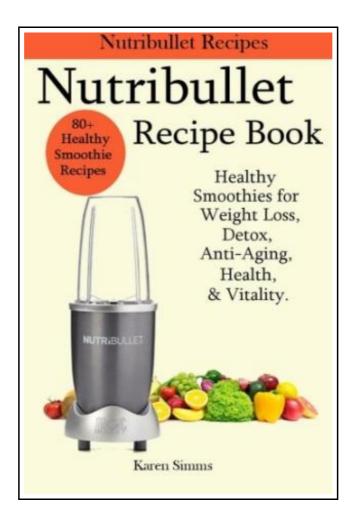
Nutribullet Recipe Book - Healthy Smoothie Recipes for Weight Loss, Detox, Anti-Aging, Health, Vitality.



Filesize: 6.39 MB

Reviews

Merely no terms to spell out. It really is rally exciting through reading through period. Your daily life period is going to be enhance as soon as you complete looking over this ebook.

(Yvette Marquardt)

NUTRIBULLET RECIPE BOOK - HEALTHY SMOOTHIE RECIPES FOR WEIGHT LOSS, DETOX, ANTI-AGING, HEALTH, VITALITY.



Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Nutribullet sales have soared over the last couple of years, and continue to do so. A popular retailer reported selling 1 Nutribullet every 30 seconds on Black Friday in November 2014. The term Nutribullet has passed the lips of most health conscious people out there and it is fast becoming a staple in everyone s kitchen. It is not difficult to figure out why this is the case. There has never been an easier way to introduce healthy, balanced, and wholesome smoothies into your life. Because the Nutribullet works by extracting ALL of the nutrients from the fruit and vegetables (including leafy greens) and breaking them down into their most digestive form, the digestive system is more capable of absorbing the essential vitamins, minerals, fibre, and phytonutrients from the food. This gives our body the kick start it needs to start burning fat cells at a healthy rate, boosting metabolism, regulating blood sugar levels, maintaining a healthy heart and body, and increasing our energy levels. Nutribullet Recipe Book - Healthy Smoothie Recipes for Weight Loss, Detox, Anti-Aging, Health, Vitality includes 81 smoothie recipes to help target certain areas of your life that may need attention including weight loss, healthy digestion, anti-aging, energy levels, and a healthy heart. All recipes have been calorie counted and nutritional information is included with each recipe. There has never been an easier way to change our health regime, and introduce all of the vital nutrients our body needs to function at its optimum level. Whether you decide to substitute your breakfast for a healthy smoothie, or add one in as a healthy snack, this book gives you the information necessary to become a...

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