



## Smoothie Recipes: 51 Ridiculously Easy Smoothies to Boost Your Health, Lose Weight, and Feel Your Best (Paperback)

By Jackson Nash

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.51 Smoothie Recipes You re Guaranteed to Love! Limited Time Bonus - 5 Free Ground Breaking Reports on Fat Loss Do You Want To Lose Weight And Maintain A Healthy Weight? Are You Unsure How Smoothies Can Help You? Fear No More. This Book Can Help You Lose Weight With 51 Healthy Smoothies. They taste great too, and each recipe is designed to help promote health, boost your immune system, and even kick up your metabolism. From green smoothies to tropical smoothies to herbal smoothies, there are so many different smoothies that you can choose. You ll even learn about how smoothies can help you to get the vitamins and minerals you need to stay healthy and get the energy you need to work out. It won t replace a proper diet overall and exercise, but it s your first step to losing the weight you want and becoming a healthier you. There are even tips on dos and don ts with smoothie making to make sure that you can make your own recipes when you ve tried...

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