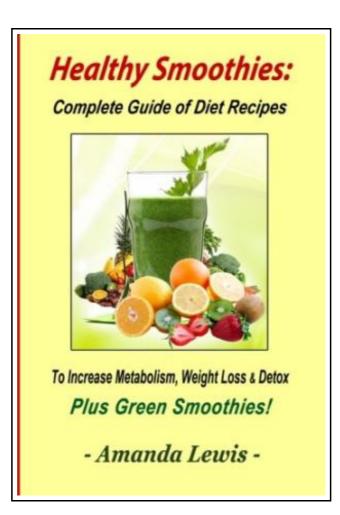
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HEALTHY SMOOTHIES: COMPLETE GUIDE OF DIET RECIPES TO INCREASE METABOLISM, WEIGHT LOSS DETOX - PLUS GREEN SMOOTHIES! (PAPERBACK)



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Arch Publishing House, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Over 75 Delicious Quick Easy Recipes All Natural Healthy Smoothies - Plus Green Smoothies! Need to boost your energy . . Fatigue got you down . . Want to lose weight . . Improve your health . . Increase your metabolism . . . Want to learn how to make Green Smoothies? Smoothies are a fantastic way to incorporate nutrition, energy, antioxidants, vitamins and delightful desserts into your daily life. This book will give you MORE than 75 enticing and scrumptious recipes for healthy snacks, meals and even desserts - Plus Green Smoothies! This book is packed with nutritional information on vitamins, proteins, fats, carbohydrates, antioxidants and a variety of food sources to give you what you need. The benefits of adding healthy smoothies to your diet can increase your energy stamina, help you lose weight, and improve your overall health and well being! ** Includes many recipes for Vegetarians Vegans - and Healthy Desserts! Five Star Reviews! Great recipes for a smoothie fan like myself! I usually get my smoothies on the road but have been inspired by the recipes to save time and money by making these at home. WB Enough recipes for a different smoothie every day for 2 months. Amanda shares some health and nutrition tips and why smoothies deliver so many vitamins and health benefits. I was delighted to find this book had so many recipes. I can t wait to pull out my blender and my Healthy Smoothies book. Make a place on your counter for your blender, you ll want to leave it out. LaLady Great recipes! I ve been trying to come up with some healthy snack ideas,...

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