



## Paleo Smoothies: 67 Delicious Gluten Free Smoothie Recipes For Weight Loss And a Healthy Lifestyle (Weight Loss Plan Series) (Volume 1)

By Goodman, Annette

CreateSpace Independent Publishing Platform, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: 67 Easy and Fast Delicious Smoothie Recipes for Effective Weight Loss and Sexy Body! -Do you have problems keeping your weight-loss goals? -Do you struggle with the ever-annoying sugar-cravings that keep you from losing the pounds you want to finally lose? -Do you find it difficult to eat healthy and regularly, because everything goes so fast these days? Well, congratulations, you've just found the answer! Kill the food cravings and get in shape with these delicious and healthy Paleo Smoothies! My name is Annette, nice to meet you! I tried everything over the years! All of my life I struggled with weight loss and maintenance. I would lose weight, but only for a short time. I would always end up gaining it back, sometimes I would end up gaining more weight than before I had started. As soon as I heard about the Paleolithic Diet I had to try it. Why? I was so tired of all those unnatural diets I went through with zero effect (not to mention about the side-effects!). I just wanted my body to function optimally while...



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