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Dr Oz Breakfast Pregnancy Smoothie To Shed Extra Baby Weight

by jdsqz1 on March 15, 2010

in [Dr Oz Recipes](#)



Are you carrying around the extra baby weight – This powerful [Dr Oz Breakfast Pregnancy Smoothie To Shed The Extra Baby Weight](#) is perfect for moms on the go and their kids! A Dr. Oz Show guest, Annie, discovered one of the keys to losing her baby weight was finding healthy and creative ways to mimic her favorite dishes.

Annie asked Dr Oz for help and he and Michael Roizen came up with this pregnancy smoothie

for Annie. While having a smoothie in the mornings along with exercise and her 10,000 steps a day annie went from 196 pounds to 155 pounds. She lost a total of 41 lbs.

Dr Oz Annie's Breakfast Smoothie

Serving 1 cup

1 cup juice of your choice (papaya or mango nectar base is smoother and less acidic; less thick juices are preferable)

1 small banana or $\frac{3}{4}$ cup of your favorite berries

2 tbsps whey protein

2 tbsps flax, freshly ground (helps with constipation and provides omega-3s)

1 tbsp hemp seed nut, hemp protein, or psyllium husk (for fiber)

1 tbsp Salba or chia seeds (provide omega-3, calcium, magnesium and protein)

1 tbsp wheat germ (for B vitamins)

3 200-milligram fish oil capsules (break and use oil)

Blend well and enjoy!

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