

## [LOW CALORIE PROTEIN SMOOTHIE RECIPES](#)



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Loaded with protein and fiber, this smoothie is a great way to get your day started or sip after a hard workout. This green smoothie is creamy, fresh and flavorful with just a pinch of cinnamon. If you like your smoothies more sweet, try adding a 1/4 teaspoon of honey.

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These six low-carb smoothies, all with fewer grams of carbohydrates than grams of protein and fat combined, will help you start your day in a satisfying (yet slimming) way. And since each has less than 300 calories, feel free to make one your go-to afternoon snack, too.

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Frozen bananas and peanut butter team up to give this smoothie a rich, milkshake-like consistency that will make you think it's sinful. When you use unsweetened almond milk, though, it's packed with protein without sky-high sugar counts found in other smoothies. Get the recipe from Cooking Classy.

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### **8 Low Calories Smoothie Recipes to Try MyDomaine**

Well, pineapple is surprisingly low-calorie (one cup is just 82 calories). That's why this pineapple, cucumber, turmeric, ginger, and coconut water smoothie is okay to have on the regular. Cucumbers reduce belly bloat while a protein in the pineapple (aka bromelain) helps with digestion.

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### **Delicious Smoothie For Adrenal Fatigue Low Calorie**

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