

Weight Loss Green Smoothie

Ingredients:

- 1 cup spinach
- ½ avocado
- Juice of ½ lemon
- 1 tablespoon flaxseed
- 1 celery stalk
- ½ cucumber
- 1 cup cold water or green tea

Instructions:

1. Blend until creamy.
2. Drink as a meal replacement or before meals.

Benefits:

Celery: Low-calorie, high-fiber cleanser.

Avocado & flax: Healthy fats and fiber for satiety.

Lemon: Boosts metabolism and digestion.