

49 Smoothie Drinks: Compilation of 3 Smoothie Cookbooks: 11 Healthy Smoothies, 21 Amazing Weight Loss Smoothie Recipes Clean Eating (Paperback)



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Reviews


It is simple in go through preferable to comprehend. It is full of wisdom and knowledge It is extremely difficult to leave it before concluding, once you begin to read the book.
(Leif Predovic)

49 SMOOTHIE DRINKS: COMPILATION OF 3 SMOOTHIE COOKBOOKS: 11 HEALTHY SMOOTHIES, 21 AMAZING WEIGHT LOSS SMOOTHIE RECIPES CLEAN EATING (PAPERBACK)



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Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Smoothie Drinks BONUS - Includes a FREE copy of my collection of Delicious Healthy Smoothie Drinks that have helped me stay healthy, fit lean. Using a combination of these low calorie, low fat and healthy smoothies recipes delicious smoothies from this collection plus following a strict 2 month Smoothie diet the smoothie drinks that are included in this book, I have been able to lose 40 lbs over two month and my lifestyle into a healthy one because I am consuming healthy smoothies on a daily basis. This compilation package includes a collection of all my proven tested smoothie recipes that I used to achieve my results. You will get: Smoothie Book 1: 11 Healthy Smoothies Recipes You Wish You Knew Smoothie Book 2: 21 Amazing Weight Loss Smoothie Recipes Smoothie Book 3: Clean Eating: 17 Eating Clean Drinking Clean Recipes With High Speed Blenders Inside the Volume 1, you will get my 5 minute quick Smoothie system. These are the specific recipes and the healthy ingredients that are giving me a healthy body and a happy mental and emotional state. Smoothie drink book 2 include the exact same healthy smoothies recipes and low fat smoothie recipes that helped me lose 40lbs over a two month period. I am so happy that I got started with changing my lifestyle from a common and unhealthy meal plan to one that includes these delicious and healthy smoothies which kind of transformed my life into a balanced, healthy, energized clean lifestyle! I am enjoying them so much decided to motivate and encourage others to get started with these healthy smoothie detox smoothie superfood recipes. No matter if you d like to...

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