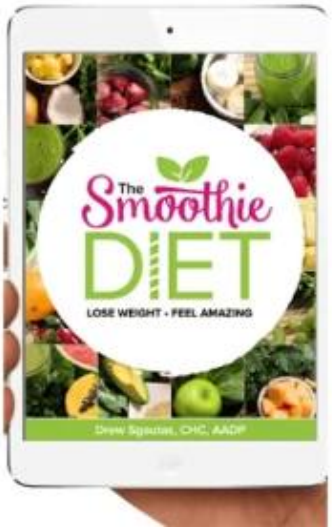
WellnessPickr
Independent health & fitness reviews

WEIGHT LOSS · FULL REVIEW REPORT

The Smoothie Diet

A simple 21-day meal-replacement plan

What the $27 program includes, how its method compares with the research, which claims hold up, the real cost and how to use the 60-day guarantee.



7.2
out of 10

GOOD

6.2 weighted
+1 bonus gifts

Evidence & method (25%)	6.0
Transparency (15%)	6.5
Claims vs reality (15%)	3.5
Value for money (15%)	7.5
Refund policy (30%)	7.0

PRICE	FORMAT	REFUND	BONUSES
$27 one-time	PDF download	60 days	2 included

In one sentence: a cheap, clearly described 21-day plan that turns meal replacement into a daily routine, with a generous 60-day refund window; add protein to your smoothies, aim for 1–2 lb a week, and ignore the “8 lb in a week” stories, which the site itself calls untypical.

Reviewed by Serkan Gökdemir, Medical Laboratory Technician
Content and evidence analysis of the sales page, its policies and the Digistore24 checkout, checked Nov 27, 2026. We did not follow the program ourselves. Interactive version: wellnesspickr.com/weight-loss/smoothie-diet-review/

INSIDE THIS REPORT

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WHAT IT DOES WELL

The Smoothie Diet at a glance

✓ Low one-time price

$27 for the whole program and both bonuses. No subscription, no monthly fee.

✓ 60-day guarantee

Two months to ask for a full refund by email, for any reason.

✓ A plan, not just recipes

A 3-week schedule tells you which smoothie to have and when.

✓ Weekly shopping lists

Lists for each week plus a swap list for hard-to-find ingredients.

✓ Quick to follow

Recipes take minutes, and a blender under $50 is enough.

✓ A studied method

Replacing some meals with a set drink is one of the better-studied ways to cut calories.

THE SHORT VERSION

What it does well

A cheap, clearly described plan that makes meal replacement a routine, with shopping lists, a printable quick-start guide and 60 days to change your mind.

What to know

Fast-loss stories (8 lb in a week) are not typical, by the site’s own disclaimer. Fruit-only smoothies can be low in protein; the diabetes claims need a doctor’s view.

Our take

A sensible, low-risk way to try a smoothie-based routine. Add protein, aim for 1–2 lb a week, and judge it on your tape measure after three weeks.

THINKING OF TRYING IT?

How to try it the smart way

1

Check your medicines
Especially insulin, diabetes tablets and warfarin.

2

Measure before day 1
Weight and waist, then once a week (log on page 8).

3

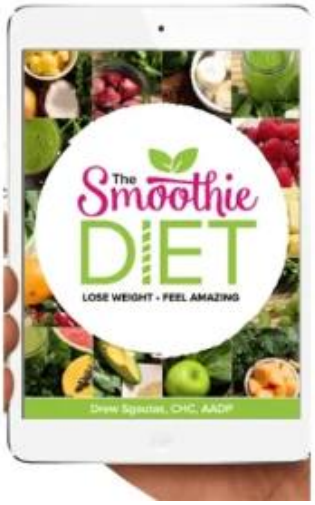
Add protein
Greek yogurt, milk or a protein powder keeps you full.

4

Mark day 50
Decide by then, while the 60-day refund is open.

