

Watch the fat fall and energy soar in just 10 days!



SNATCH QUEEN

# Smoothie Detox

ANEKA GRANDISON

# **Snatch Queen Smoothie Detox**

**Aneka Grandison**

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Grandison**

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**The information contained in this book is provided for informational and educational purposes and may not be construed as personal medical advice. Please consult your health care professional before you act upon any advice in this book. As we all are unique individuals, I encourage you to make your own health care decisions with your doctor.**

**Actual nutrition values may vary based on factors, including but not limited to size of produce, freshness, ripeness, season, and processing.**

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## **Dedication**

This book is dedicated to my son. I want to live a healthier life so I can live to see him get married and have children. I want to break my family's cycle of cancer, high blood pressure, diabetes and high cholesterol.

## ***My Story***

My name is Aneka Grandison. Most people may be able to relate to my story. I didn't want to work out. I was scared to go to the doctor and I was terrified to diet. Often times we don't want to change until a scary situation occurs that force us to change. My change came sooner than expected.

On December 12th at the age of 32, my life changed drastically. I went to the doctor for a simple wellness check. The nurse informed me that I weighed 203 pounds and that my cholesterol was too high. I was shocked that at my age my cholesterol was so high and that I was overweight. I did not want to go on medication at such a young age.

This was the day that I decided to change my lifestyle. I talked to my sister and she introduced me to vegetable and fruit smoothies. Smoothies changed my life!!!!

The first ten days of drinking one smoothie for breakfast, one for lunch and a healthy dinner, I lost ten pounds. It was not easy, but I knew I had to commit and be consistent. I was really determined to change my health situation. At the end of the first week, I felt amazing. I was not at my ideal weight so I decided to go another ten days of drinking smoothies a few days later.

This time around I did a full detox. This consisted of drinking one smoothie for breakfast, lunch and dinner. I lost fifteen pounds because of this. At the end of the second ten-day smoothie detox, I made the decision to be a Pescatarian. A Pescatarian diet consists of adding fish and seafood to a vegetarian eating plan. Smoothies are now a part of my daily lifestyle.

## **BEFORE**

180 POUNDS FEBRUARY 2019



## **AFTER**

160 POUNDS APRIL 2019



## **Introduction**

This smoothie recipe book is for everyone who struggles with weight loss. Everyone who is tired of being on the yoyo of diets. Incorporating smoothies and eating healthier have proven to be a very effective way to losing weight without exercising. Maintaining this healthy lifestyle will keep the weight off.

There are many benefits of blending fruits and vegetables together:

- More fiber than juicing
- Smoothies make you feel fuller
- Easier to add nuts, seeds etc. to blender
- Blend all the ingredients together
- Support digestive health

You might be wondering what the benefits of doing a smoothie detox are:

- Higher energy level
- Lose weight
- Sleep well
- Boost your immune system
- Remove toxins from your organs
- Clear skin
- Healthy hair
- Improve focus
- Slow down aging
- Maintain your weight
- Reduce health problems (heart disease, stroke, high blood pressure, high cholesterol, cancer etc.)
- Antioxidants



## Benefits of Vegetables and Fruits

1. **Flaxseed**- Low calories, high protein, low carbs, high omega 3 fat, rich source for lignans, rich in fiber, improve cholesterol, lower blood pressure, high protein, control blood sugar, control hungry (which can help you lose weight), vitamin B1, Vitamin B6, Folate, Calcium, iron, magnesium, potassium.
2. **Chia Seeds**- Omega-3 fatty acids, rich in antioxidants, fiber, iron, calcium, aid weight loss, heart disease, improve bone nutrition, chronic inflammation.
3. **Apple**- High in fiber and water, good for weight loss, lower risk of heart disease, lower risk diabetes, prebiotic, protect your stomach from (NSAIDs), protect your brain.
4. **Spinach (superfood)** - Low-calorie, protein, iron, vitamins, calcium, best sources of dietary magnesium, maintaining muscle, nerve function, regular heart rhythm, a healthy immune system, maintain/lower blood pressure, diabetes management, cancer prevention, asthma prevention, bone health, promotes digestive regularity, healthy skin and hair.
5. **Mix Greens** - Vitamin A, vitamin C, vitamin K, folate, potassium, calcium, iron, healthy skin, immune function, proper cell

function, help fight infection, low calorie, helps maintain a healthy weight.

