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## Every Day Smoothies: Top 30 Smoothie Recipes for Weight Loss, Green Smoothies, Beauty and Kid-Friendly, Immune Busting, Heart Health (100 Organic and Natural) (Paperback)

By Tim Gray

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.EVERY DAY SMOOTHIES Do you want to be healthy? Looks good? To be vigorous and active? SMOOTHIES is exactly what you need! You do not know where to start? In our book you put on answers! When we eat healthily, we physically feel good. We mentally have more energy to do the things that matter. Smoothie is best for you! From the kitchens of wellness mamas and vegans, to now taking form as the go-to health wonder for all ages, smoothies in themselves are a phenomenon. Whether it is to aid symptoms of chronic diseases, or as a powerful mean to boost energy, fitness, beauty, and health, smoothies indeed are the epitome of quick kitchen fixes. The book contains the most popular recipes Immunity Boosting Beauty Smoothies Smoothies for Weight Loss Baby, Kid Friendly Recipes Diabetes Smoothies Heart Health Smoothies 5 Reasons to Buy This Book 1.Become active and healthy 2.Get a new experience in life 3.Learn new recipes that your family will like 4.Easy-to-follow recipes with colorful photos 5.Only necessary and useful information, without unnecessary words Read for free on Kindle...



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