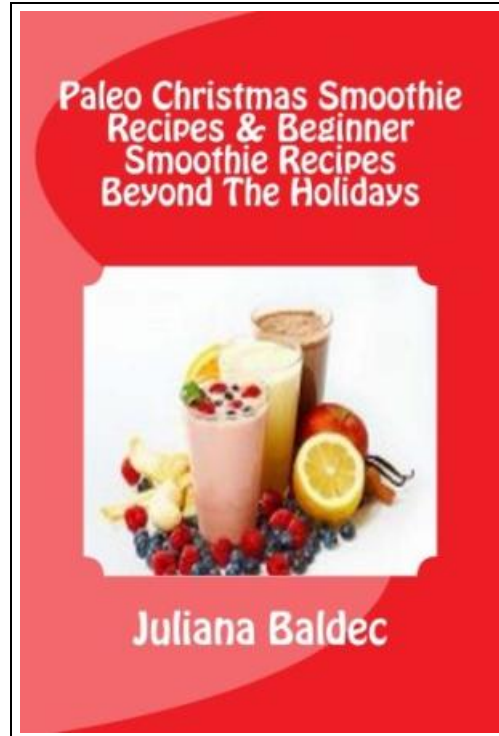


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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Red Hot New Paleo Christmas Smoothie Recipes Beginner Smoothie Recipes Beyond The Holidays Release!!! The compilation includes 4 books: Book 1: 11 Healthy Smoothies Book 2: Juicing To Lose Weight Book 3: Paleo Is Like You! Book 4: Smoothies Are Like You! Forget the old concept because there is no need to waist your time in the kitchen with old school recipes that take too long to make. There is every reason to make smoothies the new and 5 minute quick way so that you will gain more time out of your day and your life! Learn the new way of adding smoothies to your diet or lifestyle today if you want to achieve your dream weight. Empower yourself via healthy and pound dropping smoothies and live a healthier, leaner and cleaner lifestyle. This compilation will give you some amazing insights into the wonderful world of Smoothies, the healthy Smoothie lifestyle, and how you can connect your diet goals with the Smoothie lifestyle in order to achieve your dream figure and a happier and healthier you without being hungry all the time. This compilation shows you a real approach to dieting the right and realistic way so that you will maximize your dieting results instead of going through the Yo-Yo dieting effect that happens with almost all diets because most diets are based on unrealistic and unnatural assumptions and goals. Juliana will show you how she did not only lose 20 pounds in 60 days and beat her nasty Asthma problem at the same time, but she shows you how she was able to keep off her weight via the power of the smoothie lifestyle that is more...

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