



Smoothie Recipe Book for Beginners: Essential Smoothies to Get Healthy, Lose Weight, and Feel Great (Paperback)

By Mendocino Press

Mendocino Press, United States, 2014. Paperback. Book Condition: New. 208 x 130 mm. Language: English . Brand New Book ***** Print on Demand *****.Dramatically change the way you look and feel with The Smoothie Recipe Book for Beginners. When you have a busy life and packed schedule, it can be a challenge to get enough fresh fruits and vegetables in your diet. The Smoothie Recipe Book for Beginners gives you everything you need to turn nutrient-rich foods into fast and filling meals. With more than 70 easy smoothie recipes, The Smoothie Recipe Book for Beginners will help you lose weight, increase your energy, fight disease, and achieve the healthy glow that comes from a clean and well-balanced diet. The Smoothie Recipe Book for Beginners will help you make healthy smoothies a part of your daily routine, with: More than 70 Smoothie Recipe Book recipes packed with vitamins and antioxidants Smoothie recipes for weight loss, energy, detoxing, and optimal health 3- and 7-day Smoothie Recipe Book meal plans to kickstart a full-body detox A produce shopping guide from the editors of The Smoothie Recipe Book Smoothie Recipe Book tips for reducing calories, adding superfoods into your diet, and modifying recipes to...



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Reviews

The book is fantastic and great. It is rally exciting through looking at period of time. Your way of life period will likely be change when you full reading this publication.

-- **Elijah Kuphal**

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-- **Dr. Ron Kovacek**