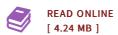




Green Smoothie: 50 Green Smoothie Recipes to Detox, Lose Weight and Boost Your Energy

By Amanda Hopkins

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ****** Print on Demand ******. Green Smoothie Cleanse, Green Smoothie Diet Weight Loss Smoothies When you want a fast and easy way to take advantage of the many health benefits that fresh fruits and vegetables have to offer, green smoothies are an excellent solution. These smoothies are not only high in essential nutrients, but they are also naturally low in calories and these homemade drinks offer a natural and healthier juice than commercially prepared products. There is a good amount of water in green smoothies as well as fiber and other nutritious ingredients that can help your body shed toxins throughout the day. Additionally, many of these healthy green smoothies also contain substances that will actually help 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 a great selection of new ideas that you Il want to try. A big hurdle in making green smoothies is trying to decide what type to make and how to go about doing...



Reviews

The publication is great and fantastic. It really is simplistic but surprises within the 50 % from the publication. Your daily life span will be change when you comprehensive reading this article book.

-- Althea Aufderhar

Complete guideline for pdf fanatics. I could possibly comprehended everything out of this created e pdf. You can expect to like just how the writer compose this pdf.

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