

Best Smoothie Diet For Weight Loss Review

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Best Smoothie Diets

The benefits of the best smoothie diet for fat burning are shared in a new video from Health News Wires.

([Newswire.net](#) -- April 8, 2014) Boston, MA -- In a new video released by HealthNewsWires.com, health experts detail how to use the best smoothie diet to increase metabolism, regulate blood glucose, lose weight, and burn more body fat.

Almost 70% of the population is classified as either obese or as being overweight. This drastic increase in weight is a result of eating a diet that is loaded with saturated fat, salt, empty calories, and processed foods. Specific diet tips and techniques to improve weight loss and the ability to burn fat are shared in the new best smoothie diet review; this includes specific information about intermittent fasting. Planned intermittent fasting involves skipping the traditional breakfast and lunch meals in order to jump start metabolism and fat burning. These meals are replaced with high protein smoothies.

The best smoothie diet plan requires the body to burn fat for energy, which results in increased weight loss and burning of fat and calories. The smoothie diet recipes include adding a variety of ingredients, including fresh fruit, vegetables, probiotics, chia seeds, vitamins and minerals, and protein powder.

Health News Wires recommends that only the best quality protein powder be used in the best smoothie diet. When evaluating high quality protein powders, only select [protein powder that is all-natural, has a low glycemic index, and contains less than 4 grams of carbohydrates per serving](#).

As an added feature, HealthNewsWires.com is giving away a complete One Day Diet and Meal Plan at no cost. The downloadable meal plan and diet cheat sheets pdf outline the program step by step, including the best smoothie diet recipes and recommending the highest quality protein powder. The complete Best Smoothie Diet and Meal Plan is available at: www.Healthnewswires.com/Best-Smoothie-Diets/.

About: HealthNewsWires.com is a new website that was launched in June of 2013 in order to educate the community in the importance of health and wellness.

Source: <http://www.newswire.net/newsroom/pr/00081154-best-smoothie-diet.html>