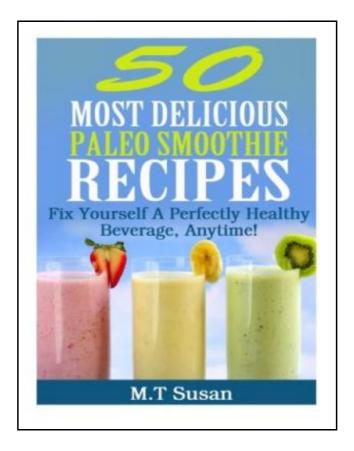
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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English. Brand New Book ***** Print on Demand *****. If you are on a diet then you know that a glass of smoothie everyday can serve as the best nutritional source and the best part about smoothies is that they are really easy to make. All you need to do is gather the ingredients and blend them and TA-DA your smoothie is ready! So, can you take 15 minutes out of your day and make yourself one of these perfect nutritional combos that are: 1. Strictly Paleo 2. Healthy 3. And vitamin rich So, which one of these delicious smoothies are you going to try?.

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