Smoothie Recipes for Weight Loss (Paperback)



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Reviews

The book is fantastic and great. It generally does not expense excessive. Its been designed in an exceptionally easy way and it is simply right after i finished reading through this book by which really changed me, change the way i think. (Adolfo Lindgren)

SMOOTHIE RECIPES FOR WEIGHT LOSS (PAPERBACK)



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Mihails Konoplovs, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Smoothies are blended drinks usually containing a combination of ingredients ranging from fruits, vegetables, nuts, dairy products, etc. These drinks are most often sweet to the taste but could also be bland depending on your preference but the important point is that these drinks are known to be one of the healthiest drink options and even meals nowadays. Smoothies also vary in color but most of the time; they get their color from their ingredients. For instance, mango smoothies usually get the yellow color and leafy green smoothies usually get a dark green color. Now, smoothies are also known to have varied purposes. In other words, they can be whipped up for several different purposes. There are smoothies made for diabetes diet, smoothies for a healthy heart, smoothies for increased energy and most of all, smoothies that are aimed for weight loss.



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