6. **Blueberries (superfood)-** Low calories, fiber, vitamin C, Vitamin k , manganese, highest antioxidant levels , reduce Oxidative DNA damage, improve cholesterol, lower blood pressure, prevent heart disease, boost brain function, anti-diabetes effects, fight urinary tract infection, reduce muscle damage after strenuous exercise, improve your mood (effective anti-depressant), maintain healthy bones, weight loss, prevent aging, reduce acne, soothe inflammation, prevent constipation, eye care, boost your immune system, prevent infections, promote hair-growth, promote detoxification, increase lifespan.
7. **Bananas-** Improve digestive health, aid weight loss, blood pressure control, support heart health, powerful antioxidants, help you feel more full, improve insulin sensitivity, maintaining healthy kidneys, reduce exercise-related muscle cramps and soreness
8. **Mangoes-** Prebiotic dietary fiber, boost immunity system, improve vision, lowers cholesterol, healthy skin, skin repair, help in weight loss, asthma prevention,

antioxidants, heart health, improve digestion, eye health, cancers.

9. **Papayas-** Reduce the risk of Alzheimer's disease, protect against certain types of cancer, boosts your immune system, lower risk for heart disease/stroke, lower high blood pressure, fighting Inflammation, high water content, help improve digestion, reducing bloating, easing constipation.
10. **Strawberry-** Rich source of antioxidants, support the immune system, regulate blood sugar, have antimicrobial effects, improve heart health, help with weight management, decrease heart disease, lower your risk of getting a stroke, cancer, blood pressure, constipation.
11. **Peach-** Healthy bones, teeth, strengthen the immune system, anti-aging, protect the nervous system, low in calories, great source of vitamins A and C, high in fiber and potassium., aid in weight loss, detoxified your system, help reduce stress, good for your eyes, promote brain healthy.
12. **Kiwi-** High source of vitamin C, B6, E, Sleep Inducer, helps in digestion, loaded with dietary fiber, development of the fetus, potassium, calcium, iron and magnesium, fight stress, maintain blood pressure,

preventing skin degradation (youthful skin).

13. **Grapes-** Pack with vitamins C and K, Powerful antioxidants, anti-cancer benefits, help lower blood pressure, help reduce cholesterol, decrease blood sugar, may improve memory, attention and mood. Good for bone healthy, protect against certain bacteria, viruses and yeast infection, decrease inflammation, slow down aging.
14. **Oranges-** High in vitamin C, healthy immune system, prevents skin damage, maintains blood pressure, lowers cholesterol, controls blood sugar level, and lowers the risk of cancer.
15. **Pineapple-** Immune system support, bone strength, risk of macular degeneration (eye disease), high amount of vitamin C, antioxidants, Digestion., anti-inflammatory benefits.

This Journey is not going to be easy; however, you can accomplish anything you put your mind to. The key is to mentally prepare yourself and have a support system in place so the days you want to quit they will keep you on track.

Join our support groups:

Facebook:

<https://www.facebook.com/groups/lose10poundsin10days/?ref=share>

Instagram:

[snatchqueen23](#)

There are two different ways you can do a smoothie detox. I have prepared instructions on how to make smoothies so you can get similar results to mine. To start you can choose to do a semi smoothie detox or a full detox. The semi detox consists of two smoothies a day and a healthy dinner. A full detox consists of smoothies for breakfast, lunch, and dinner. I recommend that you start out with a semi detox and then a full detox. But if you have the discipline and consistency then by all means start with a full detox. Your body will definitely thank you!!

