

Live to 95! Be Happy

Prevention[®]

April 2016

**Youthful
Skin at
40+**

Get your
glow back!

NO
MORE
DIETS!

**EAT
CLEAN
STAY
LEAN**

**"How I lost
40 pounds"**

Maria Menounos

**Natural
Sleep
Secrets**

Try them
tonight!

PLUS

**The Perfect
Smoothie**

**Sexy Legs
and Butt**
In 10 Min a Day

**7 Amazing
Breakfasts**
Under 400 calories

6 SMOOTHIE ADD-INS THAT REV METABOLISM AND BURN FAT

Smoothies not helping you lose weight? Then it's time to hack your blend with these science-backed slimming foods.

PROTEIN POWDER

It boosts your lean muscle mass and metabolic burn when you exercise—and it helps you feel full. We like **Source Organic Whey Protein** from shop.prevention.com.

AVOCADO

Add this fruit for a creamier mix and for its monounsaturated fat, which helps lower inflammation, stabilize blood sugar, and burn fat.

TIGER NUTS

These tiny tubers are high in resistant starch, a fiber that balances blood sugar and keeps you fuller longer than equally caloric foods.

MATCHA

Jump-start your AM with this powdered variety of green tea, which can up metabolism by as much as 4% per day, thanks to caffeine and the antioxidant EGCG.

CAYENNE

Capsaicin, the active ingredient in cayenne, revs your body temp, helping you burn more calories, while adding a spicy kick to shakes.

ALMOND BUTTER

Just 2½ Tbsp per day of this spread has been linked to reduced belly fat and waist circumference, while its protein and fiber keep you full.

Sources: Jessica Fishman Levinson, RD; Frances Largeman-Roth, RDN

