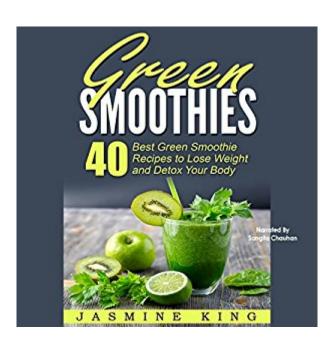
The book was found

Green Smoothies: 40 Best Green Smoothie Recipes To Lose Weight And Detox Your Body





Synopsis

Are you ready to lose weight, detox your body, and boost your energy? Do you want to reap the numerous health benefits that fresh fruits and vegetables have to offer? Green smoothies can help! Green smoothies are not only high in essential nutrients, but they are low in calories. There is a good amount of water in these smoothies as well as fiber and other nutritious ingredients that will help your body shed toxins throughout the day. Additionally, many green smoothies contain substances that will suppress your appetite, so they provide an excellent weight loss benefit. It doesn't matter if you're a beginner or an experienced drinker of green smoothies, this book offers 40 new ideas that you'll want to try. A big hurdle in making smoothies is trying to decide what type to make and how to go about doing it. Fortunately, this book answers these questions and provides an easy guide to take you through the entire process. Download your copy of Green Smoothies now!

Book Information

Audible Audio Edition

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#1540 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses

Customer Reviews

Excellent book for smoothies! This book is full of delicious, filling smoothie recipes that will work for anyone. They are all vegan and gluten free. Many of them do use almond mill and/or nut butters, so if you have nut allergies you will have fewer choices. I have learned many useful information from this book. Very well written and easy to understand. Highly recommended for everyone.

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Green Smoothies: 40 Best Green Smoothie Recipes to Lose Weight and Detox Your Body Smoothies for Diabetics: 85+ Recipes of Blender Recipes: Diabetic & Sugar-Free Cooking, Heart Healthy Cooking, Detox Cleanse Diet, Smoothies for ... loss-detox smoothie recipes) (Volume 54) Smoothie Recipe Book: 150 Smoothie Recipes Including Smoothies for Weight Loss and Smoothies for Optimum Health Weight Watchers Smoothies: 77 Weight Watchers Low Calorie Smoothie Recipes: (Weight Watchers Simple Start, Weight Watchers for Beginners, Simple Start ... Simple Diet Plan With No Calorie Counting) Weight Watchers: 23 Healthy Snacks To Lose Weight Fast: (Weight Watchers Simple Start, Weight Watchers for Beginners, Simple Start Recipes) (Weight ... Simple Diet Plan With No Calorie Counting) Green Smoothie Recipe Bible: 80+ Green Smoothie Recipes for Weight Loss and Wellbeing for your Bullet Style Blender The Smoothie Maker Recipe Book: Delicious Superfood Smoothies for Weight Loss, Good Health and Energy - Works with Any Personal Blender or Smoothie Maker Tea Cleanse: 7 Day Tea Cleanse Diet: How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week and Flush Out Toxins (Tea Cleanse, ... Belly, Tea Cleanse Diet, Weight Loss, Detox) Weight Loss by Quitting Sugar and Carb - Learn How to Overcome Sugar Addiction - A Sugar Buster Super Detox Diet (Weight Loss, Addiction and Detox) Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) Complete Vitamix Blender Cookbook:: Over 350 All-Natural Recipes For Total Health Rejuvenation, Weight Loss, Detox, Superfood Smoothies, Spice Blends, ... More (Vitamix Blender Recipes) (Volume 1) 3 Day Green Smoothie Detox: The Faster, Better, Stronger Weight Loss Plan The Blood Sugar Solution 10-Day Detox Diet: Activate Your Body's Natural Ability to Burn Fat and Lose Weight Fast Nutri Ninja Master Prep Blender Smoothie Book: 101 Superfood Smoothie Recipes For Better Health, Energy and Weight Loss! (Ninja Master Prep, Nutri ... Ninja Kitchen System Cookbooks) (Volume 1) Nutribullet Recipe Book: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So Much More! Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes The 21-Day Healthy Smoothie Plan: Invigorating Smoothies & Daily Support for Wellness & Weight Loss A Beginners Guide To Juicing: 50 Recipes To Detox, Lose Weight, Feel Young, Look Great And Age Gracefully (The Juicing Solution) (Volume 1) The Blood Sugar Solution 10-Day Detox Diet Cookbook: More than 150 Recipes to Help You Lose Weight and Stay Healthy for Life

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