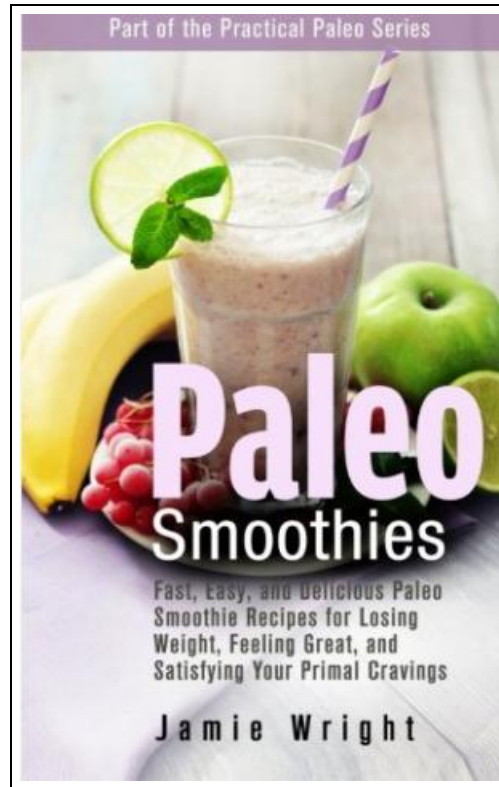


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(Mr. Golden Flatley)

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Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.People who make the switch to the paleo diet are always amazed by the easy weight loss, increased energy and focus, and vibrant health they experience. But many newcomers to the paleo diet find that preparing healthy paleo meals requires tons of time and effort. Let s face it: prepping and cooking meals from scratch, not to mention cleaning all the pots and pans afterward, can take a lot of time from your already hectic schedule. On top of all that, many people find it difficult to get all the vitamins, minerals, antioxidants, protein, healthy fats, and other other beneficial nutrients they need in their diet, without resorting to popping supplements or chewing on salad all day. Fortunately, there s a perfect solution to these concerns: paleo smoothies! Incorporating smoothies into your paleo lifestyle allows you to supercharge your body with all the vitamins, minerals, and nutrients you need to feel your best, in as little time as it takes to throw a few ingredients in a blender! Even better, you get to do it while enjoying a huge variety of delicious gourmet smoothies, such as. - Spiced Raspberry Mocha Smoothie - Strawberry Chai Smoothie - Mango Amaretto Smoothie - Key Lime Pie Smoothie - Honeydew Green Tea Smoothie - Sweet Potato Pie Smoothie - Mexican Chocolate Smoothie . and many more! In addition, you ll learn smoothie making tips and tricks to improve the taste and texture of your smoothies, cut down on prep time, bump up the nutrient content, and customize your smoothies to your own individual health goals and personal tastes. There s even advice on buying the perfect blender, so no matter how new you are to smoothie making,...

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