

Smoothie Recipes: 101 Smoothie Recipes for Weight Loss, Going Green and Overall Health



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SMOOTHIE RECIPES: 101 SMOOTHIE RECIPES FOR WEIGHT LOSS, GOING GREEN AND OVERALL HEALTH

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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Crush Your Weight Loss Goals With These Smoothie Recipes101 Smoothie Recipes For Weight Loss, Going Green and Overall Health is a compilation of fresh fruit and vegetable smoothie recipes for people who want to lose weight and get some greens in their life. There isn t a specific section for weight loss as all these health enhancing smoothies are going to support your weight loss goals. Besides there is a deadly weight loss plan included with the book.Anytime you add more fruits and vegetables to your diet your body will respond with more energy and improved vitality. If you feel better there is a greater chance you will eat healthier which leads you down the path to having the body you have always dreamed of.Losing Weight With SmoothiesThere is an important fact you need to know when it comes to losing weight using smoothies. You have to be very careful about the other foods you are consuming along with smoothies. This is due to the fact that some smoothies will be high in fruit sugars and the last thing you want to do is combine that with fatty unhealthy foods. That is a great recipe for getting fatter not losing weight.Smoothies are not some miracle fat burner but work in conjunction with healthy eating. They work great for meal replacements or for people who just cannot eat enough vegetables. Vegetables are a weight loss plan s best friend so you want to get chummy with them. The point is if you think you can just add a couple smoothies a day and the fat will just melt off you have been misled.That is why this book provides that...



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