



The 8 Day Green Smoothie Cleanse: Lose Up to 13 Pounds in 8 Days with 25 Delicious Recipes

By Francesca Dimarco

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Want to Lose 13 Pounds in 8 Days, Without Being Hungry? Are you Ready to supercharge your immune system, and prevent heart disease and diabetes with a green smoothie cleanse? I want you to take off the weight and get healthy. This book will show you how to use green smoothies for weight loss that is effective, rapid, and long-term. Lose weight by drinking ridiculously healthy, tasty, and filling green smoothie recipes. Green smoothies are nutritional powerhouses. When made right, they are packed with protein, fiber and good fat to fill you up and give you energy. They are also loaded with essential vitamins and minerals to keep your body and brain working in top condition. Each green smoothie recipe contains four or more servings of fruits and vegetables. When you add them into your daily routine, it is easy to get a balanced diet and proper nutrition. The perfect diet food, drinking a green smoothie for weight loss will melt off the pounds while keeping you from feeling hungry and craving sweets. Green smoothies detox the body...



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