

Stress Relieving Moody Smoothies

These protein smoothies will help reduce stress, stabilize the blood sugar level, reduce appetite as well as provide nutrients that are depleted during stress. They will also reduce the stressed feeling and enhance mood.



Strawberry/Banana Smoothie – Will enhance mood and replenish vitamin C to help fight stress.

1 C skim milk
1 scoop whey protein powder
1/2 banana- peeled
1/4 C strawberries
1/2 C ice
Place in blender and mix.



Blueberry Smoothie – Will help fight stress and strengthen the immune system which is normally damaged by stress.

1 C vanilla yogurt
1/2 C skim milk
1/2 C blueberries
1/2 scoop whey protein powder
1/2 C ice
Place in blender and mix.



Vanilla Smoothie - Vanilla eases stress, brings on a feeling of comfort and reduces anxiety.

1 C skim milk
1 1/2 C vanilla yogurt
1 tsp vanilla extract
1/2C ice
1 packet splenda
Place in blender and mix.



Peanut Butter and Banana Smoothie – Will enhance mood and provide comfort during stressful times. This is a low calorie comfort food.

1 C skim milk
1/8 C Peanut butter
1 banana- peeled
1/4 C ice
Place in blender and mix.



Be sure to pick a copy of the **Stress Eater Diet** at a bookstore near you.

Are you a stress eater? Take our quiz at www.stresseaterquiz.com

For more information go to: www.stresseaterdiet.com

