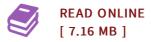




3 Minute Smoothies: Healthy, Paleo and Gluten-Free

By Hailey Hudcova

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...



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