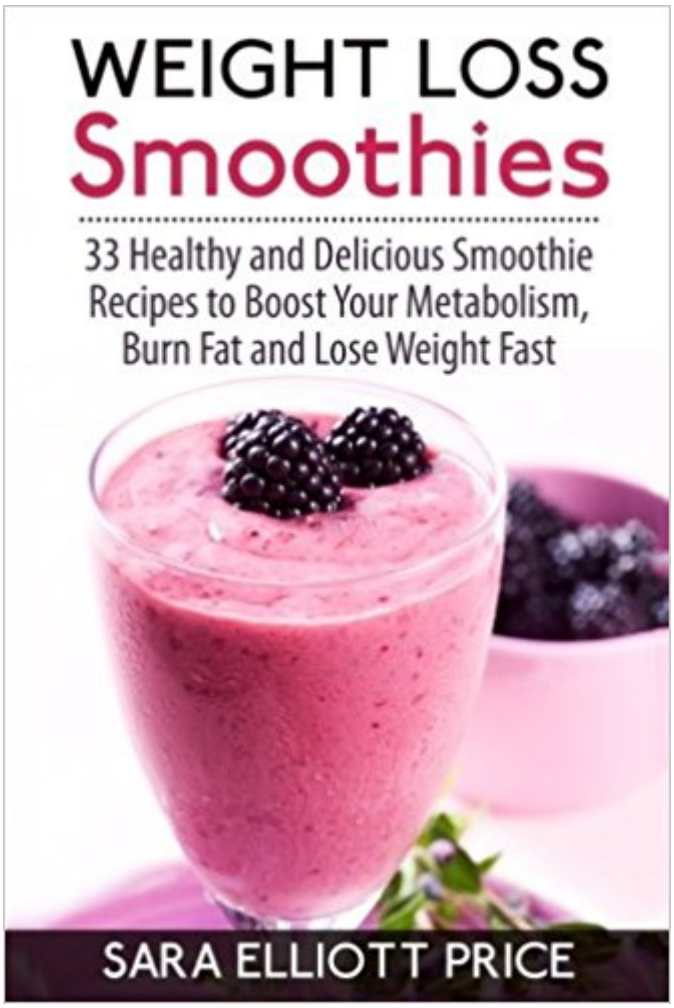
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Weight Loss Smoothies: 33 Healthy And Delicious Smoothie Recipes To Boost Your Metabolism, Burn Fat And Lose Weight Fast



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Synopsis

Weight Loss Smoothies Make It Easy And Delicious To Lose Weight Fast!Would you like to have so much energy you actually find exercise fun? How about losing weight easily and having a lean body that’s fit and sexy? Maybe you never want to get sick again and feel great all year long?No Matter What Your Goals Are Weight Loss Smoothies Will Help You Get There!You’re About To Learn How To Easily Lose Weight, Be Healthier And More Fit Than Any Time In Your Entire Life...This book will take you by the hand and keep you motivated to get in the best shape ever! You’ll learn so much more than just some great recipes, you’ll also learn how weight loss smoothies seem to just melt fat away - fast! That’s not all. You’ll actually be filling in wrinkles, boosting your immune system, becoming fit and creating more energy than you know what to do with.I’m Sure You Know One Of The Main Road Blocks To Losing Weight Is Not Having A Plan...Well, with this guide you don’t need one--everything you need to know is already included! Simply read the book, grab the ingredients, throw them in your blender and drink! Yes, it really is that easy. Just by drinking healthy smoothies you will notice the inches melting away and your skin will start looking better than it has in years!Once you start reading about all the benefits of smoothies and how they transform your health you’ll be highly motivated to make sure they stay in your daily diet. Actually, they are so delicious you’ll look forward to waking up and drinking your breakfast smoothie.Here’s A Preview Of What You’ll Learn...How smoothies will jumpstart your weight loss Why smoothies will melt the inches off fast Easy, delicious ways to get your daily greens What to add to make your weight loss smoothies a complete meal Why smoothies alone, can take your health to a whole new level A large variety of recipes to satisfy your taste buds Learn what surprising weight-inducing ingredients you should avoid How to "boost" your smoothies to make them even healthier Plus, so much more...If you’re looking for a fast weight loss solution that’s easy and proven, then look no further. You really can create the body of your dreams using the power of weight loss smoothies. Get started today and start losing weight tomorrow!Here Are Two Of My Favorite Weight Loss Smoothie Recipes To Help You Lose Weight Fast!Super Energy Smoothie Like the name suggests, this smoothie is an amazing source of energy that puts all energy drinks to shame, and just in case you are wondering what energy has to do with weight loss, can I just ask when when was the last time you busted out some hard workouts while extremely tired? Exactly!The ingredients for the recipe include: Ã Â of a whole medium sized pineapple Ã Â of a whole medium sized watermelon 1 cup of coconut water 3 handfuls of baby spinach 1 cup of blueberries 2 green apples or 2 bananas Ice cubes Mojito This smoothie contains a higher amount of fat than a lot of the recipes in the book. Fat does not equal weight gain, in fact it can actually help you lose weight. Fat halts or reduces the amount of

