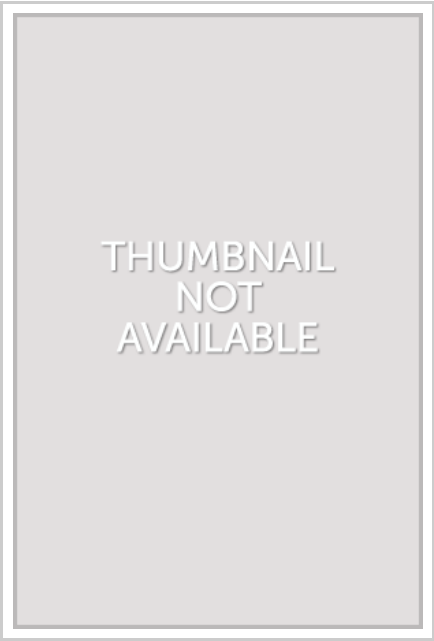


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50 Green Smoothies for Weight Loss, Detox and the 10 Day Green Smoothie Cleanse: A Guide of Smoothie Recipes for Health and Energy (Paperback)

By Travis Mackensie

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.A Smoothie recipe book for everybody!! Smoothies have become very popular in the last 10 years or so for one basic reason: People are drinking smoothies for health. As a result people are always looking for new recipes to make new smoothies so that whether they re on a smoothie diet or using smoothies for weight loss, they have some variety in their life. It s not fun to be smoothie detox plan and be drinking the same smoothies over and over again. You need variety. Variety is the spice of life. It was with these thoughts in mind that I created this smoothie recipe book. 50 Green Smoothie Recipes For Weight Loss, Detox Or The 10 Day Smoothie Cleanse Plan allows you to have varieties of smoothies to choose from that will give you all the nutrients and vitamins and you need in your diet and at the same time have something you look forward to drinking. Practical Smoothie Recipes Also, this smoothie book focuses on the practical. I have not included ingredients that...

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The book is fantastic and great. This is for anyone who statte there was not a worthy of reading. I found out this publication from my i and dad advised this pdf to learn.

-- ***Pete Paucek DVM***