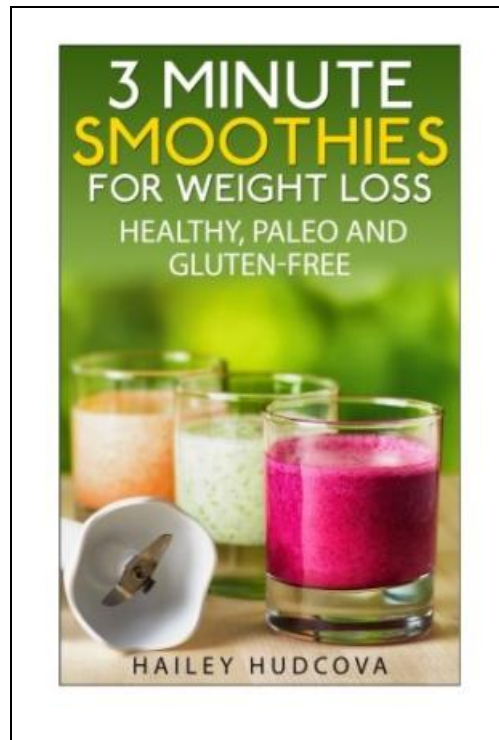


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3 MINUTE SMOOTHIES: HEALTHY, PALEO AND GLUTEN-FREE



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Smoothies Done Wrong Will Ruin Your Weight Loss Okay. You ve heard lots of good stuff about smoothies. You ve heard that smoothies are packed full of nutrients. You ve heard that smoothies are great for losing weight. This is all great and true, but. Only when smoothies are done right! At this point, you want to know one thing: How can smoothies be done wrong? Good question. Mistake #1 - You May Be Starving Your Body It is incredibly easy to overlook calories when you replace your meals with smoothies. Let s take a look at the Super Green Banana Smoothie you ll find in this book. It contains 1/2 cucumber, 2 handfuls of spinach, 2 sticks of kale and 1/2 green banana. Sure, this looks like a lot of food, but it only contains 138 calories. Yes you may feel full after drinking it, but this smoothie will not be sufficient to replace a meal. A general replacement smoothie should be in the ballpark of 350-400 calories. Not eating enough calories on a regular basis will ruin your metabolism and put your body in a state of starvation, where it stores and retains fat. Do not make this mistake. Mistake #2 - Using Too Much Fruit Smoothies overloaded with fruit is the perfect example of the old adage, You can have too much of a good thing. Don t get me wrong here, fruits provide your body with the necessary nutrients to support your body functions, give you energy and help you lose weight. But when it comes to food, an excess in good thing will put your body at increased risk of health problems like...



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