



HEALTH TOTAL

Simple - Real - Scientific

PCOS

Smoothies

Recipe Book

www.health-total.com

POWER OF NUTRITION

Food has the power to heal us.

The specific qualities of certain foods can be used in managing different health conditions.

PCOS symptoms can be managed easily if you consume more nutrition-rich vegetables, healthy fats and high quality proteins.



By removing highly processed foods and refined sugar from your diet (refined white carbohydrates, gluten, dairy, soya, artificial flavouring and colouring) you will see the world of a difference in your health.

Your skin will clear up, Your eyes will brighten up, Anxiety will reduce, Your periods will start becoming regular, Your energy will increase and mood swings will reduce..

Start your day with these PCOS Power Smoothies to:

- Keep your blood-sugar in balance
- Provide protein to keep your energy levels high
- Control your cravings
- Nourish your digestive system with fibre



MORNING GREEN SMOOTHIE

The green smoothie is a great way to start your mornings with! Power packed with fibre, nutritious greens, and avocado, this smoothie will fill you up. You will look forward to waking up to this smoothie every morning!

INGREDIENTS

- 1/2 Apple (peeled and sliced)
- 1½ cups Spinach or Kale (stemmed and chopped)
- 1/4 Avocado (chopped)
- 2 tbsp fresh lime juice
- 1/4 cup ice
- 4 drops stevia

How to make it:

In a blender, combine all the ingredients until pureed. Serve immediately and enjoy!

Total calories: 199



TASTY ORANGE SMOOTHIE

This easy Orange Smoothie is frothy, foamy, and full of citrus flavour, sweetened with stevia. Great for breakfast, even better as a post-workout recover drink!

INGREDIENTS

- 2 tbsp orange juice (concentrate)
- 1/3 cup skim milk or unsweetened dairy-free milk
- 1/4 cup frozen peaches
- 1/2 orange, peeled
- 4 drops stevia
- 1 tbsp fat-free whipped topping

How to make it:

In a blender, combine orange juice, skim milk, peaches, orange, and stevia. Puree until smooth. Pour into a glass, serve immediately and enjoy!

Total calories: 200



WATERMELON CHERRY SMOOTHIE

Freeze some watermelon pieces and cherries in your freezer. This recipe works best in a high-speed blender. If using a low-speed blender, add 1/4 cup of water to the blender to help it puree easily.

INGREDIENTS

- 1 ½ cups frozen watermelon
- ¼ cup frozen cherries
- 5 drops stevia

How to make it:

Place all ingredients in a blender. Blend until pureed. Enjoy!

Total calories: 134



GREEN GLOW SMOOTHIE

Get supple and gorgeous skin with this tasty smoothie! The mild sweetness of cucumber and honeydew create a light, refreshing smoothie that glows in your glass, and gives you a happy, healthy glow all day long!

INGREDIENTS

- 1/2 small cucumber (peeled, seeded and chopped)
- 1/2 cup honeydew
- 1/4 cup light or Greek yogurt (lime flavoured)
- 1/2 cup ice
- 5 drops stevia
- 1 tbsp fresh mint leaves

How to make it:

Place all ingredients in a blender. Blend until pureed. Enjoy!

Total calories: 134



BLUEBERRY POMEGRANATE SMOOTHIE

Easy, refreshing, and it packs an antioxidant punch! Blueberries and pomegranate come together in this gorgeous, fuchsia-coloured smoothie to satisfy your taste buds and your sense of colour & style! So pretty, so delicious! So good for you!

INGREDIENTS

- 1 cup frozen blueberries
- 1/4 cup pomegranate juice
- 2/3 cup water
- 6 drops stevia (if desired)

How to make it:

Place all ingredients in blender. Blend until pureed.
Serve immediately and enjoy!

Total calories: 114



LEMON DETOX SLUSHIE

When you're looking for a light, refreshing smoothie this tangy treat is the way to go! Tastes just like an iced lemonade, with a pinch of spicy cayenne pepper to promote digestion. If you don't like the spice, feel free to leave it out!

INGREDIENTS

- 4 tbsp fresh-squeezed lemon juice
- 1/2 tsp no-calorie lemonade powder
- 1 cup water
- 3/4 cup ice
- A pinch of cayenne pepper

How to make it:

Place all ingredients in blender. Blend until pureed.
Serve immediately and enjoy!

Total calories: 28



REAL PEOPLE, REAL STORIES



[Watch](#)

Poonam Gunjhar

"They tell you the scientific way to lose weight. I lost 15.6 kgs in 30 weeks and my PCOS symptoms have completely gone."



[Watch](#)

Jumana Lokhandwalla

"I lost 24 Kgs in 21 weeks and my PCOS symptoms have disappeared"



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