

dr oz diet smoothie recipes

Dr. Oz Diet Smoothie Recipes: Nourish Your Body with Delicious and Healthy Blends

dr oz diet smoothie recipes have become a popular go-to for anyone looking to embrace a healthier lifestyle without sacrificing flavor or convenience. These smoothies, inspired by the health expert Dr. Mehmet Oz, focus on combining nutrient-dense ingredients that support weight loss, boost energy, and improve overall wellness. Whether you're rushing out the door or need a quick meal replacement, these recipes offer a simple, tasty way to fuel your body with vitamins, minerals, and antioxidants.

If you've ever wondered how to craft smoothies that are both satisfying and good for you, this guide dives into some of the best Dr. Oz diet smoothie recipes, explaining the key ingredients and how they work synergistically to promote health. Plus, you'll find tips on customizing your smoothies to suit your taste and nutritional needs.

Why Choose Dr. Oz Diet Smoothie Recipes?

Dr. Oz's approach to diet and nutrition emphasizes whole foods, balance, and sustainability. His smoothie recipes align perfectly with these principles by focusing on natural, unprocessed ingredients that help support metabolic health and weight management. Unlike many fad diets that promise rapid results but lack nutritional depth, Dr. Oz's smoothie blends are designed to be wholesome and fulfilling.

One of the standout benefits of these smoothies is their ability to keep you full longer, thanks to the inclusion of fiber-rich fruits and vegetables, healthy fats, and lean protein sources. This combination helps regulate blood sugar levels and curb unhealthy snacking, which is essential for effective weight loss.

Key Ingredients in Dr. Oz Diet Smoothies

Understanding the core ingredients used in Dr. Oz diet smoothie recipes can inspire you to create your own custom blends. Here are some staples you'll find:

- **Leafy Greens:** Spinach and kale are rich in vitamins A, C, K, and iron, supporting immune function and energy production.
- **High-Fiber Fruits:** Berries, apples, and pears add natural sweetness and antioxidants while aiding digestion.
- **Healthy Fats:** Ingredients like avocado, chia seeds, and flaxseeds provide omega-3 fatty acids, which promote heart health and satiety.
- **Lean Protein:** Greek yogurt, protein powder, or nut butters help maintain muscle

mass and boost metabolism.

- **Superfoods:** Dr. Oz often recommends adding turmeric, ginger, or matcha powder for their anti-inflammatory and metabolism-boosting properties.

Top Dr. Oz Diet Smoothie Recipes to Try Today

If you're ready to blend your way to better health, here are some delicious and easy-to-make Dr. Oz diet smoothie recipes that you can incorporate into your daily routine.

1. Green Detox Smoothie

This vibrant green smoothie is packed with detoxifying ingredients that gently cleanse your system while providing lasting energy.

Ingredients:

- 1 cup spinach
- 1/2 cucumber, peeled and chopped
- 1 green apple, cored and chopped
- 1/2 avocado
- 1 tablespoon chia seeds
- 1 cup unsweetened almond milk
- Juice of half a lemon

Instructions: Combine all ingredients in a blender and process until smooth. This smoothie is rich in fiber and healthy fats, which help flush out toxins and keep you feeling full throughout the morning.

2. Berry Protein Powerhouse

Perfect as a post-workout recovery or a mid-afternoon pick-me-up, this smoothie combines antioxidants with muscle-repairing protein.

Ingredients:

- 1 cup mixed berries (blueberries, strawberries, raspberries)
- 1/2 cup Greek yogurt
- 1 scoop vanilla protein powder
- 1 tablespoon ground flaxseeds
- 1 cup water or coconut water

Instructions: Blend all ingredients thoroughly. The berries provide antioxidants that combat oxidative stress, while protein and flaxseeds support muscle health and digestion.

3. Tropical Metabolism Booster

This tropical-inspired smoothie is designed to rev up your metabolism with the help of spices and vitamin C-rich fruits.

Ingredients:

- 1/2 cup pineapple chunks
- 1/2 mango, peeled and chopped
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon freshly grated ginger
- 1 tablespoon coconut oil
- 1 cup unsweetened coconut water

Instructions: Blend all ingredients until creamy. Turmeric and ginger's anti-inflammatory properties combined with healthy fats from coconut oil can help enhance metabolic function.

