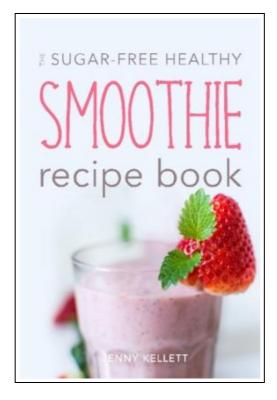
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THE SUGAR-FREE HEALTHY SMOOTHIE RECIPE BOOK: SIP YOURSELF SLIM: SMOOTHIES FOR WEIGHT LOSS (PAPERBACK)



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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English. Brand New Book ****** Print on Demand ******. Healthy Smoothie Recipe Book Are you looking for a healthy smoothie recipe book that isn t packed full of sugar and expensive ingredients that are impossible to get your hands on? The Sugar-Free Healthy Smoothie Recipe Book was created for you! Enjoy these simple healthy smoothie recipes that are made only from ingredients you can easily get from your local supermarket and won t cost you a fortune. They are designed with health and weight loss in mind. Healthy Smoothie Recipes All smoothies are not created equal! If you get your daily smoothie rush from your local ice cream shop or restaurant chain, then chances are you aren t drinking anything much healthier than a soda or ice cream. In fact, most of the smoothies sold in restaurants and fast food chains are loaded with more calories than a greasy burger - and sadly, you thought you were making a healthier choice. Smoothies really are the easiest and sweetest way to finally lose that stubborn extra weight. But there s a catch, you need to make the smoothies yourself from clean, healthy, natural and wholesome ingredients. This is where The Sugar-Free Healthy Smoothie Recipe Book comes into play. This compilation of delicious, weight-loss smoothies will make your weight loss goals incredibly more enjoyable. We all know that fruits and veggies are essential to our health but for some of us eating steamed broccoli and kale can be quite a challenge. Well, good news! Not anymore! Healthy smoothies are a great way of getting pure nutrition from fruits and veggies. The delicious recipes in The Smoothie Recipe Book are made from 100 percent natural ingredients with fruits and vegetables that are rich in...

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