A healthy dinner consists of eating fish, chicken, tuna, turkey and green vegetables. When trying to lose weight portion size is very important. Dinner protein size should be between 4-5 oz. and 1 cup of vegetables. Foods that I recommend you avoid shrimp, lobster, pork, crawfish, carbs, milk, liquor, cheese and any fried foods. If you want the best results stick to the plan.

### **Snacks you can eat during the 10-day detox**

- Boil Eggs
- Low sodium tuna
- Vegan mayo
- Raw crunchy vegetables
- Peanut butter
- Unsalted nuts
- Fruits

**Pictures of healthy dinner options!**



**Chicken and string beans**



**Salmon, spinach avocado, seeds**



**Tilapia and string beans**



**Turkey Breast and vegetables**





**Salad**



**Tuna Salad**

## **Pictures of healthy snack options!**



**Devil eggs, vegan mayo, cayenne pepper**



**Apples with peanut butter**



**Tuna, cucumber and cayenne pepper**



**Fruit Salad**

### **My 1<sup>st</sup> 10 Day Semi Detox Routine**

My first round of semi detox consists of me drinking 1 smoothie for breakfast and lunch. I drink 1 gallon of water a day. I also drink snatch queen detox tea (available on the website) in the morning.

- 8:00am (Breakfast) 1<sup>ST</sup> Smoothie and detox tea
- 11:00am (Midday lunch) Boil Egg
- 2:00pm (Lunch) 2<sup>nd</sup> Smoothie
- 5:00pm (Afternoon Snack) Raw baby carrots and cucumber slices
- 8:00pm (Dinner) 4 Oz of Bake fish/chicken with 1 cup of vegetables
- 10:00pm I will take Mag O7 (available on the website)

## **My 2<sup>nd</sup> Full 10 Day Detox Routine**

My 2<sup>nd</sup> round of smoothie detox consists of me drinking 1 smoothie for breakfast, lunch and dinner. I drink 1 gallon of water a day. I also drink snatch queen detox tea (available on the website) in the morning.

- 8:00am (Breakfast) 1<sup>ST</sup> Smoothie and detox tea (oolong)
- 11:00 am (Midday Lunch) Boil Egg
- 2:00 pm (Lunch) 2<sup>nd</sup> Smoothie
- 5:00pm (Afternoon Snack) Raw baby carrots and cucumber slices
- 8:00pm (Dinner) 3<sup>rd</sup> Smoothie
- 10:00pm Take Mag O7 (available on the website)

Water bottles are available on the website.  
(snatchqueen.com)

**I recommend that you do a  
semi detox and a few days  
later do a full detox!!!**

## **Tip Sheet**

1. Frozen smoothie taste better to me.
2. You can take the recipes in this book and tweak them to your liking. (Example if you're allergic to a fruit or vegetable in the recipe substitutes it with favorite).
3. Not every smoothie is going to turn out perfect when made.
4. Chew your smoothies to help improve digestion.
5. Buy your fruits and vegetables in small amount to prevent them from going bad.
6. Make your smoothies on Sunday for the week so you don't have to worry about making them during the week. Freeze your smoothies for the week.
7. Make your tea (oolong) on Sunday and pour into an 8 oz bottle and put them in the refrigerator.
8. Drink plenty of water throughout the detox (1 GALLON DAILY).
9. Add 2-3 cucumber slices, 2-3 orange slices, 2-3 lemon slices and 3-4 mint leaves to your water that will help your water taste better and most importantly detox you.
10. If you're not using the bathroom at least once a day takes mag O7 pills.
11. Place frozen fruits in the blender first.