Tips for Making the Most of Your Dr. Oz Diet Smoothies

Creating the perfect Dr. Oz diet smoothie is not just about the ingredients but also how you prepare and consume them. Here are some helpful suggestions to maximize benefits:

Balance Your Macros

While smoothies are great for nutrition, balancing carbohydrates, proteins, and fats is key. For example, pairing fruits with protein and fats helps stabilize blood sugar and keeps hunger at bay.

Use Fresh, Whole Ingredients

Whenever possible, opt for fresh produce over frozen or canned. Fresh ingredients tend to retain more nutrients and provide better texture and flavor.

Watch Sugar Content

Even though fruits are natural sources of sugar, be mindful of how much you add. Dr. Oz recommends keeping smoothies low in added sugars to avoid energy crashes.

Experiment with Superfood Boosters

Adding small amounts of superfoods like spirulina, maca powder, or matcha can enhance nutritional value without overpowering taste.

How Dr. Oz Diet Smoothie Recipes Support Weight Loss

One of the reasons these smoothie recipes have gained so much attention is their effectiveness in supporting weight loss goals. The secret lies in their nutrient density combined with low calorie content. Many Dr. Oz diet smoothie recipes include ingredients that promote fat burning, such as green tea extract, cinnamon, and cayenne pepper.

Moreover, these smoothies often replace high-calorie meals or snacks, helping to reduce daily calorie intake without leaving you feeling deprived. The blend of fiber and protein also slows digestion, which can reduce cravings and overeating.

Incorporating Smoothies into a Balanced Diet

While smoothies are a fantastic tool for improving nutrition, Dr. Oz emphasizes the importance of maintaining a balanced diet with whole foods. Smoothies should complement a diet rich in vegetables, lean proteins, and whole grains rather than replace all meals.

Considering this, try to have smoothies as breakfast or snacks while enjoying balanced meals for lunch and dinner. This approach will keep your metabolism active and your nutrient intake diverse.

Customizing Your Dr. Oz Diet Smoothie Recipes

One of the best things about Dr. Oz diet smoothie recipes is their flexibility. You can tailor them to your preferences, dietary restrictions, or nutritional goals. For example:

- **Vegan Options:** Swap Greek yogurt for plant-based yogurts or silken tofu for protein.
- **Low-Carb Variations:** Focus on leafy greens and avocado, and limit high-sugar fruits.
- **Allergy-Friendly Substitutes:** Use nut-free milks like oat or rice milk if you have nut allergies.

By experimenting with different ingredients and proportions, you can discover the perfect smoothie formula that keeps you energized and satisfied.

Incorporating dr oz diet smoothie recipes into your daily routine is an easy and enjoyable way to boost your nutrition. With a little creativity and mindful ingredient choices, these smoothies can become a cornerstone of a healthy lifestyle, supporting everything from weight management to improved digestion and sustained energy. So grab your blender, stock up on fresh produce, and start blending your way to better health today!

Frequently Asked Questions

What are some popular Dr. Oz diet smoothie recipes?

Popular Dr. Oz diet smoothie recipes include the Green Detox Smoothie with spinach, kale, cucumber, and lemon; the Berry Blast Smoothie with mixed berries, Greek yogurt, and flaxseed; and the Tropical Energy Smoothie with mango, pineapple, banana, and coconut water.

How do Dr. Oz diet smoothies help with weight loss?

Dr. Oz diet smoothies help with weight loss by providing nutrient-dense ingredients that are low in calories but high in fiber, vitamins, and antioxidants, which promote satiety, boost metabolism, and support detoxification.

Can I use Dr. Oz diet smoothie recipes for meal replacement?

Yes, many Dr. Oz diet smoothie recipes are designed to be filling and balanced with proteins, healthy fats, and fiber, making them suitable for meal replacements, especially for breakfast or a light lunch.

Are Dr. Oz diet smoothie recipes suitable for people with dietary restrictions?

Most Dr. Oz diet smoothie recipes can be adapted for dietary restrictions such as vegan, gluten-free, or dairy-free by substituting ingredients like using plant-based milk or omitting yogurt.

How often should I drink Dr. Oz diet smoothies for best results?

For best results, Dr. Oz recommends incorporating diet smoothies into your daily routine, such as having one smoothie per day as a meal replacement or a healthy snack to support weight loss and overall health.

What ingredients are commonly used in Dr. Oz diet smoothie recipes?

