

Stay-Full Weight Loss Smoothie

Creamy Cinnamon Berry Protein Smoothie

This smoothie is designed to **help you stay full for hours**, making it easier to eat fewer calories throughout the day without constantly feeling hungry. Instead of relying on sugary ingredients that cause energy crashes, this recipe combines protein, fiber, and healthy fats—three nutrients known to slow digestion and promote lasting fullness.

It's perfect as a healthy breakfast or lunch replacement for women who are trying to lose weight while maintaining muscle and steady energy.

Why This Smoothie Helps You Feel Full

- **Protein** helps preserve lean muscle and keeps hunger hormones in check.
- **Chia seeds** absorb liquid and expand, helping you stay satisfied longer.
- **Oats** provide slow-digesting carbohydrates and soluble fiber.
- **Greek yogurt** adds even more protein while making the smoothie extra creamy.
- **Peanut butter** supplies healthy fats that slow stomach emptying.
- **Berries** provide antioxidants with relatively little sugar.

Ingredients

- 1 cup unsweetened almond milk
- $\frac{3}{4}$ cup plain nonfat Greek yogurt
- 1 scoop vanilla protein powder
- 1 cup frozen mixed berries
- $\frac{1}{4}$ cup old-fashioned rolled oats
- 1 tablespoon chia seeds
- 1 tablespoon natural peanut butter
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon vanilla extract
- 1 handful ice cubes

Instructions

1. Add all ingredients to a high-powered blender.
2. Blend for 45–60 seconds until smooth and creamy.
3. If needed, add a little more almond milk until you reach your desired consistency.
4. Serve immediately.

Nutritional Facts (Approximate)

Nutrient	Amount
Calories	410
Protein	39 g
Carbohydrates	34 g
Fiber	10 g
Sugar	12 g
Fat	14 g
Saturated Fat	2 g
Sodium	230 mg
Potassium	720 mg

Nutrient	Amount
Calcium	35% DV
Iron	12% DV

Women's Health Benefits

This smoothie provides nearly **40 grams of protein**, which can help support muscle while losing body fat. The combination of protein, fiber, and healthy fats helps promote fullness, making it easier to avoid frequent snacking. Berries are rich in antioxidants that support overall health, while chia seeds contribute omega-3 fats and fiber that support heart and digestive health. Oats contain beta-glucan, a soluble fiber associated with improved satiety and healthy cholesterol levels.

Tips for Even More Fullness

- Use frozen fruit instead of fresh for a thicker smoothie.
- Let the smoothie sit for 5 minutes so the chia seeds can absorb liquid.
- Drink it slowly over 15–20 minutes instead of quickly.
- Pair it with a glass of water to further enhance fullness.

***Important:** No smoothie can “make you lose weight” on its own. Weight loss happens when you consistently consume fewer calories than you burn. Smoothies like this can make that easier by helping you feel satisfied for longer.*