



# 21 Gut-Friendly Smoothies for Faster Fat Loss

*Specially created for use alongside Biome*

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# Introduction

Welcome Biome customer!

As you've seen, when it comes to weight loss, many people mistakenly assume it's simply a matter of diet and exercise. By decreasing your calorie consumption and increasing your daily calorie burn through exercise, you should be able to create a calorie deficit that induces weight loss.

Unfortunately, as you know, the equation isn't quite so simple for the vast majority of us!

While diet and exercise can certainly help you lose weight and improve your overall health, these lifestyle factors make up just one small part of the equation.

The other much more important part is to do with the combination of bacteria living in your digestive tract.

In other words, your gut microbiome.

As more and more Ivy League research now shows, the gut microbiome can significantly affect your ability to lose weight. That's because microbes in the gut influence the metabolism of energy by regulating four primary factors: glucose metabolism, appetite, cravings, and fat storage.

Everyone has a unique blend of good and bad bacteria in their gut. If microbe composition in the gut trends more toward the negative side, it can accelerate weight gain, and inhibit weight loss.

In contrast, numerous scientific studies now show that by redressing the balance and increasing the concentration of good bacteria species, and in particular, clinically-proven "lean bacteria" varieties, you can get over the hump and start losing weight.





That's where Biome comes in!

As you've seen, Biome is producing truly incredible and life-changing results for our customers, because it's a proven way to reverse the bacterial imbalance in your gut microbiome. But we're always looking for ways to do more for our customers, so you can achieve even faster results.

That's why the team at Lean for Good has created *21 Gut-Friendly Smoothies for Faster Fat Loss!*

Let me be clear: drinking these smoothies isn't something you *have* to do! But if you would like to give Biome a helping hand, by accelerating the transformation of your gut microbiome, this is a great way to do it.

You can even take a capsule of Biome with one of these smoothies each morning. Enjoy!

Meghan,

Lean for Good

# 21 Gut-Friendly Smoothies for Faster Fat Loss

As you know, the real secret to fast, sustained, and healthy weight loss lies in cultivating a healthy and balanced gut microbiome.

Not only do you need to reduce concentrations of “fat bacteria,” but you need to increase the levels of “lean bacteria.” By taking these steps, you can shift the balance of your gut microbiome to give your metabolism a boost, suppress hunger and cravings, reduce fat storage, and set yourself off on the right track toward weight loss.

Studies show that the two most effective lean bacteria species you’ll want to focus on are:

- *Lactobacillus*
- *Bifidobacterium*

So how exactly do you go about shifting the balance of your microbiome?

To shift the balance in your gut in favor of these lean bacteria species, you’ll want to build a healthy diet around fermented foods, whole grains, fresh fruits and vegetables, nuts and seeds, and foods rich in polyphenols – all of which contain *Lactobacillus* and *Bifidobacterium*.

Things like natural yogurt, kombucha, kefir, and tempeh are healthy fermented foods. Foods rich in polyphenols include dark chocolate, green tea, berries, and herbs and spices.

The good news is, you don’t need to alter your diet to do this. You can just add some simple smoothies instead!

In this book, you’ll find a collection of 21 smoothies designed to support Biome. These recipes take just a few minutes to prepare, making them a great option for a quick breakfast or an afternoon snack!



# Recipes Included in this Book:



Vegan Green Goddess Smoothie



Tropical Strawberry Banana Smoothie



Cherry Almond Protein Smoothie



Creamy Strawberry Basil Kombucha Smoothie



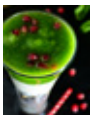
Almond Butter Banana Smoothie



Blueberry Kefir Green Smoothie



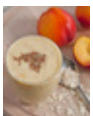
Peanut Butter, Banana, and Oatmeal Smoothie



