

THE 10 DAY FAT EXTERMINATOR SYSTEM



AMAZING LOW CARB KETO
SMOOTHIES



SMOOTHIE RECIPES



TIM ERNST

The 10 Day Fat Exterminator

SMOOTHIE RECIPES

Breakthrough Diet Of The 21st Century

**A Fool Proof, Science Based Diet
That's 100% Guaranteed To Melt Fat,
Reverse Chronic Disease And Live
Longer!**

By Tim Ernst

DISCLAIMER

All rights reserved. This book or any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission of the publisher except for the use of brief quotations in a book review. The scanning, uploading, and distribution of this book via the Internet or via any other means without the permission of the publisher is illegal and punishable by law.

Please purchase only authorized electronic editions of this book and don't participate in or encourage electronic piracy

If you would like to share this book with another person, please purchase an additional copy for each person you share it with, or ask them to buy their own copies. This was hard work for the author and he appreciates it. This book is a general educational health-related information product and is intended for healthy adults, age 18 and over.

This book is solely for information and educational purposes and is not medical advice. Please consult a medical or health professional before you begin any exercise, nutrition, or supplementation program or if you have questions about your health. There may be risks associated with participating in activities or using products mentioned in this book for people in poor health or with pre-existing physical or mental health conditions.

Because these risks exist, you will not use such products or participate in such activities if you are in poor health or have a pre-existing mental or physical health condition. If you choose to participate in these activities, you do so of your own free will and accord knowingly and voluntarily, assuming all risks associated with such activities.

Specific results mentioned in this book should be considered extraordinary and there are no “typical” results. As individuals differ, then results will differ.

CREAMY KETO CHOCOLATE SMOOTHIE

Ingredients:

- 3/4 cup coconut milk
- 1/2 ripe avocado
- 2 teaspoons unsweetened cacao powder
- 1 teaspoon cinnamon powder
- 1/4 teaspoon vanilla extract
- Stevia to taste
- 1 teaspoon coconut oil

Calories:

300

Macros:

4 Net Carbs

30g Fat

3g Protein

Fiber 10g

Instructions:

1. Blend all the ingredients together well.



BLUEBERRY AVOCADO PEANUT BUTTER KETO SMOOTHIE

Ingredients:

8 oz Frozen blueberries

3/4 cups Almond Milk

1/2 large Avocado

2 Tbsp Erythritol (or other sweetener of choice - adjust amount to taste)

2 Tbs Peanut butter

Instructions:

1. Blend all the ingredients together well until smooth

Serves 2.5

Calories Per Serving:

195

Macros Per Serving:

12.5 g Net Carbs

15g Fat

6.5g Protein

AVOCADO ALMOND KETO SMOOTHIE

Ingredients:

- 1 cup almond milk
- 1/2 ripe avocado
- 1 teaspoon lime juice
- 2 Tbsp Erythritol (or other sweetener of choice - adjust amount to taste)
- 1 teaspoon chia seeds

Calories:

217

Macros:

2 Net Carbs

17g Fat

5g Protein

Instructions:

1. Blend all the ingredients together well.

PB&J KETO SMOOTHIE



Ingredients:

1 cup frozen mixed berries

2 tablespoons natural peanut butter

1 scoop Keto vanilla protein powder (about 30g) (I use [this brand](#))

1 ½ cups Organic Almond milk

Calories:

140

Macros:

6 Net Carbs

4g Fat

30g Protein

Fiber 10g

Instructions:

1. Blend all the ingredients together well.

CHOCOLATE BLUEBERRY CHEESECAKE SMOOTHIE

Ingredients:

1 cup Almond milk

1 Tbsp Heavy Whipping
Cream

1 Tbsp Cream Cheese

1 Scoop Chocolate Whey
Protein

I use [this one](#)

1/2 Cup Blueberries

Ice Cubes

Instructions:

1. Blend all the ingredients together well.

Calories:

251

Macros:

9 Net Carbs

15 g Fat

25g Protein

Fiber 10g

KETO CHOCOLATE PEANUT BUTTER FROSTY

Ingredients:

1 cup heavy whipping cream

1 tablespoons peanut butter

2 tablespoons unsweetened cocoa powder

5 drops liquid Stevia

1 teaspoon vanilla extract

Serves 4

Calories Per Serving:

241

Macros:

4 Carbs

25g Fat

3g Protein

Fiber 10g

Instructions:

1. Mix all ingredients together using egg beaters until stiff peaks form.
2. Place in the freezer for about 30-60 minutes until barely frozen.
3. Place frosty in a plastic freezer bag, cut one corner, and pipe into separate small cups.

RASPBERRY LEMONADE SMOOTHIE

Ingredients:

1 cup frozen raspberries

1 cup sour cream

1/3 cup freshly squeezed lemon juice

1/3 cup water

1/4 cup Erythitol Sweetener or other sweetener

2 ounces cream cheese

2 cups ice

Serves 4

Calories Per Serving:

145

Macros:

8 Carbs

9.66g Fat

4.1g Protein

Instructions:

1. Blend all the ingredients together well.

KETO PUMPKIN SPICE SMOOTHIE

Ingredients:

1/4 cup Pumpkin puree

1/2 cup Calorie countdown mild or Almond

1/2 cup Heavy whipping cream

1/4 Vanilla extract

1/4tsp Nutmeg

Cinnamon to taste

1/4 cup Erythitol Sweetener or other sweetener

Serves 1

Calories Per Serving:

448

Macros:

4.45 Carbs

40.5g Fat

1.5g Protein

Instructions:

1. Blend all the ingredients together well.

CREAMY CINNAMON PEANUT BUTTER SMOOTHIE

Ingredients:

1 1/2 Cups Calorie Countdown Milk

2 tbsp Sour Cream

2 tbsp Peanut Butter

1/2 tsp Cinnamon

15 Drops Stevia

1/8 tsp Salt

6-8 Ice cubes

Serves 1

Calories

355

Macros:

12 Carbs

28g Fat

16g Protein

Instructions:

1. Blend all the ingredients together well.

CREAMY VANILLA MEAL REPLACEMENT SMOOTHIE

Ingredients:

1/2 Cup Egg Whites
1 tbsp Olive Oil
2 tbsp Sour Cream
1 tsp Vanilla Extract
2 tbsp Almond Butter
3-5 Drops Stevia
1/8 tsp Salt
6-8 Ice cubes

Serves 1

Calories

470

Macros:

8g Carbs

36g Fat

29g Protein

Instructions:

1. Blend all the ingredients together well.