



• PROGRAM ON HEALTH.
AND FOOD

<https://wefake123.github.io/index.html>

MORNING SHAKES

These smoothies are my nutrient and vitamin bombs that I take in the morning when I wake up and always help me maintain good digestion and lower abdominal inflammation. You can intersperse these three smoothie options during the week, you will notice that they make a difference in how you feel when you drink it and you will see the difference when you don't. Be very consistent in this! Keep in mind the following: 1. It must be blended so that you have the vibe of these ingredients and can improve your microbiota and digestion so we can better absorb vitamins and nutrients and improve the appearance of our abdomen and our health. 2. The idea is that no more than 3 quarts (almost a glass) come out of the small ones, this blended. 3. Remember it is not a breakfast, this is your smoothie to start the morning, but it will always be advisable after this to eat a meal with the protein load that your body needs



1.

- A piece of celery.
- Half a green apple or the small ones.
- Spinach.
- A small piece of ginger (about the size of a coin)
- The juice of half a lemon.
- A small slice of cucumber.

2.

- A small piece of celery
- A small piece of carrot
- A slice of beetroot.
- Half a lemon
- A small piece of ginger (about the size of a coin)

3.

- A small piece of cucumber.
- A small piece of pineapple
- A small amount of parsley
- The juice of half a lemon
- A small piece of ginger (about the size of a coin)



And here I am going to leave you a smoothie for those days that you are leaving late for work or you do not feel eating something very heavy in the morning! This will also count as breakfast since it will have protein. (I advise you not to focus on doing this every day) Give priority to the other three shakes!

4. (with protein)

- A tablespoon of unsweetened, low-calorie Greek yogurt. (if you're lactose tolerant, otherwise don't put it on)
- A serving of protein powder of your choice (I like the ISO100 vanilla flavor) this is low in calories and high in protein and the flavor is mild.
- Spinach.
- A small piece of pineapple and a small piece of cucumber.



Always be aware of how your body feels with everything you give it and with each activity you do, creating that connection with our body will help us understand when something feels good and we like it or when something generates inflammation, annoyance, indigestion.

Remember that it is essential to have a healthy diet during the day, since it would be useless to make these incredible smoothies to improve our health and lower the abdomen if we continue to eat processed things, sodas, fried foods, vegetable oils and very salty foods. If you need a more specialized eating program for your fitness goal, you can email me at - davidtorres.fit1@gmail.com



One of my recommendations to improve metabolism is to do at least 30 minutes of cardio (fast walking) in the morning, this a couple of days a week, as well as perform at least 10,000 steps during the day every day.

Here are two tummy workouts that can also help you improve the appearance of your tummy. 3 times a week



https://youtu.be/vmNgwwSL12UiqWWxoTYXZo3_iX

<https://youtu.be/FsjmwIPOjMQ>



DISCREIMER

You should consult your doctor or other healthcare professional before starting this or any other exercise program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you've ever experienced chest pain when exercising or have experienced chest pain during the past month when you weren't physically active, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this exercise program if your doctor or health care provider advises against it. If you experience fainting, dizziness, pain, or shortness of breath at any time while exercising, you should stop immediately.



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