Common ingredients in Dr. Oz diet smoothie recipes include leafy greens (spinach, kale), fruits (berries, banana, mango), protein sources (Greek yogurt, protein powder), healthy fats (avocado, flaxseed), and liquids like water, coconut water, or almond milk.

Additional Resources

Dr. Oz Diet Smoothie Recipes: A Closer Look at Their Nutritional Value and Effectiveness

Dr Oz diet smoothie recipes have gained widespread popularity among health enthusiasts and individuals seeking convenient, nutritious meal options. These recipes, often promoted by Dr. Mehmet Oz, a well-known television personality and cardiothoracic surgeon, emphasize the integration of natural ingredients aimed at weight loss, detoxification, and overall wellness. As smoothie diets continue to trend in the health and wellness community, it is essential to examine the components, benefits, and potential drawbacks of Dr. Oz's approach to diet smoothies.

Understanding the Appeal of Dr. Oz Diet Smoothie Recipes

Dr. Oz's diet smoothie recipes typically feature a blend of fruits, vegetables, protein

sources, and superfoods, designed to provide a balanced mix of macronutrients and micronutrients. The appeal lies in their simplicity, convenience, and the promise of quick health benefits such as increased energy, improved digestion, and weight management. These smoothies are often positioned as meal replacements or supplements to a balanced diet.

The concept aligns with broader trends in functional nutrition, where foods and beverages are chosen not only for their taste but also for their therapeutic effects. By incorporating ingredients like spinach, kale, chia seeds, and Greek yogurt, Dr. Oz diet smoothie recipes aim to boost antioxidant intake, promote satiety, and regulate blood sugar levels.

Key Ingredients and Nutritional Profiles in Dr. Oz Diet Smoothie Recipes

Fruits and Vegetables

A hallmark of Dr. Oz's smoothies is the use of nutrient-dense fruits and vegetables. Commonly included are berries, bananas, spinach, and kale. Berries provide antioxidants such as anthocyanins, which are linked to reduced inflammation. Bananas offer potassium and natural sweetness, which can reduce the need for added sugars. Leafy greens are rich in vitamins A, C, and K, fiber, and essential minerals.

Protein Sources

Protein is crucial for muscle maintenance and satiety, and Dr. Oz's recipes often feature Greek yogurt, protein powders (whey, plant-based), or nut butters. These ingredients contribute to a balanced macronutrient profile, essential for individuals aiming to lose weight without sacrificing muscle mass.

Superfoods and Functional Additives

Ingredients like chia seeds, flaxseeds, spirulina, and turmeric are frequently integrated for their purported health benefits. Chia and flaxseeds provide omega-3 fatty acids and fiber, supporting cardiovascular health and digestion. Turmeric is known for its anti-inflammatory properties, while spirulina offers a dense source of protein and antioxidants.

Evaluating the Effectiveness of Dr. Oz Diet Smoothie Recipes for Weight Loss

Weight management is a primary motivation behind adopting diet smoothies. Dr. Oz promotes using these recipes as meal replacements or snacks to reduce overall calorie intake while ensuring nutrient adequacy. From a clinical nutrition perspective, smoothies can be effective if they replace higher-calorie, less nutritious meals.

However, the success of any diet smoothie regimen depends on factors such as portion control, ingredient quality, and overall dietary habits. It is important to note that some smoothie recipes may contain hidden sugars or excessive calories if ingredients like fruit juices, sweetened yogurts, or added sweeteners are used indiscriminately.

Pros of Dr. Oz Diet Smoothies for Weight Loss

- **Convenience:** Smoothies are quick to prepare and consume, fitting well into busy lifestyles.
- **High Nutrient Density:** Combining multiple food groups ensures a broad spectrum of vitamins and minerals.
- **Satiety:** Protein and fiber-rich ingredients help reduce hunger pangs between meals.
- **Customization:** Recipes can be tailored to individual dietary needs and preferences.

Potential Drawbacks

- **Caloric Surprises:** Overly large portions or high-calorie add-ins can lead to weight gain rather than loss.
- **Limited Sustained Energy:** Liquid meals may not provide lasting fullness compared to solid foods.
- **Nutrient Imbalances:** Relying solely on smoothies without balanced meals can cause deficiencies.