Fruity Kombucha Smoothie



Dark Chocolate Cherry Smoothie



Peach Cobbler Smoothie



Lemon Mint Kombucha Smoothie



Strawberry Mango Kefir Smoothie



Antioxidant Kombucha Smoothie



Creamy Kale Pineapple Smoothie



Blackberry Basil Kefir Smoothie



Chocolate Tempeh Smoothie



Polyphenol Perfection Smoothie



Green Tea Superfood Smoothie



Apple Crisp Smoothie



Ginger Kombucha Smoothie



Tropical Tempeh Smoothie

# 1. Vegan Green Goddess Smoothie



## Servings

1 large or 2 small



## Ingredients

- 1 cup unsweetened almond milk
- ¼ cup natural yogurt (with live cultures)
- 1 cup frozen chopped mango
- 1 medium banana, frozen
- 2 ½ cups fresh baby spinach
- 2 tablespoons hemp seeds



## Instructions

1. Add the almond milk and yogurt to a high-speed blender.
2. Toss in the frozen mango, frozen banana, and baby spinach.
3. Sprinkle in the hemp seeds.
4. Start blending on low speed then increase the speed once the frozen ingredients start to break down.
5. Blend until smooth and creamy then pour into a glass to enjoy.

## 2. Tropical Strawberry Banana Smoothie



### Servings

1 large or 2 small



### Ingredients

- 1 cup all-natural orange juice
- ¼ cup natural yogurt (with live cultures)
- 1 cup frozen strawberries
- 1 medium banana, frozen
- ½ cup fresh pineapple chunks
- ½ cup fresh baby spinach
- 1 tablespoon chia seeds



### Instructions

1. Add the orange juice and yogurt to a high-speed blender.
2. Toss in the frozen strawberries, banana, and pineapple.
3. Add the spinach and chia seeds.
4. Start blending on low speed then increase the speed once the frozen ingredients start to break down.
5. Blend until smooth and creamy – add ice to thicken, if desired.
6. Pour into a glass to enjoy.

# 3. Cherry Almond Protein Smoothie



## Servings

1 large or 2 small



## Ingredients

- 1 cup unsweetened almond milk
- ¼ cup natural yogurt (with live cultures)
- 1 ½ cups frozen pitted cherries
- 1 medium banana, frozen
- 1 scoop vegan protein powder (chocolate or vanilla)
- Garnish: coconut flakes



## Instructions

1. Add the almond milk and yogurt to a high-speed blender.
2. Toss in the frozen cherries and banana.
3. Add the vegan protein powder.
4. Start blending on low speed then increase the speed once the frozen ingredients start to break down.
5. Blend until smooth and creamy - add ice to thicken, if desired.
6. Pour into a glass and garnish with coconut flakes to serve.

## 4. Creamy Strawberry Basil Kombucha Smoothie



### Servings

1 large or 2 small



### Ingredients

- 1 cup store-bought kombucha
- ½ cup canned coconut milk
- 1 cup frozen strawberries
- 1 medium banana, frozen
- 4 to 6 leaves fresh basil
- 1 tablespoon hemp seeds



### Instructions

1. Add the kombucha and coconut milk to a high-speed blender.
2. Toss in the frozen strawberries, banana, and basil.
3. Sprinkle in the hemp seeds.
4. Start blending on low speed then increase the speed once the frozen ingredients start to break down.
5. Blend until smooth and creamy - add ice to thicken, if desired.
6. Pour into a glass to enjoy.

## 5. Almond Butter Banana Smoothie



### Servings

1 large or 2 small



### Ingredients

- $\frac{3}{4}$  cup unsweetened almond milk
- $\frac{1}{2}$  cup natural yogurt (with live cultures)
- 2 medium bananas, frozen
- 2 tablespoons natural almond butter
- 1 tablespoon chia seeds
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- Garnish: chopped almonds



### Instructions

1. Add the almond milk and yogurt to a high-speed blender.
2. Toss in the frozen banana then add the almond butter.
3. Sprinkle in the chia seeds then add the vanilla and cinnamon.
4. Start blending on low speed then increase the speed once the frozen ingredients start to break down.
5. Blend until smooth and creamy - add ice to thicken, if desired.

