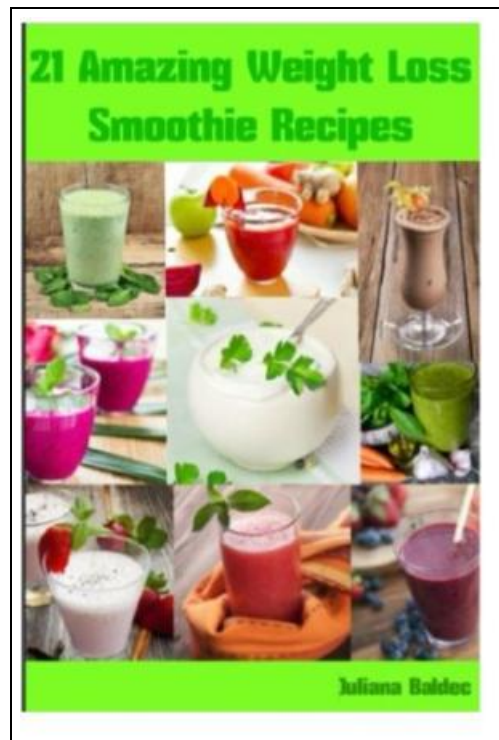


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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Weight Loss Smoothie Recipes BONUS - Includes a FREE copy of my collection of Delicious Healthy Smoothie Recipes that have helped me stay healthy, fit and lean. Using a combination of these healthy low calorie smoothie recipes and delicious smoothies from this collection plus following a strict 2 month Smoothie diet with the smoothie diet recipes that are included in this book, I have been able to lose 40lbs over two month. Best of all, I have been able to stick to healthy Smoothies after my Smoothie diet and this change of habit has helped me develop and maintain a lean body and a clear mind. Welcome to 21 Amazing Weight Loss Smoothie Recipes. Inside you will get the exact same healthy smoothies recipes and low fat smoothie recipes that helped me lose 40lbs over a two month period. Best of all, these smoothies helped me keep off the pounds for good! Inside I show you exactly what I did to lose 40lbs and how I maintained a lean body after it. After having gone through this 20 day Smoothie diet (I did it over the time of 2 months), I am feeling so energized and fit. I had a great experience with this diet and this is why I d like to share my healthy weight loss smoothie recipes with anyone who would like to lose weight in a quick, delicious and healthy way. I am also working on a Juicing for weight loss series that you can combine together with these Smoothie recipes for weight loss so that you can enjoy even more variations of these delicious healthy delights that are not only tasty, but they...

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