THE PROGRAM AND TWO BONUSES

What is inside, and what it really costs



- **The 21-day program** (main guide) with a custom 3-week schedule
- **36+ meal-replacement smoothie recipes**
- **Shopping lists for each week** and a swap list
- **Smoothie-making tips and prep guide**, plus blender suggestions
- **Bonus 1: 3-day smoothie detox** with its own shopping list
- **Bonus 2: quick-start guide**, a 20-page printable version

Everything comes as PDF files you read on a computer, tablet or phone; nothing is mailed. The author says ingredient and nutrient ratios change week to week, and the guide explains how to continue after day 21 and how to move back to regular meals. List taken from the official sales page.

REAL COST

Item	Price	Notes
The Smoothie Diet 21-day program	**$27.00** one-time	Main guide, 36+ recipes, schedule, shopping lists, prep guide. Taxes may be added for your country.
Bonus: 3-day smoothie detox	Included	Three days of detox smoothies with a shopping list.
Bonus: quick-start guide	Included	A 20-page printable short version of the main guide.
Per day of the plan	**about $1.29**	$27 over 21 days, before groceries; the plan can be reused.
Groceries and a blender	Your own	Fruit, greens and a liquid each day. Any blender with a strong motor; the guide lists models under $50.

THE FINE PRINT

“Only $47 $27, ending soon”

The $20 discount banner is part of the page; we saw the same $27 at checkout.

Testimonials

“8 lbs in 1 week” and “3 lbs in 3 days” are, per the FTC disclaimer, best results, not typical.

Upsells

The affiliate page mentions upsells. Extra offers after checkout are optional.

How buying works. The order buttons lead to a Digistore24 checkout showing $27.00. Pay with Apple Pay or Google Pay, a credit card or PayPal. It is a one-time payment, and the download page opens right after payment. Digistore24 is the reseller: keep the “Digistore24 - Order successful” email, which holds your order ID.

WHAT THE SALES PAGE SAYS

Claims vs. evidence, and the score

Sales page claim	What we found	Verdict
Replacing meals with smoothies helps you lose weight	Partial meal replacement has good research: in a pooled analysis of six trials, people lost about 2.5 kg more than on a standard reduced-calorie diet.	**Supported**
“Lost 8 lbs in 1 week”, “3 lbs in 3 days”	Fast early loss is partly water. The site’s disclaimer calls these the best results. A steady 1–2 lb a week is the usual safe target.	**Not typical**
“Eliminate more body fat, faster than anything you’ve tried”	We found no study comparing The Smoothie Diet with other diets.	**Not shown**
“Guarantees to help you lose weight”	What is guaranteed is a 60-day refund, not a result. Still a good safety net.	**Read as a refund**
Green smoothies “may help reverse” type 2 diabetes in some people	Weight loss can improve blood sugar, but fruit smoothies can raise it quickly and medicines may need adjusting.	**Risky message**
Cravings for sweets “disappear”	Reported by customers; there is no data on it.	**Can’t verify**

0
published studies of the program

36+
smoothie recipes listed

$27
one-time price

60
days to ask for a refund

THE WELLNESSPICKR SCORE: HOW 7.2 ADDS UP

6.0 — **Evidence and method (25%)**
Partial meal replacement is well supported; fruit-heavy smoothies can be low in protein, and the program itself has not been studied.

6.5 — **Transparency (15%)**
Contents, format and bonuses are clearly listed, with a named coach and an email. No company address on the site.

3.5 — **Claims vs. reality (15%)**
Fast-loss testimonials, “faster than anything” and diabetes wording, partly offset by an honest FTC disclaimer.

7.5 — **Value for money (15%)**
$27 once for a reusable plan, recipes and lists; groceries are extra.

7.0 — **Refund policy (30%)**
60 days, any reason, by email, nothing to send back. The terms are short and only on the sales page and checkout.

+1 — **Bonus gifts (offer extra)**
The 3-day smoothie detox and the printable quick-start guide.