## 6. Blueberry Kefir Green Smoothie



### Servings

1 large or 2 small



### Ingredients

- 1 cup plain kefir
- 1 cup frozen blueberries
- 1 medium banana, frozen
- ½ cup fresh baby spinach
- 1 teaspoon raw honey
- 1 teaspoon chia seeds



### Instructions

1. Add the kefir to a high-speed blender.
2. Toss in the frozen blueberries, banana, and spinach.
3. Drizzle in the raw honey and sprinkle in the chia seeds.
4. Start blending on low speed then increase the speed once the frozen ingredients start to break down.
5. Blend until smooth and creamy - add ice to thicken, if desired.
6. Pour into a glass to enjoy.

# 7. Peanut Butter, Banana, and Oatmeal Smoothie



## Servings

1 large or 2 small



## Ingredients

- 1 cup unsweetened oat milk
- 2 medium bananas, frozen
- ½ cup rolled oats
- 2 tablespoons natural peanut butter
- 1 to 2 tablespoons maple syrup or raw honey
- 1 tablespoon flax seeds
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- Pinch salt



## Instructions

1. Add the unsweetened oak milk to a high-speed blender.
2. Toss in the frozen bananas and rolled oats.
3. Add the peanut butter, sweetener, flax seeds, and vanilla.
4. Sprinkle in the ground cinnamon and salt.
5. Start blending on low speed then increase the speed once the frozen ingredients start to break down.
6. Blend until smooth and creamy – add ice to thicken, if desired.
7. Pour into a glass to enjoy.

## 8. Fruity Kombucha Smoothie



### Servings

1 large or 2 small



### Ingredients

- ½ cup store-bought kombucha
- ½ cup freshly squeezed orange juice
- ¼ cup pomegranate juice
- 1 cup frozen mixed berries
- 1 medium banana, frozen
- 1 cup fresh baby spinach
- 1 tablespoon chia seeds



### Instructions

1. Add the kombucha, orange juice, and pomegranate juice to a high-speed blender.
2. Toss in the frozen berries and banana.
3. Add the baby spinach and chia seeds.
4. Start blending on low speed then increase the speed once the frozen ingredients start to break down.
5. Blend until smooth and creamy – add ice to thicken, if desired.
6. Pour into a glass to enjoy.

## 9. Dark Chocolate Cherry Smoothie



### Servings

1 large or 2 small



### Ingredients

- 1 cup unsweetened almond milk
- ½ cup natural yogurt (with live cultures)
- 1 ½ cups frozen pitted cherries
- 1 cup fresh baby spinach
- 2 tablespoons dark cocoa powder
- 1 tablespoon natural almond butter
- 1 teaspoon vanilla extract
- Garnish: dark chocolate shavings



### Instructions

1. Add the almond milk and yogurt to a high-speed blender.
2. Toss in the frozen cherries and baby spinach.
3. Sprinkle in the dark cocoa powder.
4. Add the almond butter and vanilla extract.
5. Start blending on low speed then increase the speed once the frozen ingredients start to break down.
6. Blend until smooth and creamy - add ice to thicken, if desired.
7. Pour into a glass and garnish with shaved dark chocolate to serve.

# 10. Peach Cobbler Smoothie



## Servings

1 large or 2 small



## Ingredients

- 1 cup natural yogurt (with live cultures)
- ½ cup unsweetened oat milk
- 1 ½ cups frozen sliced peaches
- 1 tablespoon raw honey
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- Pinch ground ginger



## Instructions

1. Add the yogurt and oat milk to a high-speed blender.
2. Toss in the frozen peaches and add the honey and vanilla
3. Sprinkle in the ground cinnamon and ground ginger.
4. Start blending on low speed then increase the speed once the frozen ingredients start to break down.
5. Blend until smooth and creamy – add ice to thicken, if desired.
6. Pour into a glass and garnish with oats, if desired, to serve.

# 11. Lemon Mint Kombucha Smoothie



## Servings

1 large or 2 small



## Ingredients

- 1 cup store-bought kombucha
- ½ cup natural yogurt (with live cultures)
- Juice and zest from 1 lemon
- 1 cup frozen mango chunks
- 3 to 5 mint leaves
- Pinch ground ginger



## Instructions

1. Add the kombucha, yogurt, lemon juice, and zest to a high-speed blender.
2. Toss in the frozen mango and mint leaves.
3. Sprinkle in a generous pinch of ground ginger.
4. Start blending on low speed then increase the speed once the frozen ingredients start to break down.
5. Blend until smooth and creamy – add ice to thicken, if desired.
6. Pour into a glass and garnish with extra mint leaves, if desired, to serve.

