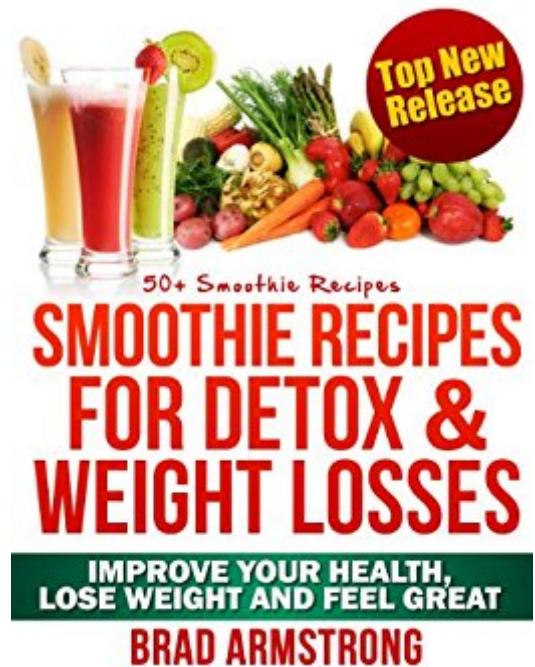


The book was found

50+ Smoothie Recipes For Weight Loss, Detox & Better Overall Health



Synopsis

I am so glad you picked up this short ebook on all of my favorite healthy smoothie recipes. Regardless if you want to improve your overall health, increase energy levels or lose a couple of pounds you have it all year. Try all of my recipes as well as creative some of your own from the long list of fruits, veggies and greens. It is an easy and quick way for you to get some of your daily required vitamins and minerals. This ebook is not a Holy Grail. It must fit your personality and you must be consistent. Instead of just eating boring salads you can experiment with all the variations and ideas I have presented you. Toss in a couple of fruits with a couple of greens. You will probably not even taste the spinach or kale but you will get all the important nutrients. You can always add honey if you need added sweetness. I strongly suggest Chia as it will you up as it does for me. Try adding 3 fruits with 3 vegetables to get all of your recommended servings. The key is to experiment. It is a journey and hopefully will be a journey that is the beginning of the new you! I have included weight loss, detox, immune building and energy boasting recipes for all types of smoothies. Check out my other books *Rules for Healthy Living by Eating Right* *30 Day Juice Plan for Weight Loss* and *Detox*

Book Information

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Customer Reviews

I have used just about all the recepies from this book. I have been introduced to some ingredients I never heard of. The re ipes are filling & I am not hungry all day & since using the detox recipies my feet haven't been swelling so I give this purchase a 5 ^ rating & delivery was downloaded to my kindle immediately after the purchase.

I love smoothies and this book is filled to the rim with great recipes and it also tells the reader to experience on their own with making and preparing really healthy smoothies. If you are one for smoothies, you can't go wrong with this one. Recommended. Author George Wilder Jr. "I love you to death'

This is a great little recipe book!! Easy to make & a little explanation before each group of recipes to let you know why ingredients were chosen.

Absolutely the kind of book I was looking for. This book has a grocery list at the front and recipes throughout. I am so looking forward to trying these and even inventing some of my own. I may even get another one of his books. What a great read! Way to go Mr. Brad u have motivated me even more on my road to weight loss. Thanks

I'm always looking for books and information on how to eat healthy but it must taste good at the same time. I have found that in these recipes. They are fast, easy and delicious. Can't ask for more. Enjoy !!!

This is very similar to Armstrong's Green Smoothie recipe. I'm giving it a 3 stars for the effort and the decent price that makes it accessible to everyone - but it's again poorly formatted, the photos are similar to the same ones in the other book and are not very good, and it's just a series of recipes without any specific information or any personal touch. It just seems thrown together, you know? Some of the recipes are decent.

I tried a sample of this before I purchased it. I assumed that since the author is vegan the smoothies would be dairy free. Many of the recipes include yogurt, sherbet, protein powder, etc. I'm glad it only cost me 99ÃÂ¢!

I love this recipes! They are easy to make and truly tasteful! I also visited the website and it's full of ideas and tips for a healthy life. I would like to have the smoothie's calorie count, that is something I think is missing, but I also understand that calory counting is something I had learned to take in count after several years of dieting (and failing) and may not apply to a healthy detox diet.

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Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) Smoothie Recipes - Top 200 Smoothie Recipes: (Smoothies, Smoothie Cookbook, Vegan Smoothie, Paleo, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Diet, Juicing, Healthy Food) Red Smoothies: Over 80 Blender Recipes, weight loss naturally, green smoothies for weight loss, detox smoothie recipes, sugar detox, detox cleanse juice, detox ... - detox smoothie recipes Book 260) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Green Smoothies - Top 200 Green Smoothie Recipes: (Green Smoothies, Green Smoothie Recipes, Green Smoothie Cleanse, Green Smoothie Diet, Green Smoothie for Everyday, Healthy Juice) 10 Day Green Smoothie Cleanse: Detox Your Body with 10 Day Green Smoothie Cleanse and Lose Weight with Low Carb Cookbook (smoothies, green smoothie recipes, ... cookbooks, smoothies , sugar detox) 50+ Smoothie Recipes for Weight Loss, Detox & Better Overall Health 10 Day Green Smoothie Cleanse: Lose 15lbs with 10 Day Green smoothie diet For Weight Loss. Weight loss green smoothie recipes, green smoothies: Sip Up, Slim Down ! Lose upto 15 Lbs in 10 Days! JUICING: 101 Juicing Recipes For Weight Loss, Detox And Overall Health (Juicing For Weight Loss, Juicing Books, Juicing For Health) (Juicing For Beginners, Fasting and Detoxing) DETOX SECRET & WEIGHT LOSS SMOOTHIES: Detox Secret & Weight Loss Smoothie Recipes for Everyone Who Want to Be Slim Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Red Smoothie Detox Factor: 35 Nourishing Red Smoothie Detox Recipes To Clean Your Gut, Help You Lose Weight And Feel Amazing In Under 30 Days! Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Badass Blender Body: Stop Chewing Start Losing: (Weight Loss Smoothie Recipes) (Coconut Oil, Detox, Green Smoothie Recipes) Nutri Ninja Master Prep Blender Smoothie Book: 101 Superfood Smoothie Recipes For Better Health, Energy and Weight Loss! (Ninja Master Prep, Nutri Ninja Pro, and Ninja Kitchen System Cookbooks) Red Smoothies: 2

Manuscripts - Red Smoothie Detox Factor (Vol.1) + Red Smoothie Detox Factor (Vol. 2 - Superfoods Red Smoothies) Detox The Body: How To Detox Your Body For Fast Weight Loss (detox health, juicing, cleanse, diet, plan, foods, eating, naturally, juice, body mind soul, essentials, drinks, guide, book) Souping: The New Juicing - Detox, Cleanse & Weight Loss (Detox, Cleanse, Weight Loss, Juicing, Gluten Free, Gut Health, Souping) Superfoods Today Red Smoothies: Energizing, Detoxifying & Nutrient-dense Smoothies Blender Recipes: Detox Cleanse Diet, Smoothies for Weight Loss Diabetes, Detox Green Cleanse for Weight Loss Energy Juicing: 365 Days of Juicing Recipes (Juicing, Juicing for Weight Loss, Juicing Recipes, Juicing Books, Juicing for Health, Juicing Recipes for Weight Loss, Juicing Detox, Juicing for Beginners)

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