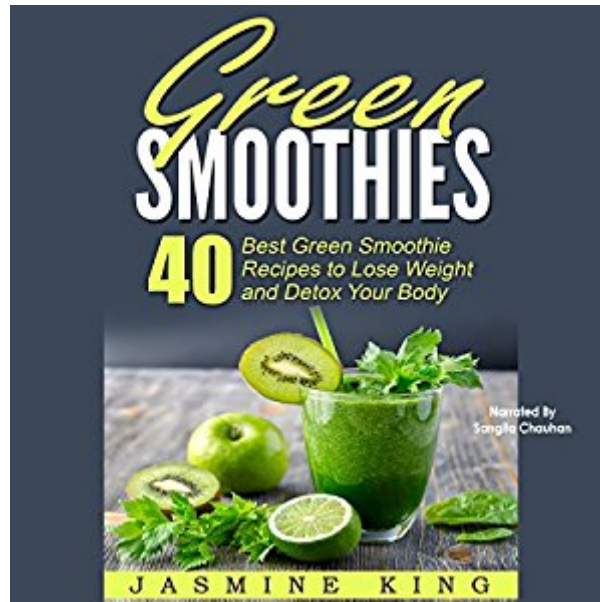


The book was found

Green Smoothies: 40 Best Green Smoothie Recipes To Lose Weight And Detox Your Body



Synopsis

Are you ready to lose weight, detox your body, and boost your energy? Do you want to reap the numerous health benefits that fresh fruits and vegetables have to offer? Green smoothies can help! Green smoothies are not only high in essential nutrients, but they are low in calories. There is a good amount of water in these smoothies as well as fiber and other nutritious ingredients that will help your body shed toxins throughout the day. Additionally, many green smoothies contain substances that will suppress your appetite, so they provide an excellent weight loss benefit. It doesn't matter if you're a beginner or an experienced drinker of green smoothies, this book offers 40 new ideas that you'll want to try. A big hurdle in making smoothies is trying to decide what type to make and how to go about doing it. Fortunately, this book answers these questions and provides an easy guide to take you through the entire process. Download your copy of Green Smoothies now!

Book Information

Audible Audio Edition

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Program Type: Audiobook

Version: Unabridged

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Audible.com Release Date: September 9, 2016

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ASIN: B01LOVCO7U

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#1540 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses

Customer Reviews

Excellent book for smoothies! This book is full of delicious, filling smoothie recipes that will work for anyone. They are all vegan and gluten free. Many of them do use almond milk and/or nut butters, so if you have nut allergies you will have fewer choices. I have learned many useful information from this book. Very well written and easy to understand. Highly recommended for everyone.

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