



Green Smoothies for Beginners: Essentials to Get Started

By Rockridge University Press

Rockridge Press, United States, 2013. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.WHAT ARE THOSE GREEN DRINKS? WHAT DO THEY TASTE LIKE? AND HOW ARE THEY MADE? Green Smoothies for Beginners: Essentials to Get Started answers your basic questions and provides everything you need to know to begin enjoying the myriad health benefits of the delicious green drink. Discover optimal health with Green Smoothies for Beginners: The Green Smoothie Detox Plan includes recipes, helpful tips, and guidelines for a One-Day Cleanse, Three-Day Cleanse, and a Five-Day Cleanse. Discover 35 quick and easy green smoothie recipes for weight loss, digestive health, disease prevention, anti-aging, healthy skin, increased energy, and improved cognitive function. Learn how to create your own tasty green drinks; discover 63 smoothie ingredients; learn which fruits, vegetables, herbs, and spices work best together; and start making your own green smoothies from scratch today. Exploring the health benefits of green smoothies, best-selling health and nutrition author John Chatham provides a complete introduction to the nutritious green drink, from the basics of green smoothies to easy recipes, tips for creating your own from scratch, and basic detox cleanses. Whether you...



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