Popular Dr. Oz Diet Smoothie Recipes Explored

Among the various recipes, three stand out for their popularity and nutritional focus:

1. The Green Detox Smoothie

Ingredients typically include kale, spinach, green apple, cucumber, lemon juice, and a scoop of protein powder. This smoothie is lauded for its high antioxidant content and ability to support liver detoxification pathways.

2. Berry Protein Power Smoothie

This recipe combines mixed berries, Greek yogurt, almond milk, chia seeds, and a touch of honey for sweetness. It is rich in antioxidants and protein, making it suitable for post-workout recovery.

3. Tropical Metabolism Booster

Featuring pineapple, mango, coconut water, and turmeric, this smoothie aims to increase metabolism and provide anti-inflammatory benefits.

Each of these recipes has been designed to address specific health goals, whether it be detoxification, weight loss, or inflammation reduction, and they reflect Dr. Oz's holistic approach to nutrition.

How Dr. Oz Diet Smoothie Recipes Compare to Other Popular Smoothie Diets

When compared to other well-known smoothie diets, such as the 21-Day Smoothie Diet by other wellness experts, Dr. Oz's recipes tend to emphasize a balance between taste and functional nutrition rather than extreme caloric restriction. This balance can make adherence easier for some users.

Unlike some smoothie plans that focus heavily on fruit sugars, Dr. Oz's recipes often incorporate more vegetables and protein, which can help moderate blood sugar spikes and improve satiety. However, the effectiveness of these recipes is ultimately contingent on the overall lifestyle and dietary patterns of the individual.

Incorporating Dr. Oz Diet Smoothie Recipes into a Balanced Diet

For those considering Dr. Oz diet smoothie recipes as part of their nutritional regimen, it is advisable to treat smoothies as components of a broader, whole-foods-based diet. Smoothies can be particularly beneficial as breakfast options or nutrient-rich snacks when prepared thoughtfully.

To maximize benefits:

1. Use whole fruits and vegetables instead of juices to retain fiber.
2. Limit added sugars by relying on natural sweetness from fruits.
3. Include a source of protein to enhance satiety.
4. Rotate ingredients to prevent nutrient monotony.
5. Complement smoothies with balanced meals containing healthy fats and complex carbohydrates.

Final Thoughts on Dr. Oz Diet Smoothie Recipes

Dr. Oz diet smoothie recipes provide a practical and nutritious option for individuals seeking to improve their dietary habits through convenient, tasty beverages. While they offer numerous health benefits, including increased intake of vitamins, minerals, and antioxidants, their role in weight management should be considered within the context of an overall balanced diet and active lifestyle. As with any diet trend, critical evaluation and personalization are key to achieving sustainable health outcomes.

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dr oz diet smoothie recipes: Detox Smoothies For Weight Loss Andrew Brian James, The book explains in an easily understood language the various effects that alcohol has on our bodies. For decades, people struggled to control their drinking, all the time refusing to label themselves an alcoholic because they didn't believe that they met the stereotypical image that the word portrayed. People tried countless ways to cut down, attempting 'dry months', banning themselves from drinking spirits, and only drinking at the weekend and on special occasions (and found that it is amazing how the smallest of events can suddenly become special'). All these attempts to stop drinking failed (exactly as they were destined to do). Slowly they discovered the truth about alcohol addiction, and all the lies they had previously believed started to fall apart. In this book, you will be led through the amazing process with the step-by-step guide to using natural supplements.

dr oz diet smoothie recipes: Get a Boost with Green Smoothie Recipes Amy Zulpa, 2014-09-22 Green smoothies are among the greatest (and often over-looked) secrets of health and wellness. By simply combining particular common plants in specific ways, young and old alike can

kick-start or regenerate their body's own health system. Get a Boost with Green Smoothie Recipes lays out the secrets of the ancients and their benefits for modern people. It shows how we can make plants more attractive and gastronomically better for modernized fussy eaters, and more importantly, how we can also make them beautifully delicious. This book explains how, and contains more than 40 recipes to trigger weight loss and improve health, as well as some great guidelines on how to make a scrumptious smoothie. The smoothie is also a great way to detox the body and get on a healthier eating plan. If you are trying to provide your family with the necessary amount of vitamins and minerals that they need in their diet, then Get a Boost with Green Smoothie Recipes might be just what you're looking for.

