

# Athletic Greens Ultimate Weight Loss Smoothie

Rick Porter January 31, 2015



**Athletic Greens is loaded with essential nutrients and antioxidants the body needs to thrive making it ideal for green weight loss smoothies**

([Newswire.net](#) -- January 31, 2015) Los Angeles, CA -- Athletic Greens recently added a new video to their line up discussing how their premium green superfood powder can be used in a weight loss diet plan. People looking to lose weight often try many methods to lose those excess pounds such as juicing, pills, or starving themselves. This often prevents people from getting necessary vitamins and the vital nutrition their body needs to survive. In essence, these weight loss dieting methods are doing more harm than good. Adding healthy green smoothies is one way to combat nutrient deficiencies that can occur during weight loss regimens.

[Green smoothies](#) are an ideal fat burning food as they are nutrient-rich, loaded with fiber and low in fat. Those factors combined with the fact that they are also low in calories can help people curb food cravings and feel satiated throughout the day. Additionally, green smoothies naturally detoxify the body super boost our immune system. Therefore, they are the best way to kick start a weight loss program. Athletic Greens is made from seventy five whole food sourced ingredients in optimal amounts that are better absorbed by the body. It took more than ten years of research and development to create an easy to mix powder with a naturally sweet taste. This means it won't ruin the flavor of a dieter's protein shake or tastes equally as good mixed with water.

More importantly, these healthy weight loss smoothies are easy to digest because the greens are in liquid form. This boosts the absorption rate of nutrients making it easy to avoid nutrient deficiencies and optimizing total body health. This ultimately leads [Athletic Greens](#) users to have increased energy that lasts all day long. Being able to get all of a person's daily nutrient and vitamin requirements in one green smoothie, without adding excess or empty calories, is a major factor that contributes to a person's weight loss success. By adding weight loss boosting ingredients, like chai seeds, berries, avocados or Greek yogurt people can give their smoothies a little added oomph.

For sustainable weight loss results Athletic Greens recommends starting out each day with a smoothie mixed with their premium superfood cocktail. Not only will it have an impact on a dieter's weight loss results but also it will give them more energy to hit the gym.

Find out more by grabbing a copy of Athletic Greens free report titled "The Ultimate Energy Guide" at

[www.ultimateenergyguide.com](http://www.ultimateenergyguide.com)

**About:** Athletic Greens® was founded in 2009 and is proudly manufactured in New Zealand, using a TGA-registered facility with standards far in excess of cGMP and FDA guidelines. It is made clean and green. The custom combination of ingredients formulated by research doctorates and nutritionists, with a 60 years' combined experimental and clinical experience, took more than ten years to perfect.

Source: <http://newswire.net/newsroom/pr/00087152-athletic-greens-weight-loss-smoothe.html>