insulin your body needs at one time in turn meaning you have less insulin in your blood stream. This is a wonderful dinner smoothie if you are too tired to cook. For this smoothie you will need: 1 C coconut water 2 T hemp seeds Ã Â -1 teaspoon spirulina 2 T fresh lime juice Ã Â avocado 1 banana, frozen 2 dates, pitted 1 handful mint leaves Would You Like To Learn More?==> Scroll up and click the buy button to get your copy now!

Book Information

Paperback: 60 pages

Publisher: CreateSpace Independent Publishing Platform (June 22, 2015)

Language: English

ISBN-10: 1514327201

ISBN-13: 978-1514327203

Product Dimensions: 6 x 0.1 x 9 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 56 customer reviews

Best Sellers Rank: #379,001 in Books (See Top 100 in Books) #54 inÃ Â Books > Health, Fitness & Dieting > Aging > Diets & Nutrition #60 inÃ Â Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders #262 inÃ Â Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies

Customer Reviews

Sara Elliott Price is a best selling author in the health and self development genres. From a very early age she knew she had a passion to help others become healthier, better versions of themselves and her dream has come alive through her writing.Sara enjoys writing books on health and self-help topics as well as a sampling of other subjects that she is passionate about. She considers herself an avid learner--especially when it comes to nutrition and how our lifestyles affect our health. In her spare time she enjoys practicing yoga, developing easy and delicious healthy recipes and spending time with friends and family.

I recommend this book to anyone looking fir new smoothie ideas.If your like me i usually end up making my own recipes from a couole i find in these books. or i find one i really like and enhance it a bit with spices i like.Youll find some great recipes in here for losing weight or for just everyday drinking to stay healthy.

A little disappointed in this book; you can find much of the info in the book on the internet.

This book will explain to you the importance of weight loss and how you can lose weight by drinking smoothies. But not just any old smoothie, you must add the proper ingredients to truly aid in your weight loss. There are many delicious sounding recipes in this book that will tempt you to try them. Whether you like berries, peaches, kale, etc you will certainly find a smoothie that you will enjoy.

Well written and easy to read. Very informative, lots of good info and recipes. Great advice on which greens NOT to use in a smoothie. All the recipes are very easy and simple to make. I can't eat bananas and there are several recipes without bananas, which is a huge plus for me. Looking forward to trying some of these out on my new blender!

Firstly I would like to state that the cover looks amazingly delicious , wow!!!! I hate eating vegetables at times and this book has given me great ideas to implement them in a way that still tastes great and is healthy as well with an added bonus that I can lose the unnecessary weight . The recipes in this book were easy to follow and it seems like the smoothies would be delicious. I highly recommend!!!

excellent

Wasn't too impressed with these smoothies. Guess I am just not a big smoothie drinker.

lots of good recipes

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