dr oz diet smoothie recipes: 10 Day Green Smoothie Cleanse : A Box Set of 100+ Recipes For A Healthier You Now! Scott Green, 2015-06-10 Many smoothies are made with fruit that is mixed with milk or yogurt and crushed ice. Still other recipes utilize fruit juices, especially those that need to be dairy free for someone that is lactose intolerant. However, it is safe to say that there is a specific smoothie recipe that is available for virtually every type of individual and every need. Grab this box set of 100+ recipes to brew your favorite green smoothie now

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starving, no salads, but you will get to eat real food that makes you slim and healthy. At the end of 10 days, you will not just lose the weight but you will lower your cholesterol, feel and look younger and dramatically improve your health. This book features 30 proven healthy Asian food recipes for the 10-Day diet program that are fast and easy-to-prepare. Each recipe comes with detailed instructions and full-color images. If you want to look better and feel better, this book is for you. Follow the Asian diet plan and you will lose weight fast. Discover the science behind the proven 10-Day Weight Loss Asian Diet and give yourself just 10 days to transform yourself. You don't just lose the weight but you will have: • More energy • Sleep better • No more joints pains • No more gout • No more constipation • No more mental fog • Better skin and glowing complexion • Feel 5 years younger and look younger Start today, give yourself just 10 Days to experience the path towards better health.

dr oz diet smoothie recipes: *Eating Healthy Can Be Delicious and Easy* Iris Tina Pyne, 2015-04-22 This book is about making healthy food choices. It contains information about how to choose products, how to alter recipes, ingredient substitutions, and nearly 150 recipes. My food preparation concept is easy to follow, because I do not count calories, and I do not measure portion sizes. I make healthy food choices, and I always read labels. Choosing the right foods and ingredients contributes to health, well-being, and energy levels. After my husband and I changed our eating habits in 2006, we both lost weight, and we have maintained a healthy weight, and healthy blood pressure and cholesterol levels since then. Since we are empty nesters, many of the recipes serve four or less, and they can easily be doubled.

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raw, vegetable, and vegetable/fruit combined Paleo smoothies such as vitality boosting blender drinks that deliver results: * Tastes Like Key Lime Pie Paleo Smoothie * Pina Colada Paleo Style * Peach Coconut Paleo Smoothie * Creamy Avocado Chocolate ... Book 2: Paleo Is Like You

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dr oz diet smoothie recipes: So Long Constipation, Part 1 Katarina Nolte, 2013-05-26 In *So Long Constipation, Part 1* you will learn how to eliminate your constipation by learning what causes it and how this comes about. You will learn about the relationship between our daily environment and the gut. You will discover, in simple detail, how things like stress, industrial toxins and our modern diet and lifestyle influence the delicate balance of our mind-body system. You will familiarize yourself with the main aspects of this delicate balance in relation to gut function.

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dr oz diet smoothie recipes: Dr. Colbert's "I Can Do This" Diet Don Colbert, 2010-09-24 NEW YORK TIMES best-selling book! And author of NEW YORK TIMES best seller *The Seven Pillars of Health*, along with best sellers *Toxic Relief*, the Bible Cure series, *Living in Divine Health*, *Deadly Emotions*, *Stress Less*, and *What Would Jesus Eat?* Dr. Don Colbert has sold more than TEN MILLION books. Too many people fight against their own brain and body chemistry when trying to lose weight. This is the reason that up until now, diets have only had a 2% success rate. Tired of saying, I can't do this! when looking at diet programs? Then let Dr. Colbert help you take advantage of the latest medical breakthroughs that show you how to work with your body, rather than against it to lose weight easily and keep it off for life. Forget the old diets that work against you. With Dr. Colbert's diet, you can say, I can do this! As a medical doctor, Don Colbert deals every day with getting verifiable results that prove a patient is on his or her way to long-term health, not just fixing an immediate problem. And that is what this book is about. Far from being a diet, this program offers principles that are meant to last for life, principles that have been proven to work for

thousands of individuals for more than a decade and counting. Dr. Colbert helps readers: Learn the top five reasons why diets fail Explore several fundamentals of weight loss Overcome specific roadblocks to weight loss including insulin resistance, neurotransmitter imbalance, hormonal imbalance, and inflammation Design a program catered just for them, including snacking, cooking, eating out, shopping, supplements, and much more

