

THE SMOOTHIE GUIDE

Blends for Hair, Skin & Gut Health

Everyday recipes for your wellness goals.



HAIR HEALTH



ACNE-PRONE SKIN



HEALTHY SKIN



GUT HEALTH



NOURISHING
SMOOTHIES



ABHAY SINGH



WELCOME

Your Smoothie Guide

This guide is a free bonus that comes with **The Complete Hair Health Guide**. It gives you eight simple, delicious blends that fit into everyday life, built from ingredients you can find in most Indian kitchens and markets.

Hair and skin are made from what you eat. A smoothie is an easy way to add protein, fibre, healthy fats and colourful plants to a busy day. But a smoothie is a helper, not a miracle: it works best alongside balanced meals, enough sleep, a good scalp-care routine and, when needed, advice from a doctor.



What you will find inside

A simple formula to build your own smoothie in under 5 minutes.

Eight tested recipes: hair fall, hair strength, dandruff, antioxidant, detox-style hydration, gut health, acne-prone skin and healthy skin. Each has exact quantities, calories, protein and fibre.

A food-and-nutrient chart, a weekly planner, a shopping list, safety notes and a tracker.

How to read the nutrition numbers

Values are per serving and approximate, calculated from standard food-composition data (USDA FoodData Central style values). Your fruit size, brand of yogurt and measuring method will change them a little. Use them as a guide, not a lab result.



CONTENTS

What is inside

Smoothie basics: the 5-part formula	4
Nutrients behind healthy hair and skin	5
The 8 recipes	6
Hair Fall Defence Green	7
Protein Power Strength Shake	8
Dandruff Calm Zinc Cooler	9
Antioxidant Berry Boost	10
Green Hydration Reset	11
Gut Friendly Papaya Oat Lassi	12
Clear Skin Low-GI Blend	13
Glow Papaya Carrot Blend	14
Your weekly smoothie planner	15
Safety notes and common questions	16
Hair and skin diary	17