

The Best Superfood Smoothies Recipe Book: The Best Smoothies for Weight Loss, Detox Perfect Health (Paperback)



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Reviews

A whole new e book with a brand new point of view. I could possibly comprehend every thing using this written e book. Its been written in an extremely simple way which is only soon after i finished reading through this ebook by which actually modified me, change the way in my opinion.

(Marcia McDermott)

THE BEST SUPERFOOD SMOOTHIES RECIPE BOOK: THE BEST SMOOTHIES FOR WEIGHT LOSS, DETOX PERFECT HEALTH (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Everyone loves smoothies and here is your ultimate smoothie recipes book. Whether you want to detox, lose weight, stay healthy or just make sure you get your daily dose of essential vitamins and minerals, drinking a smoothie is a delicious way to boost your health and live long. There are longtime benefits of taking smoothies such as -Smoothies help you lose weight - Smoothies prevent fat accumulation - Smoothies increase your energy levels naturally -Smoothies rejuvenate your body -Smoothies help prevent disease -Smoothies give your skin and hair a healthy youthful glow -Smoothies aid digestion, purify your blood and boost your immune system Whatever your health goals, or daily routine is, this massive book of smoothie recipes is for you. Delicious natural ingredients such as free radical-fighting raspberry lemon, potassium-rich bananas, peanut butter carrot, green beet, spinach peach orange, succulent mango, peach yogurt, sweet almond milk, and so on are all in this smoothie bible book. Therefore, power up your blender for an energy boost, a healthy weight loss, a gentle cleanse and a healthier lifestyle. Enjoy this comprehensive resource about every aspect of the amazing world of healthy smoothies. Adding these healthy smoothie recipes to your diet plan will definitely change the way you look and feel NOW! GRAB YOUR OWN COPY NOW!



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