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Diet shake recipes to help you lose weight



Looking for diet shake recipes? Look no further! Diet shakes are excellent as a meal replacement and so easy to make, not to mention the fact that they taste great! Diet shakes make a refreshing summer treat or dessert after dinner. Whether you add nutritional supplements or just what you can buy from the grocery store; there are a thousands of diet shake recipes out there to provide you with a good variety of choices. It is also fun to experiment with diet shake recipes and add personal touches to your yummy weight loss creations.

One of the best things to add to any smoothie or diet shake recipes is low-fat yogurt. Apart from being delicious, yoghurt also provides large amounts of calcium to help reduce the incidence of osteoporosis in later life. Additionally, several recent scientific studies indicate that a diet rich in calcium may inhibit fat absorption in the small intestine. In the studies, individuals who average an extra 1,250 mg of calcium per day had significantly higher levels of undigested fat in their bowel motions regardless of whether the calcium came from traditional dairy products or calcium supplements. Regardless of whether you make a water (ice) based diet shake or a dairy based diet shake recipe, a small tub of yogurt can add a significant benefit. Apart from adding a nice creamy consistency to your diet shake recipes, it also increases the calcium content AND makes the shake more filling.

If you want to make the shake even more filling, simply add an egg to the recipe... or more specifically an egg white. Egg whites are almost pure protein and protein helps to make you feel fuller for longer... Remember the movie 'Rocky' in the 1980s... remember what Rocky had for breakfast every morning... he cracked three eggs into a glass and drank them without even beating them (ewww!). Yet the principle is completely sound. By adding an egg to your diet shake recipes you effectively turn them into protein shake recipes

Here are five tried-and-true diet shake recipes. Give them a whirl in your blender:

Strawberry-Orange-Banana Diet Shake Recipes

- 2 cups of orange juice
- 1 or 2 sliced bananas
- 1 cup of strawberries
- 1 cup of ice
- 1 small tub of low fat strawberry-banana yogurt

Mango & Mandarin Diet Shake Recipes

- Segments from 2 mandarin – or 2 cans

- 2 mangoes – cut into cubes
- 1 cup of ice
- 1 or 2 eggs or a Protein supplements from the health food store
- 1 small tub of low fat mango yogurt

Berry Berry Special Diet Shake Recipes

- Half a cup of cranberry juice
- Half a cup of apple juice
- 1 cup of strawberries
- 1 Punnet of blueberries
- 1 punnet of raspberries
- 1 banana
- 1 small tub of low=fat strawberry or blueberry yogurt

In the recipe above you can substitute frozen berries from the freezer department of your grocery store if necessary.

Choc/Banana/Vanilla Diet Shake Recipes

- 1 frozen banana cut into pieces
- 1 teaspoon of vanilla
- 1 cup of skim milk
- 1 teaspoon of Splenda
- 1 teaspoon cocoa powder
- 1 small tub of low fat natural or vanilla yogurt

Mocha Coffee Diet Shake Recipes

- 1 teaspoon instant coffee
- 1 teaspoon cocoa powder
- 1 teaspoon of Splenda
- 1 cup of Ice
- 1 small tub of low fat vanilla or natural yogurt
- 1 or 2 eggs or protein supplement powder (optional)

It doesn't matter which of the diet shake recipes you are making, the process is identical. Place all ingredients into a blender and zapp it. Operate the blender until the shake reaches your desired thickness, pour into a chilled glass, and enjoy your healthy, homemade, nutrient-rich, diet shake recipes. Not only does it help you lose weight; it also tastes delicious.

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