Complementary Blog Post: Chai Seed Recipe Ideas

Subject: 3 Ways to Lose Weight With Chia Seeds

[firstname],

You might have heard that chia seeds are a powerful superfood that is packed full of vitamins and antioxidants. There are so many ways that you can use them and reasons to start incorporating them into your diet.

Chia seeds are little black seeds that expand when they are put in liquid. This makes them wonderful for weight loss. You can them to your food or drink and they will expand. When the seed expands it causes you to get fuller faster and not eat as much. So people who are trying to lose weight should put chia seeds on their grocery list.

To get the most out of chia seeds during weight loss you’ll need to follow these steps:

1.Get 4 to 6 ounces of water

2. Add 1 to 2 Tablespoons of chia seeds to the water

3. Then drink it quickly

You’ll want to drink the water right after you get everything set up – otherwise the chia seeds will expand and it’ll get harder to drink it all.

If you don’t want to chug a glass of water with chia seeds in it - you can also add them to other drinks such as smoothies. Make your smoothie like you normally would and then add a teaspoon to the drink. Add any more than that and it’ll get too thick you won’t be able to drink it.

You can also make chai seed pudding to help you lose weight. This is a great breakfast meal. You only need a few ingredients such as greek yogurt, almond milk, frozen berries, chia seeds and honey. Mix them together and you have a healthy meal.

Need more ideas for chia seed recipes? Check out the blog post on our site.

LINK

You might be surprised how quickly you can lose weight by incorporating chia seeds into your diet. Like anything else you need to watch what you eat and keep track in a journal for the best results.

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