## 12. Strawberry Mango Kefir Smoothie



### Servings

1 large or 2 small



### Ingredients

- 1 cup milk kefir
- ¼ cup natural yogurt (with live cultures)
- ½ cup frozen strawberries
- ½ cup frozen mango chunks
- 2 tablespoons shelled pistachios
- Raw honey (optional)



### Instructions

1. Add the milk kefir and yogurt to a high-speed blender.
2. Toss in the frozen strawberries and mango.
3. Sprinkle in the shelled pistachios.
4. Start blending on low speed then increase the speed once the frozen ingredients start to break down.
5. Blend until smooth and creamy - add ice to thicken, if desired.
6. Sweeten with raw honey, if desired, to taste.
7. Pour into a glass and serve.

# 13. Antioxidant Kombucha Smoothie



## Servings

1 large or 2 small



## Ingredients

- 1 cup store-bought kombucha
- 1 cup frozen strawberries
- ½ cup frozen blueberries
- 1 medium banana, frozen
- ½ cup fresh baby spinach
- 1 tablespoon flax seeds
- Raw honey (optional)



## Instructions

1. Add the kombucha to a high-speed blender.
2. Toss in the frozen strawberries and blueberries.
3. Sprinkle in the spinach and flaxseeds.
4. Start blending on low speed then increase the speed once the frozen ingredients start to break down.
5. Blend until smooth and creamy – add ice to thicken, if desired.
6. Sweeten with raw honey, if desired, to taste.
7. Pour into a glass and serve.

# 14. Creamy Kale Pineapple Smoothie



## Servings

1 large or 2 small



## Ingredients

- ½ cup unsweetened almond milk
- ½ cup natural yogurt (with live cultures)
- 1 ½ cups frozen pineapple chunks
- 1 cup chopped kale
- Raw honey, to taste



## Instructions

1. Add the almond milk and yogurt to a high-speed blender.
2. Toss in the frozen pineapple and kale.
3. Start blending on low speed then increase the speed once the frozen ingredients start to break down.
4. Blend until smooth and creamy – add ice to thicken, if desired.
5. Sweeten with raw honey to taste then pour into a glass to serve.

# 15. Blackberry Basil Kefir Smoothie



## Servings

1 large or 2 small



## Ingredients

- 1 cup milk kefir
- ¼ cup natural yogurt (with live cultures)
- 1 cup frozen blackberries
- 4 leaves fresh basil
- 1 tablespoon chia seeds



## Instructions

1. Add the milk kefir and yogurt to a high-speed blender.
2. Toss in the frozen blackberries.
3. Add the basil leaves and chia seeds.
4. Start blending on low speed then increase the speed once the frozen ingredients start to break down.
5. Blend until smooth and creamy - add ice to thicken, if desired.
6. Pour into a glass and serve.

# 16. Chocolate Tempeh Smoothie



## Servings

1 large or 2 small



## Ingredients

- 1 cup unsweetened almond milk
- 1 medium banana, frozen
- 2 cups fresh baby spinach
- 2 ounces organic tempeh (fermented) chopped
- 2 tablespoons dark cocoa powder
- Raw honey, to taste



## Instructions

1. Add the almond milk to a high-speed blender.
2. Toss in the frozen banana and fresh spinach.
3. Add the tempeh and dark cocoa powder.
4. Start blending on low speed then increase the speed once the frozen ingredients start to break down.
5. Blend until smooth and creamy - add ice to thicken, if desired.
6. Sweeten with raw honey, if desired, to taste then serve.

