



Green Smoothie Recipes: 51 Green Smoothie Recipes to Regenerate, Rejuvenate, and Revitalize (Paperback)

By Jackson Nash

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you want a smoothie that tastes good and is healthy? Do you want to lose weight and maintain a healthy weight? Are you unsure how smoothies can help you? Fear no more. This book can help you lose weight with 51 healthy smoothies. BONUS - Download 5 of the BEST E-books ABSOLUTELY FREE that will help you lose weight, melt off fat, and get in great shape! They taste great too, and each recipe is designed to help promote health, boost your immune system, and even kick up your metabolism. From green smoothies to tropical smoothies to herbal smoothies, there are so many different smoothies that you can choose. You ll even learn about how smoothies can help you to get the vitamins and minerals you need to stay healthy and get the energy you need to work out. It won t replace a proper diet overall and exercise, but it s your first step to losing the weight you want and becoming a healthier you. There are even tips on dos and don ts with smoothie making to...



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