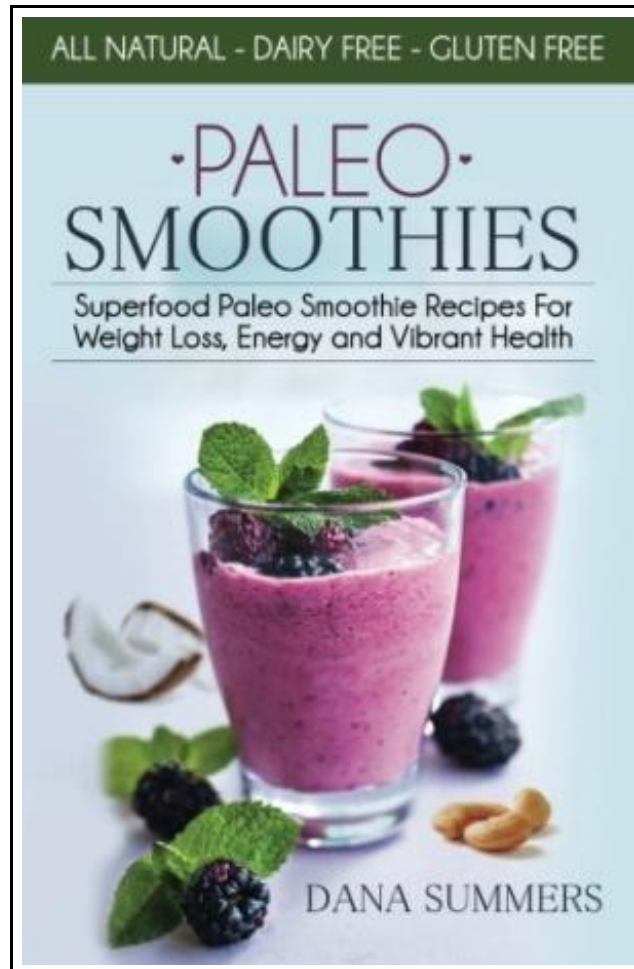


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PALEO SMOOTHIES: SUPERFOOD PALEO SMOOTHIE RECIPES FOR WEIGHT LOSS, ENERGY AND VIBRANT HEALTH (PAPERBACK)



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Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.BACON AND EGGS, AGAIN? ENJOY MOUTH WATERING VEGAN - GLUTEN FREE - DAIRY FREE - PALEO SMOOTHIES STARTING TODAY! Paleo smoothies are a great way to increase your nutrient intake without breaking any carnal rules. They are infinitely a lot healthier than buying smoothies at your local smoothie places, stores or even online! Paleo smoothies are dairy free and gluten free, which means you won't experience any gastrointestinal upset. Many of these smoothies also contain some type of healthy fat, which in itself is a great addition to a typical day on the Paleo diet. Paleo smoothies are also a great alternative for people whose dietary restrictions forbid traditional breakfast options based around breads, grains and milk such as for individuals who are diabetic, celiac, vegan or lactose intolerant. With a well-designed smoothie such as those found in this guide, it is easy to tailor a healthy breakfast to the demands and challenges of any given day, whether this be exercise, stress, inflammation, or illness. This book describes 40 gluten and dairy-free, vegan Paleo smoothie recipes for the active and health conscious individual. They're delicious, satisfying and will provide you with energy all day long. They're also rich in various superfoods such as kale, spinach, berries, nuts, seeds and much more! You will be amazed how different you will feel after just one week of implementing these healthy treats into your daily routine. SCROLL UP AND CLICK BUY TO ORDER YOUR COPY INSTANTLY.



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