



## PopsBod Fat Busting Smoothie

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*If there were a smoothie that had a superpower, this would be it. I used this recipe in combination with maintaining a 2000 Calorie/Day diet to cut my weight loss time in half. The reason this recipe is so potent is actually very simple. The ingredients combine to give your body up to 70% of the Protein, Fat and Carb intake your body needs for the day. You'll find yourself feeling full because of the fiber and happy because of how delicious this recipe is.*

You will want to replace 1 meal with this recipe.

### **Ingredients:**

- 1 Kiwi
- 1 Orange Navel
- 2 Handfuls Baby Kale
- 1 Scoop Isopure Protein Powder (Prefer Banana flavored)

### **Directions:**

**Step 1:** Spoon-out Kiwi and Peel Orange Navel; toss into the blender

**Step 2:** Grab 2 handfuls of baby Kale; toss into the blender

**Step 3:** Add 4-6 oz of cold water

**Step 4:** Blend for 10-15 seconds

**Step 5:** Add 1 scoop of Isopure Protein powder and blend again for 1 min/until consistency is lighter green in color.

**Step 6:** Enjoy , and Congrats, you're about to eat 70% of your fiber and veggie requirements for the day in 1 delicious smoothie.



