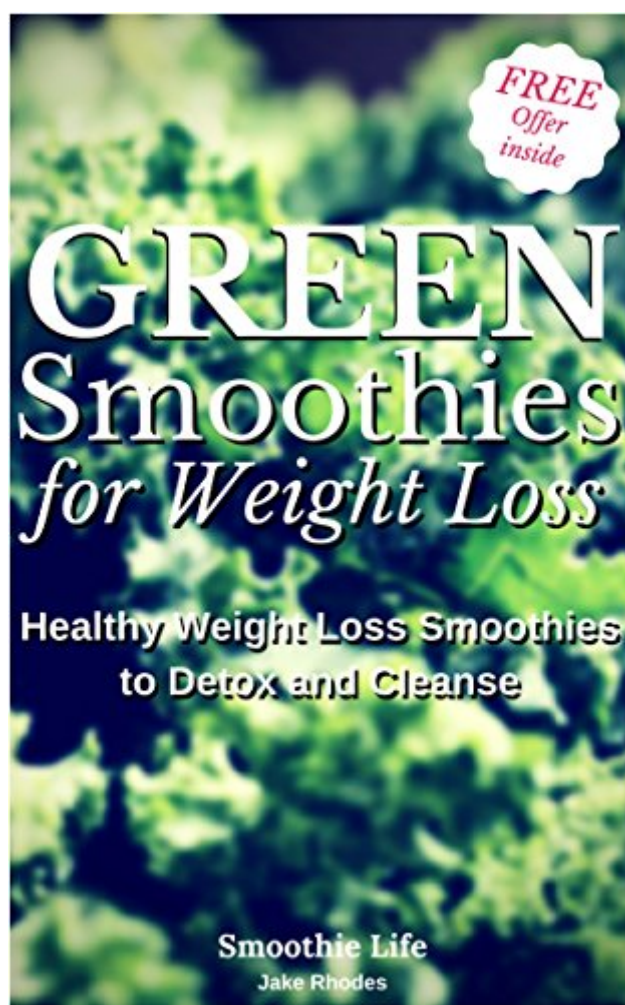


Green Smoothies for Weight Loss: Healthy Weight Loss Smoothies to Detox and Cleanse (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes) PDF



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Green Smoothies for Weight Loss: Healthy Weight Loss Smoothies to Detox and Cleanse (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes) by Jake Rhodes ISBN B00VXWA1MQ

Cleanse Detox & Lose Weight Naturally

Weight Loss In A Glass!

Weight loss does not have to be complicated, in fact it does not have to be hard at all. This is what Jake Rhodes believes and it is what he will show you in his latest edition of his Green Smoothies series of Green Smoothie Recipe cookbooks.

Green Smoothies for weight loss is the ideal choice if you are trying to lose weight naturally through a green smoothie guide. This green smoothie recipe book will show you the exact recipes that author Jake Rhodes used to lose 56 pounds in a little over 3 months! What is even more impressive is that by doing a total green smoothie cleanse or green smoothie detox, you can keep the weight off and continue to lose more if you need to in a natural and healthy way when paired with exercise and healthy eating habits.

Every green smoothie recipe in this recipe book is all natural and only calls for fruits vegetables and other plant derivative ingredients. What you will learn is that you do not need to do a 10 day green smoothie cleanse, you simply need to implement green smoothie recipes into your diet in a natural way.

A green smoothie diet is not necessarily the correct term for a recipe book like this. You will learn to use green smoothies to improve your overall health on a daily basis by adding them into your normal routine.

You don't have to starve yourself from eating any other meals you simply need to make healthier choices along with green smoothies and your efforts will be effective.

What you will get out of this green smoothie recipe book...

- What other healthy choices to take to make your smoothie diet effective
- A clear understanding of what to consume on a daily basis
- A realistic expectation of results you can measure
- How to keep the weight off once you have lost it
- The reason why you should be drinking green smoothies for weight loss

Here is a great recipe to try to get you started today without even purchasing this recipe book yet.

Tropical Smoothie Recipe

Preparation: 5 mins.

Makes 1 Large Cup

Ingredients:

- 1 1/2 cups watermelon
- Juice of 1 lime
- 1 handful baby spinach
- 2 sprigs parsley
- 2 sprigs mint
- 1/2 cup strawberries
- 1 cup pineapple
- 1/2 cup mango
- 1/2 cup coconut water

Directions:

1. Combine all of the ingredients in your blender.
2. Blend all of the ingredients in your blender on its highest setting.
3. Pour into a glass and enjoy!

Scroll to the top to get your copy of Green Smoothies for Weight Loss today and get the body that you want to have!

Green Smoothies for Weight Loss: Healthy Weight Loss Smoothies to Detox and Cleanse (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes) Review

This Green Smoothies for Weight Loss: Healthy Weight Loss Smoothies to Detox and Cleanse (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes) book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Green Smoothies for Weight Loss: Healthy Weight Loss Smoothies to Detox and Cleanse (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes) without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Green Smoothies for Weight Loss: Healthy Weight Loss Smoothies to Detox and Cleanse (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes) can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This Green Smoothies for Weight Loss: Healthy Weight Loss Smoothies to Detox and Cleanse (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes) having great arrangement in word and layout, so you will not really feel uninterested in reading.