

The image features three glass bottles of smoothies. The bottle on the left contains an orange smoothie and has an orange straw. The middle bottle is empty and has a silver metal clasp. The bottle on the right contains a pink smoothie and has a pink straw. In the foreground, there are several whole oranges and some raspberries. The background is a blurred green foliage.

THE SMOOTHIE DIET

The Smoothie Diet PDF 21 Day Program by Drew Sgoutas

The Smoothie Diet PDF (21 Day Program) developed by Drew Sgoutas is not just a big book of smoothie recipes. All the smoothies are given in a very specific sequence and frequency, with the proper ingredient ratios, to make sure the weight keeps coming off and stays off.



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Can you lose weight with juicing? Yes, you can. This was proven by Joe Cross, in his documentary, 'Fat, Sick and Nearly Dead'.

However, Joe took quite a while to lose his excess pounds. But what if you wished to lose weight within 3 weeks? Can smoothies help you here?

Maybe you want to go to the beach... or you wish to fit into a sexy dress for a party. You need a quick weight loss plan that's healthy.

Smoothies can help you lose weight, but here's the problem.

You can't just flip through any old smoothie recipe book and guzzle down these concoctions without a care in the world. There's a method to follow.



You must know what smoothies to consume to meet your nutrient requirements. You must know when to drink them... and how often to drink them. This is where most people get lost.

Thankfully, there's actually a proven 21 day program that works. It's called The Smoothie Diet PDF Book. While not very imaginatively titled, it has skyrocketed in popularity over the past couple of years and has many success stories from customers who followed Drew Sgoutas' plan.

Let's examine why The Smoothie Diet PDF Book might be just what you're looking for. here are some good reasons:

1) The plan works. What more can we say? Most quick weight loss programs promise the world and don't deliver.

But The Smoothie Diet does deliver on its claims. That's usually the MOST IMPORTANT factor when it comes to choosing a weight loss plan.

This product has been an online bestseller with thousands of copies sold over the past couple of years, and Drew Sgoutas' official website is replete with success stories.

2) The author is a health coach and brings his real-world knowledge gleaned from working with many clients. This is why The Smoothie Diet PDF Book works so well.

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It actually contains information that's tested and proven. Not some pie in the sky, untested theory.

3) The Smoothie Diet program is a diet plan that involves you consuming smoothies as meal replacements. During such an undertaking, you MUST know what juices to drink so that you meet your nutrient requirements. Even the sequence and frequency of juice consumption matters here.

The plan given in The Smoothie Diet PDF is detailed and all you need to do is follow it. It doesn't get simpler than that. Just follow the plan. No thinking required. Rest assured, that the juices will have all the micronutrients your body needs.

4) Since the diet is only 21-days long, it won't be overwhelming. That's just enough time to restore insulin sensitivity, get your hormones back in order and see some quick weight loss.

While you won't lose all your weight overnight, you'll definitely lose quite a bit of weight, and this will give you the motivation to stay on a caloric deficit and eat sensibly until all your weight melts off.

Once you're done with The Smoothie Diet, you can get back on a regular diet for 2 weeks. And if you want to lose more weight, you can restart The Smoothie Diet all over again for another 3 weeks to burn even more fat.

5) To make matters even easier, a shopping list is provided in the plan. Buy what's on the list and nothing more. You'll have all the necessary ingredients in the right quantities and nothing will go to waste.

6) The Smoothie Diet PDF Book comes with 2 complementary guides: The Quick-Start Guide and The 3-Day Smoothie Detox.

7) We were highly impressed by the official website. It looks clean, attractive, and professional. While this doesn't really matter when it comes to judging the efficacy of the diet, one cannot deny that this is a vendor that takes his business seriously.

The weight loss industry is inundated with hype, unrealistic claims and shysters who are here today and gone tomorrow.

So, the fact that The Smoothie Diet program has been on the scene for quite long and still holds on to its bestseller status is proof that this is a proven and reputable vendor with a solid product.

Dieting is not always easy, because you're told not to consume certain foods... and usually these are the foods you love. But if you looked at it closely, you'd realize that what you're really addicted to is sugar.

If you have a sweet tooth, you know you love sugar! But if you love carbs such as pastries, pizza, etc. what you may not realize is that these simple carbs are converted into glucose in your body. Guess what glucose is?

It's sugar! Yup! So what you're really addicted to is sugar... and there are studies saying that sugar is more addictive than cocaine. So you can bet this is going to be a tough addiction to beat. The good news is that with the Smoothie Diet program, you get to lose weight without sacrificing your sweet tooth. Fruit sugars are nowhere as detrimental as processed sugars such as high fructose corn syrup!

In fact, with exercise, it's very easy to burn off fruit sugars. Processed sugar on the other hand is quite another story. This explains why you could work your butt off at the gym and still see no results on the scale.

If you want to lose weight within 3 weeks, The Smoothie Diet PDF book WILL definitely help you... You'll have tasty juices that are especially heavenly when chilled and you'll lose weight without craving sweet foods. This is a win-win. The plan works. Just give it a try and you will see.

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