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dr oz diet smoothie recipes: *The Simple Diet* James Anderson, M.D., Nancy J. Gustafson, 2011-12-27 Lose up to 50 pounds in 12 weeks with a doctor's proven plan for losing weight-quickly, easily, and permanently. No counting, no measuring, no hassle. If you have tried to lose weight and failed, or lost weight and failed to keep it off, you're not alone. Two out of three Americans are overweight, many with between thirty and one hundred pounds to lose. Now Dr. James W. Anderson, a professor of medicine and clinical nutrition at the University of Kentucky, shares his groundbreaking, scientifically based nutritional plan that has already helped thousands of Americans lose weight-sometimes more than one hundred pounds-and keep it off permanently. It can also help you: Lower cholesterol, high blood pressure, and high blood sugar. Reverse type 2 diabetes, heart disease, and other obesity-related health conditions. Decrease your risk for type 2 diabetes and its related consequences. Eliminate the need for dangerous (and expensive) gastric bypass surgery. Help you feel better about yourself and enjoy your life! Best of all, you can use prepared foods that are easy to find in the supermarket. There's no calorie counting. No measuring. No guesswork. And if you stick with this easy-to-follow plan-as thousands of people already have-there's a nearly foolproof guarantee of success. Lifelong success. Many people have changed their eating habits and improved their health by using this program. Now it's your turn.

dr oz diet smoothie recipes: *The Doctor on Demand Diet* Melina Jampolis, M.D., 2015-11-10 A companion to the highly popular Doctor On Demand telemedicine app, *The Doctor On Demand Diet* provides a customized eating, exercise, and behavioral plan that optimizes your chances of success without forcing you to eliminate any major food groups. *The Doctor On Demand Diet* begins with the 10-day CleanStart phase, designed to control hunger without compromising nutrition by focusing on higher-protein foods and reducing fat and carbs—especially sugar, dry carbs, and bread. Next, the 10-day Customize Your Carbs phase personalizes your eating plan to match your own individual metabolic profile. Then, the Cycle for Success phase creates a more flexible plan that provides continued weight loss while preventing frustrating weight-loss plateaus. Along the way, practical advice, real-life patient stories, and targeted findings from the latest scientific studies show how basic lifestyle changes can boost your health while you slim down. A simple exercise quiz pinpoints your exercise “personality” and gives customized, practical, and fun exercise suggestions. Mental health self-checks help you gauge whether emotional roadblocks stand between you and your goals, and delicious chef-designed recipes and meal templates make it a snap to prepare healthy, tasty meals. With a program that fits perfectly into your life, *The Doctor On Demand Diet* provides a clear, customizable roadmap that can help you lose weight and keep it off for good.

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dr oz diet smoothie recipes: *Money Pizza Respect* The Fat Jew, 2015-11-03 From the creator of the hugely popular @thefatjewish Instagram comes an outlandish collection of hilarious personal essays and images, which might be the most ridiculous book in the history of arts and letters. If Steven Seagal and Barbara Streisand had drunken sex and conceived a baby boy, he would have show business chops and be proficient in martial arts. That boy would become Josh Ostrovsky, often known as The Fat Jew. Born and bred in New York City, Ostrovsky's overbearing mother entered him into the biz as an 8-year old with exquisite cheekbones and the singing voice of an angel. He appeared in a plethora of television commercials, and after his child-acting career fizzled, Ostrovsky took 20 years away from the limelight to focus on finding himself, eventually opening a yoga center in Toronto, and receiving his MFA in pottery at Middlebury College. JK, he mostly just did drugs. But in 2009, when social media became a thing, he triumphantly returned to a life in the spotlight. He exfoliates daily, plays the harp, bakes his own croutons for every salad he eats, once saved a baby deer with a broken leg who had fallen into a stream, and speaks fluent Portuguese. With an army of followers on social media that often border on fanatical and creepy, he is a rising star whose backup plan is to marry Suri Cruise when she's of legal consenting age. Channeling the brilliance of his online presence, *Money Pizza Respect* rolls out one ludicrous story after another-from puking on his grandfather after a debauchorous drunken night to saving his deaf neighbor from a burning building, to hiring prostitutes for the sole purpose of reenacting scenes from Mel Gibson's *Braveheart*. In this, the next milestone of his glorious life, Ostrovsky will attempt to reinvigorate the dying medium of print. Writer. Plus Size Model. Horseback riding enthusiast. Instagram Legend. Josh Ostrovsky: The Fat Jew.

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