# Commitment Page

**I can do anything I put my mind to. I am in control of my body and what I eat!!!**

**Start Date:** \_\_\_\_\_

**Weight:** \_\_\_\_\_

**Chest Circumference:** \_\_\_\_\_

**Waist Circumference:** \_\_\_\_\_

**Most importantly take before and after Pictures!!!**

**Congratulation on taking the first step on your weight loss journey!!!**

## **Shopping List for the 1<sup>st</sup> 5 days**

4 Kiwis

5 Bananas

16 Oz Bag Peach (fresh/frozen)

16 Oz Bag Mangos (fresh/frozen)

16 Oz Bag Strawberries (fresh/frozen)

16 Oz Bag Pineapple (fresh/frozen)

16 Oz Bag Blueberries (fresh/frozen)

1 Bag Grapes

1 Large Papaya

1 Bag Flaxseed

1 Bag Chia Seeds

8 Oz Spinach

8 Oz Spring Mix Green

1 Box snatch queen detox tea (snatchqueen.com)

1 Bottle Mag o7 (snatchqueen.com)

16 Oz plastic bottles (snatchqueen.com)

Plant base protein powder (snatchqueen.com)

Coconut water, Unsweetened Almond Milk (optional substitutions for 2 cups of water)



## **Smoothie Recipes**

### **Day 1 Island Medley**



2 Cup peach

3 Cup papayas

1 Banana

2 Handful of spinach

2 Tablespoon chia seeds

2 Cups of water

Optional protein powder, honey, stevia

## Day 2 Banana Split



3 Bananas

2 Cup fresh/frozen strawberry

2 Handful of spring mix green

2 Cups water

2 Tablespoon chia seeds

Optional protein powder, honey, stevia

## Day 3 Grape Delights



2 Cup grape

3 Cup blueberries

2 Tablespoon flaxseed

2 Handful of mix spring green

2 Cups water

Optional protein powder, honey, stevia

## Day 4 Pineapple Retreat



2 Cups papaya

2 Handful of spinach

2 Cups pineapple

2 Tablespoon chia seeds

1 Banana

2 Cups water

(Optional protein powder, honey, stevia)

## Day 5 Kiwi Twist



3 Kiwis

2 Cup green grapes

2 Handful of mix green

2 Tablespoon flaxseed

2 Cups water

Optional protein powder or honey or stevia

## **Shopping List for the last 5 days**

2 Apples

5 Bananas

1 Bag grapes

16 Oz Blueberries Mix (fresh/frozen)

16 Oz Strawberry (fresh/frozen)

16 Oz Mangos (fresh/frozen)

16 Oz Pineapple (fresh/frozen)

16 Oz Peach (fresh/frozen)

1 Bag Flaxseed

1 Bag Chia Seeds

16 Oz Mix Green

16 Oz Spinach

Plant base protein powder (snatchqueen.com)

Coconut water, Unsweetened Almond Milk (optional substitutions for 2 cups of water)

## Day 6 Apple Green



2 Bananas

2 Apples

2 Handful of spinach

2 Tablespoon ground flaxseed

2 Cups of water

Optional protein powder or honey or stevia

## Day 7 Strawberry Fantasy



2 Cups blueberries mix

3 Cups strawberry

2 Handful mix greens

2 Tablespoon chia seeds

2 Cups of water

Optional protein powder or honey or stevia



## Day 8 Tropical Paradise



3 Cup Pineapple

2 Bananas

2 Handful mix greens

2 Tablespoon ground flaxseed

2 Cups of water

Optional protein powder or honey or stevia

## Day 9 Mangoes Madness



3 Cups mangoes

2 Bananas

2 Handful of mix greens

2 Tablespoon Chia seeds

2 Cups of water

Optional protein powder or honey or stevia

## Day 10 Peachy



2 Cups peach

3 Cups strawberry

2 handful of spinach

2 tablespoon ground flaxseed

2 cups of water

Optional protein powder or honey or stevia

**Testimonials from people who have followed  
the same smoothie detox I did**

I've tried several types of diets but there hasn't been one I could really stick to. The one I stuck to the longest was the juicing and it just got to be too much time with the prepping and cleaning. Aneka posted about her weekly routine and her results. I asked and she invited me to a weekly detox challenge group. I accepted and I'm excited that I have! I started at 170lbs and by the 10th day, I was at 159lbs. It was easier than I thought because you can still eat good foods along with it. Tuna, chicken, salads, and nuts to curb the appetite. A few days into the smoothie detox, a whole day went by before I realized I hadn't been hungry! And it was just getting easier. The recipes are delish and super easy to make. Cleanup was a breeze and now it's part of my lifestyle. I'm just now starting to add in some gym time. My skin has cleared up and seems to glow, my nails look healthier, and I have more energy. It's amazing what healthy foods do for our bodies! By: Staci Jeffries