# 17. Polyphenol Perfection Smoothie



## Servings

1 large or 2 small



## Ingredients

- 1 cup natural yogurt (with live cultures)
- ½ cup milk kefir
- 2 medium bananas, frozen
- 1 cup frozen mixed berries
- 2 tablespoons chopped almonds
- 1 teaspoon vanilla extract



## Instructions

1. Add the milk kefir and yogurt to a high-speed blender.
2. Toss in the frozen bananas and berries.
3. Add the chopped almonds and vanilla extract.
4. Start blending on low speed then increase the speed once the frozen ingredients start to break down.
5. Blend until smooth and creamy – add ice to thicken, if desired.
6. Pour into a glass and serve.



# 18. Green Tea Superfood Smoothie



## Servings

1 large or 2 small



## Ingredients

- 1 cup unsweetened almond milk
- 1 cup frozen strawberries
- 1 small banana, frozen
- 1 cup fresh baby spinach
- 1 scoop vanilla vegan protein powder
- ½ teaspoon matcha powder



## Instructions

1. Add the unsweetened almond milk to a high-speed blender.
2. Toss in the frozen strawberries and banana.
3. Add the fresh baby spinach then sprinkle in the protein powder and matcha.
4. Start blending on low speed then increase speed once the frozen ingredients break down.
5. Blend until smooth and creamy – add ice to thicken, if desired, then pour into a glass and serve.

# 19. Apple Crisp Smoothie



## Servings

1 large or 2 small



## Ingredients

- 1 cup apple cider (no sugar added)
- ½ cup natural yogurt (with live cultures)
- 1 medium banana, frozen
- ¼ cup rolled oats
- 2 tablespoons chopped pecans
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg



## Instructions

1. Add the apple cider and yogurt to a high-speed blender.
2. Toss in the frozen banana and rolled oats.
3. Add the fresh pecans, vanilla extract, cinnamon, and nutmeg.
4. Start blending on low speed then increase speed once the frozen ingredients break down.
5. Blend until smooth and creamy.
6. Add ice to thicken, if desired, then pour into a glass and serve.

## 20. Ginger Kombucha Smoothie



### Servings

1 large or 2 small



### Ingredients

- 1 cup ginger kombucha
- ¼ cup natural yogurt (with live cultures)
- 1 cup frozen mango chunks
- ½ cup frozen blackberries
- 1 medium banana, frozen
- 1 tablespoon raw honey
- Pinch ground ginger



### Instructions

1. Add the kombucha and yogurt to a high-speed blender.
2. Toss in the frozen mango, blackberries, and banana.
3. Add the raw honey and a generous pinch of ground ginger.
4. Start blending on low speed then increase speed once the frozen ingredients break down.
5. Blend until smooth and creamy – add ice to thicken, if desired, then pour into a glass and serve.

# 21. Tropical Tempeh Smoothie



## Servings

1 large or 2 small



## Ingredients

- 1 ½ cups unsweetened coconut water
- 2 dried apricots, chopped
- 1 cup frozen pineapple chunks
- 2 ounces organic tempeh (fermented) chopped
- 2 tablespoons unsweetened shredded coconut
- 1 tablespoon hulled sunflower seeds
- Raw honey, to taste



## Instructions

1. Soak the apricots in the coconut water until softened.
2. Add the coconut water and apricots to a high-speed blender.
3. Toss in the frozen pineapple and organic tempeh.
4. Add the shredded coconut and sunflower seeds.
5. Start blending on low speed then increase the speed once the frozen ingredients start to break down.
6. Blend until smooth and creamy - add ice to thicken, if desired.
7. Sweeten with raw honey, if desired, then pour into a glass and serve.

# Conclusion

Remember, if you've been struggling to lose weight, the chances are you've been going about it all wrong. Of course, regular exercise is advisable for improving your fitness level, while a healthy diet is essential for overall health.

But what you may be missing from the equation is a lean microbiome.

Your microbiome plays a huge role in regulating your metabolism, hunger levels, and fat storage. By boosting the concentration of lean bacteria in your microbiome, you can kick-start your weight loss journey and achieve real, sustained results.

As I've said, Biome provides a proven way to redress the imbalance in your gut microbiome.

But if you'd like a helping hand for stronger, faster results, try implementing these simple smoothies into your daily or weekly routine as well. Packed with healthy nutrients, these smoothies are just what you need to promote the proliferation of lean bacteria in your gut.