Weighted total 6.2, plus 1 point for bonus gifts = 7.2 (“Good”: 6.0–7.9). Free shipping does not apply to a digital product.

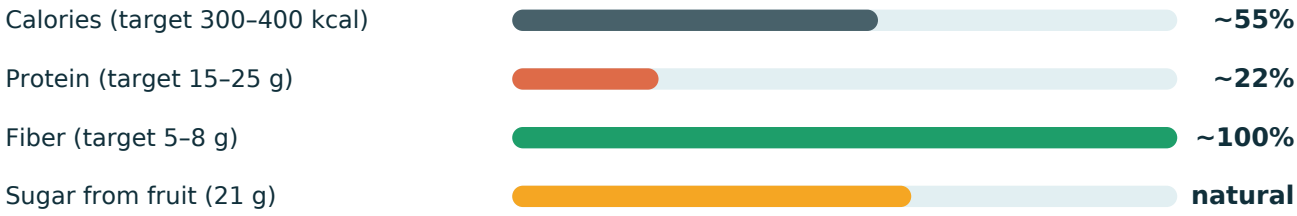
LAB TECH'S CHECK

Smoothie nutrition check

The program's own recipes are inside the paid guide. To show what a typical smoothie delivers, we built three examples from common ingredients (values from USDA FoodData Central, approximate). A meal-replacement smoothie works best with about 15–25 g of protein and 5 g or more of fiber.

A fruit-only smoothie vs. a meal

Banana, strawberries, spinach and almond milk (about 194 kcal) against meal-replacement targets.



Our reading: protein is low. + ½ cup Greek yogurt and 1 tbsp chia = about 318 kcal, 18 g protein, 11.5 g fiber.

Example smoothie	Ingredients	kcal	Protein	Fiber	Sugar
Fruit-only green	Almond milk, spinach, banana, strawberries	194	4.3 g	7.4 g	21.4 g
Filling meal	The same + ½ cup Greek yogurt + 1 tbsp chia	318	17.8 g	11.5 g	25.0 g
Tropical	Orange juice, spinach, mango, pineapple	300	4.9 g	6.1 g	59.7 g

Add protein

Greek yogurt, milk, a scoop of protein powder or 1 tbsp peanut butter.

Keep juice small

Juice adds sugar fast; use water, milk or unsweetened almond milk.

Use greens freely

Spinach and kale add almost no calories (keep amounts steady on warfarin).

Daily calorie target. The online review has a calculator (Mifflin-St Jeor equation, 20% deficit, never below 1,200 kcal for women or 1,500 kcal for men) that also shows your refund dates and adds calendar reminders.

SELLER AT A GLANCE

Seller, refund steps and timeline

Seller at a glance	From the sales site, its policy pages and the checkout. WellnessPickr is not the seller.
Brand / website	The Smoothie Diet™ · official.smoothiediet.com (also smoothiediet.com)
Author	Drew Sgoutas, CHC, AADP (“Health Coach Drew”), named on the guide cover; the site’s disclaimer says he is not a doctor
Email	support@healthcoachdrew.com (orders, include your order number); contact@smoothiediet.com (site)
Reply time	24–48 hours, per the contact page
Format	PDF files, downloaded right after checkout; nothing is mailed
Payment	Digistore24 checkout; $27 one-time, no subscription; Apple Pay, Google Pay, cards, PayPal
After checkout	The affiliate page mentions upsells; they are optional
Company address	Not listed on the site; Digistore24 is the reseller of record

HOW TO USE THE 60-DAY GUARANTEE

1. **Email support**
support@healthcoachdrew.com with your Digistore24 order number.

2. **Ask for the refund**
Say you are using the 60-day guarantee. No reason needed.

3. **Allow 24–48 hours**
The contact page says replies can take that long.

4. **No reply?**
Use Digistore24’s order support or support@digistore24.com with your order ID.

