

1 cup unsweetened
Almond/coconut/hemp or rice milk
1 ripe banana
2 teaspoons freshly grated ginger

1/2 cup fresh orange juice
2 Tablespoons honey or stevia
Ice (optional)

CHOCOLATE BANANA BLISS SMOOTHIE

1 cup almond or coconut milk
1 ripe banana
1/2 cup kale
2 Tablespoons cashew butter
or almond butter

1 Tablespoon raw honey or stevia
 2 Tablespoons unsweetened cocoa
powder or raw cacao
Ice (optional)



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MOOD STABILIZER

1 cup almond or coconut milk
1 cup fresh or frozen blackberries
1 Teaspoon maca powder
1 Tablespoon almond butter

1 handful of spinach
1 Tablespoon raw, organic honey
or stevia to taste (optional)

NEED MORE NOURISH ENERGY SMOOTHIE

1 cup unsweetened
almond/coconut/hemp or rice milk
2 tablespoons hemp seeds
1/2 avocado

1 banana
1 Teaspoon cinnamon
1 Tablespoon flax meal or chia seeds
Stevia to taste (optional)
Ice (optional)

MANGO DREAM

1 cup almond or coconut milk
1/2 cup coconut water
2 leaves kale or Swiss chard, coarsely
chopped

1/4 avocado
1/2 cup mango chunks (the freezer
section is great for this)
Ice (optional)

LIFE WILL NEVER BE THE SAME ONCE YOU BEGIN
DRINKING YOUR SMOOTHIES – TRUST ME!

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I find that most clients who I work with are confused about what to eat. Even though we live in the age of information, the information that's out there can be overwhelming or even give conflicting advice. It's time to ditch the information overload and figure out which foods work for your unique body.

Come on over to LauraLondonFitness.com and see what programs I have for you. From weight loss, workouts, detoxes and mind, body soul retreats I have the perfect program for you!

LET'S GET SOCIAL:

Web Site: LauraLondonFitness.com

Email: Laura@lauralondonfitness.com □

FaceBook: [Facebook.com/LauraLondonFitness](https://www.facebook.com/LauraLondonFitness)

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Testimonials

What is it like to work with me?

Laura you are an elite! I love your attitude towards healthy, strong living. You have such an incredible confidence about you that you don't see very often. You sure know what you are doing when it comes to nourishing the body.

Erica Contra – Sales Rep, Mom of 2

Laura I love your web site and your passion for health and nutrition. Your recipes and programs have given me the jump-start I needed to take my body and life back. I am so blessed to have found you.

Crystal Gannon – Realtor, Mom of 3

Laura working with you had been an absolute pleasure. Every time I had a question you were there with a great sensible answer. I love the way you are so kind and gentle yet firm and strong in what you believe in. I am working my Inner Goddess and loving her!! Thank you!

Donna Kinsella – Surgical Nurse, Mom of 2

Laura is an incredible inspiration to all of us "30+ Moms" who think our time has past and it's too late to attain our health and fitness goals. Sometimes all it takes is that one person to show you it can be done, and done well. Laura London is that one!

Dawn Lee – Mom of 2 & 3 Fur Babies

Laura, I would like to wish you a merry Christmas and send you all the blessings in the coming year. You are a great coach and an inspiring woman!

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* Loving Disclaimer *

I am a Certified Holistic Health Coach. I received my training from the Institute of Integrative Nutrition, where I studied over 100 dietary theories, practical lifestyle management techniques, and innovative coaching methods with some of the world's top health and wellness experts.

The information contained in this book is based on the experience and research of the author. It is not intended as a substitute for consulting with your physician or other health care providers. Any attempt to diagnose and treat an illness should be done under the direction of a health care professional.

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