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## Green Smoothies and Protein Drinks

By Jason Manheim

Skyhorse Publishing. Hardback. Book Condition: new. BRAND NEW, Green Smoothies and Protein Drinks, Jason Manheim, The green smoothie is hands down the best supplement to any diet. With at least one green smoothie a day, your body will not only receive an extra boost of nutrients, but will eventually crave these healthier foods naturally. Slowly but surely, unhealthy foods will be replaced by healthier counterparts, and your overall diet and well-being will benefit from the change. With fifty delicious and nutritious healthy green smoothie recipes, advice, and information on digestion, food combining, detoxing, fighting disease, weight loss, and diet, this guide really packs a punch. You'll learn why it's vital to cycle your greens regularly, why smoothies are superior to juicing, why eating local and food sustainability are important to the ecological integrity of our entire planet, and tips for getting your kids to enjoy green smoothies, too. This book also answers the most-asked questions people have about green smoothies such as: How long do green smoothies keep? Should I be concerned about oxalic acid in spinach? I'm a vegetarian/vegan, what protein options do I have? And much more! While the recipes are fantastic on their own, they can easily...



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