The juicing detox has done wonders for me not only physically but mentally. It was hard at first because I was used to eating unhealthily. I set up a goal to lose 10 pounds and to follow all of the steps and it has worked wonders. I've lost 11 pounds and learned to eat smaller portions and enjoy what I eat. I plan to continue this journey for as long as I can. By: Ann...

Today is the last day of the juicing detox until we start again on Sunday. So far, I have lost 5 pounds (with the exception of a minor setback) I have noticed my stomach is smaller and my clothes fit better. I haven't reached my or best weight yet. However, I plan to continuing the juicing detox. As well as doing my best to live a healthier life. The benefits of taking care of me out weigh my obsession with food. By: Noni Chambers

My son has Neurofibromatosis and refuses to eat vegetables. He will however drink smoothies. He complained about headaches all the time. He was put on several medications, one that made him very sick. I finally decided to try smoothies. I started him with one a day and now he is drinking smoothies twice a day. I am glad to say headaches complaints are less. I love the smoothie detox because it allows my son to get the vitamins and minerals he wouldn't receive because he doesn't like to eat vegetables. By: S. Simmons

## Conclusion

The reason why I did the smoothie detox twice is because I realize it takes 21 days to break bad habits and 90 days to build a lifestyle. So, after going through the smoothie detox twice, you should have built up enough consistency to keep at it.

To keep off the weight I continue drinking 1 to 2 smoothies a day. I started working out for 20 minutes a day. I also eat no red meat, chicken or pork. I continue to eat smaller portion sizes 4 – 5 oz protein with vegetables. I use olive oil to cook with. I also use sea salt. I use everything whole wheat including rice pastas and bread. I started meal prepping for the week just to make sure that I am on track. I added a multivitamin, probiotic and turmeric pills to my daily routine.

These are some of the things that you can do as well to help you become healthier. Whatever you choose to do make sure you are consistent and disciplined. It won't work if you do it for a week and stop. Consistency is the key! Thank you for reading about my smoothie detox journey. I hope to hear about yours.

You can email me your success stories, picture or any questions you may have at [snatchqueen23@gmail.com](mailto:snatchqueen23@gmail.com). Join our free support group on Facebook and Instagram <https://www.facebook.com/groups/lose10poundsin10days/?ref=share>) and [snatchqueen23](#).

Feel free to visit our website [www.snatchqueen.com](http://www.snatchqueen.com)

## **Bonus Smoothie Recipes**

### **Bonus Smoothie 1**

1 Cup frozen/fresh mangoes

1 Cup frozen strawberries

1 Cup grapes

2 Handful of spinach

2 Cups water

2 Tablespoons ground flaxseed

Optional protein powder or stevia or honey

### **Bonus Smoothie 2**

2 Bananas

2 Apples cut up

2 Cups raspberries

2 Handful of mix greens

2 Cup water

2 Tablespoon chia seeds

Optional protein powder or stevia or honey

### Bonus Smoothie 3

2 Cup pineapple

2 Cup strawberry

2 Handful of spinach

2 Cups water

2 Tablespoon Chia seeds

Optional protein powder or stevia or honey

### Bonus Smoothie 4

3 Cups papaya

1 Cup strawberries

1 Banana

2 Cup water

2 Handfuls of mix greens

2 Tablespoon flaxseed

Optional protein powder or stevia or honey



### Bonus Smoothie 5

2 Cup blueberries

2 Cup raspberries

1 Cup frozen mango

2 Handful of Spinach

2 Tablespoon chia seeds

Optional protein powder or stevia or honey