

Green Smoothie Recipes Bible 39 Of The Best Green Smoothie Recipes, Juicing Rec



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Reviews

The ideal publication is at any time read through. It really is written in easy phrases and never difficult to understand. Its been designed in an remarkably easy way which is merely right after i finished reading through this publication by which actually transformed me, affect the way i think.
(Jaqueline Flatley)

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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 46 pages. Dimensions: 8.9in. x 6.0in. x 0.6in. Green smoothie recipes Huh What are those Well, if you're like millions out there who KNOW they need to get more fruits and veggies into their diet, but don't know how this is the way to get it! This book- Green Smoothie Recipes Bible: 39 Of The Best Green Smoothie Recipes, Juicing Recipes and Detox Smoothies You Will Ever Find, will take you by the hand, lead you to your blender, and deliver you from the scourge of the modern world- obesity and cancer. In fact, green smoothie recipes are so effective, that by substituting just one meal daily with one of these delicious smoothie recipes, you can expect to lose as much as 10 pounds in your first month- and that's being quite modest to say the least. The fact is, our bodies were built to consume wholesome foods; the closer to the sun, the better it is for us (with plants being just one step away). Green smoothies are chock full of vitamins and minerals, fiber and super botanical anti-oxidants, to keep you full of energy and functioning beyond your chronological age. What you can expect in this book - Green Smoothie Recipes Bible: 39 Of The Best Green Smoothie Recipes, Juicing Recipes and Detox Smoothies You Will Ever Find is Step by step recipe directions and serving size The unique Smoothie Advantage and Tasty Tip section to give you added versatility and understanding why you should be using a particular one of the green smoothie recipes. How to make smoothies whatever your desire may be; whether you are a fruit or vegetable lover, or trying to get hold of that notorious sweet tooth! So, whether you're...



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