

Green juice to lose weight

Did you hear that green juices can help you lose weight and have some extra kilos you want to lose to use the clothes you used to wear?

Do you feel that those kilos interfere with your health?

Surely you want to lose weight, for which today we will show you what green juices can do for you and how they help you achieve that goal.

This article will teach you how to prepare green juice to lose weight made of fruits and vegetables that are very beneficial to burn fat throughout the day.

So, if you are looking to lose weight, the first thing you need is determination. In this regard, take note of this recipe and put it to work.

You will be surprised at the many benefits that this green juice has for weight loss, among the main ones are:

Green juice to lose weight [RECIPE]



This green juice to lose weight is very beneficial because it contains:

- vitamins C and B6
- fiber
- folic acid
- Omega-3 fatty acids
- antioxidants
- phytonutrients.

In addition, the ingredients of this juice are 100% natural and are very easy to get at any local store.

Ingredients

- Juice of 1 lemon or the juice of half orange
- 1/2 cup chopped parsley
- 1 stalk of celery
- 5 spinach leaves
- 1 small piece of ginger
- ½ cucumber
- 1 green apple

Preparation

- Squeeze the juice of a lemon and put it in the blender
- Wash the parsley and cut it finely until it has half a cup of it. Then place it in a blender
- Wash a stalk of celery, cut it and put it in the blender
- Wash 5 spinach leaves and place them together with the other ingredients in the blender
- Cut a piece of ginger and grate it in the blender so that its properties are incorporated into the rest of the ingredients
- Wash half of a cucumber, cut it and add it to the blender. Keep in mind that you should not remove the carapace
- Peel a green apple, remove the seeds and put it in the blender
- Once you have all the ingredients in a blender, mix well until you get a smooth consistency

How to use green juice to lose weight?

You should drink this green juice to lose weight every morning fasting for 10 days.

Keep in mind that, as it is a cleansing juice, you should not extend your consumption for more than 10 days.

Also, if your goal is to lose weight you should accompany this green juice with daily physical activity, with a healthy diet and consume at least two liters of water per day.

Benefits of green juices to lose weight

- It has fewer calories

- Provides instant satiety
- The apple has a large amount of fiber that helps regulate bowel function
- Cucumber contains tartaric acid that inhibits the conversion of fatty carbohydrates
- Ginger reduces inflammation and promotes sensitivity to glucose. It also has serotonin, a neurotransmitter involved in
 - appetite control
- Spinach has thylakoids that increase the digestion process, producing a greater feeling of fullness
- Celery, which is mainly composed of water, is an excellent natural diuretic
- Lemon contains flavonoids that eliminate the fat found in cell walls
- Parsley is an excellent digestive that prevents the accumulation of gases and, therefore, inflammation of the abdomen

As you can see, this green juice to lose weight is an excellent complement to your daily diet. Include in your diet and you will see how many benefits it gives your body.