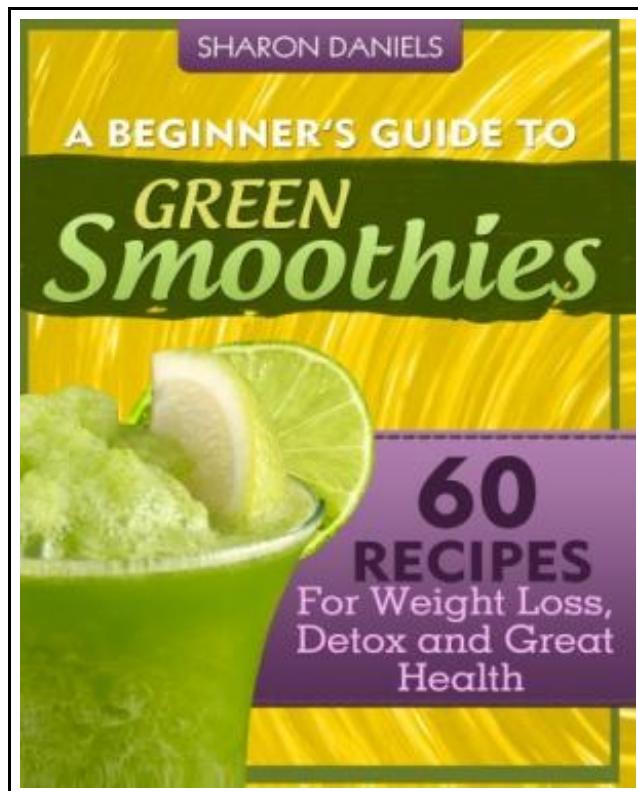


A Beginners Guide to Green Smoothies: 60 Recipes for Weight Loss, Detox and Great Health



Filesize: 5.8 MB

Reviews

*An exceptional book as well as the font applied was fascinating to learn. It is loaded with knowledge and wisdom I am just easily can get a pleasure of studying a created book.
(Dr. Benjamin Lakin)*

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Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 318 pages. Dimensions: 9.9in. x 8.0in. x 0.7in. Want to discover the real Fountain of Youth? The bestselling author of the **A Beginners Guide To Juicing and Miracle Healers From the Kitchen** series brings you another wealth of secrets from nature to help change your life. **Green Smoothies** is a treasure map for anyone looking to feel better, look younger, smile brighter. These aren't your average corporation-made cures that waste time and money -- smoothies are your ticket to unlocking the rich healing properties of nature. This book will take you step-by-step through the wonderfully rewarding world of juicing and smoothies. You'll learn how to choose the perfect ingredients, improve and upgrade your diet, and make dozens of smoothies, from the **Banana Coconut Summertime Smoothie** to the **Master Cleanse Raspberry Lemonade Detox Smoothie**. You'll learn that smoothies aren't just for energy -- by adding the right ingredients, you can cure the cold and flu, improve your heart health, and detox chemicals from your system, leaving you feeling cleaner, newer, better. Drink your way to better health and an incredible figure! - Delicious and Easy Recipes for ALL Ages- Affordable, Wholesome Ingredients- Quick Results with little effort- Step-by-step guide to renew your energy and strength- Weight loss using safe, natural, and miraculous methods- Boost mental health as well as physical Thoroughly researched, and packed with scrumptious recipes, this book makes the **Green Smoothie** diet a pleasure. Don't fret over your veggies anymore - drink them in an energizing smoothie with great taste, but without all the excess sugars and fats. More than a diet book, this is a lifestyle guide. You will find everything you need to succeed between the covers of this manual. Each recipe contains easy-to-follow instructions, including: - Nutritional Information- Serving Size Data- Prep Time- Recipe Yield- And...



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