Tips that protect you: screenshot the 60-day promise before you pay · keep the Digistore24 order email · decide by about day 50, so a slow reply can’t push you past day 60. Write your dates here: order date _____ day 50 _____ day 60 _____

WHAT TO EXPECT, WEEK BY WEEK

DAY 1
Shop with the week-1 list; measure weight and waist.

WEEK 1
The scale may drop fast; part is water. Hunger may show up.

WEEK 3
End of the plan: about 3–6 lb is realistic. Use the transition guide.

DAY 60
The refund window closes. Decide by day 50.

SAFETY

Safety, is it for you, and questions to ask

Possible side effects

- Hunger, tiredness or headaches in the first days
- Gas or bloating from extra fiber
- Blood sugar swings with very fruity smoothies
- Weight regain if you stop without a plan

See a doctor first if you

- Take insulin or other diabetes medicine
- Take warfarin or have kidney disease
- Are pregnant, breastfeeding or under 18
- Have had an eating disorder

“THIS PROGRAM IS NOT FOR YOU IF…”: TICK ANY THAT APPLY

☐ STOP **Do you take insulin or other diabetes medicine?**
Meal smoothies change blood sugar quickly; plan it with your doctor.

☐ STOP **Are you pregnant or breastfeeding?**
Meal-replacement diets are not advised.

☐ STOP **Have you had an eating disorder?**
Strict meal plans can trigger relapse.

☐ STOP **Are you under 18?**
Not sold to minors; growing teens need medical advice.

☐ CAUTION **Do you take warfarin or have kidney disease?**
Greens add vitamin K and potassium; keep amounts steady.

☐ CAUTION **No blender, or no time for a weekly shop?**
You need a strong blender; frozen fruit helps.

LAB TECH’S TAKE: WHAT TO MEASURE

Question	How to measure it	Why
Is it working?	Weight and waist, weekly	The waist often shrinks on weeks the scale stalls.
Blood sugar	Fasting glucose, HbA1c	For diabetes or prediabetes; HbA1c shows about three months.
Warfarin users	INR	Daily greens add vitamin K.
Kidney disease	Potassium, creatinine	Fruit and greens add potassium.

QUESTIONS TO ASK THE SELLER, AND YOUR DOCTOR

1. Seller: how many grams of protein does a typical recipe in the plan have?

2. Seller: which upsells follow the $27 order, and are they covered by the same 60 days?

3. Doctor: do my diabetes or blood pressure medicines need adjusting on a meal-replacement plan?

4. Doctor: is a daily spinach or kale smoothie safe with my warfarin dose?

TRACK IT YOURSELF

Your 8-week weight and waist log

Weigh yourself at the same time of day once a week and measure your waist at the navel. Three weeks of the plan plus five more covers most of the 60-day refund window. Units: lb / in or kg / cm.

Week	Date	Weight	Waist	Smoothies a day	Hunger (1-5)	Notes
Start						
1						
2						
3						
4						
5						
6						
7						
8						

Week 3 (highlighted) is the end of the 21-day plan. Decide about the refund by day 50.

SOURCES

1. The Smoothie Diet sales page, FAQ, terms, disclaimer and contact pages (official.smoothiediet.com) and the Digistore24 checkout, checked November 27, 2026.

2. Heymsfield SB et al. (2003). Weight management using a meal replacement strategy: meta and pooling analysis from six studies. International Journal of Obesity. nature.com/articles/0802258

3. NIDDK. Choosing a safe and successful weight-loss program. niddk.nih.gov

4. CDC. Steps for losing weight. cdc.gov/healthy-weight-growth/losing-weight/

5. USDA. FoodData Central (smoothie nutrition values). fdc.nal.usda.gov

About this report. Written by Serkan Gökdemir, a medical laboratory technician with 15 years in clinical labs, for WellnessPickr. It is a content and evidence analysis, not a personal trial, and it is general information, not medical advice. WellnessPickr is reader-supported and may earn a commission when you buy through its links; this never changes the score. Full review with interactive tools: wellnesspickr.com/weight-loss/smoothie-diet-review/