

30 DAY CHIA SMOOTHIE DIET

Anthony Lantis

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For a quick and easy no-bake snack, try chia truffles that combine dates, cocoa, and oats. The flavored varieties usually have a lot of added sugar. To make chia seed gel, combine equal parts chia seeds and water in a small container and let sit for 5 – 10 minutes to gel.

Which ingredient would that replace? How many times a day did you drink the smoothie, to lose 35lbs in 8 weeks?. This diet is based on the work of Weston A. I also changed all my eating habits as well plus a weekly workout schedule.

WANT more plant-based recipes? Maxime Zhang Reply. Thanks for your help!! Hey Ryan!