

Green Smoothie Habit: Drink Your Greens to Achieve Your Dreams, 28 Day Success Guide



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(Dr. Porter Mitchell)

GREEN SMOOTHIE HABIT: DRINK YOUR GREENS TO ACHIEVE YOUR DREAMS, 28 DAY SUCCESS GUIDE



Jane Haddad. Paperback. Book Condition: New. Paperback. 302 pages. Dimensions: 8.9in. x 6.0in. x 0.8in. Green Smoothie Habit is more than a cleanse, detox, diet book, recipe encyclopedia or cookbook. It is about more than physical weight loss. It is a well thought out integration of two vital life components: How to build the green smoothie habit and never again worry about not getting your greens. How to achieve your dreams through a thoughtful, pleasurable set of doable action steps. No matter what your regular diet is, whether you are a meat eater, vegetarian, vegan, raw food, paleo, gluten free, etc. , green smoothies offer an easy and simple nutrition solution that can also help you boost your positivity and cheer, stabilize your weight and soothe your emotions. During your 28 days of drinking your greens, you may experience some or all of the following: Lose an inch or two of belly fat. Lose four to eight pounds. Enjoy softer skin and fresher breath. Experience more energy and positivity. Feel beautiful, inside and out. The Thoughts of the Day, Affirmations and Action Steps help you build your inner foundation and support system for a life long green smoothie habit. Green smoothies shower you with antioxidant and phytonutrient benefits, gently and lovingly rinsing you clean from the inside out. It is inspired by and complementary to the green smoothie revolution. Each day you will drink your greens and discover something wonderful about yourself. Jane Haddad guides you step by step through her 28 Day Success Guide, integrating practical how-tos for building your green smoothie habit with inspiring support and motivation for achieving your dreams. Simple and Easy Green Smoothie Habit doesn't burden you with complicated green smoothies that require expensive and hard to find ingredients. Greens, fruit and water are the simple recipes offered in this book. You will learn what...



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