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BLENDER RECIPES FOR WEIGHT LOSS: 16 BLENDER RECIPES FOR THE SMOOTHIE DIET DETOX DIET



Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.This blender recipes for weight loss can be made with your favorite high speed blender like the Ninja Blender, Nutribullet, Vitamix or any similar high power blender. Juliana will show you how she uses powerful hi-speed smoothie makers like the Nutribullet (use any other high speed blender like the Vitamix, or a plain blender bottle or shaker bottle)...

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- Authored by Juliana Baldec
- Released at 2013



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