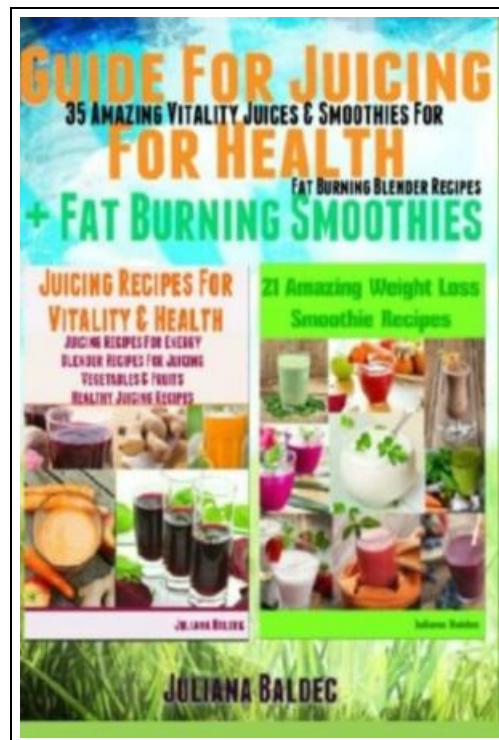


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GUIDE FOR JUICING FOR HEALTH + FAT BURNING SMOOTHIES: 35 AMAZING VITALITY JUICES SMOOTHIES FOR FAT BURNING BLENDER RECIPES



Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.That s right.For a limited time you can download some additional free juicing and smoothie recipes for vitality health with your purchase of this Kindle ebook. This is a compilation of 2 blender recipes books which includes 35 delicious juicing recipes for vitality health (guide to juicing) and fat burning smoothie recipes. You can make these healthy juicing recipes and weight loss smoothie recipes with your favorite blender like the Ninja Blender, Nutribullet, Vitamix, or any similar high speed blender and/or your favorite juicer like the Breville juicer or the Green Star Juicer. Juliana will show you how she uses her favorite powerful hi-speed smoothie makers the Nutribullet (you can use any other high speed blender and/or juicer, but the Nutribullet does juices and smoothies in one machine) to tear through radish, kale, cauliflower, zucchinis, coconut, berries, ginger, papaya, cucumbers, carrots, mango, fennel, celery, melon, pineapple, beets, oranges, apples, lemon, blackberries, strawberries other juicing fruits and vegetables, transforming them into these delicious juices and vitality elixirs. Juliana keeps healthy nutritious pulp inside the glass. In 21 Amazing Weight Loss Smoothie Recipes she shows you how she has been able to use a combination of these healthy low calorie smoothie recipes and delicious smoothies from this collection and follow a strict 2 month Smoothie diet in combination with juicing and a light meal plan. Following this Smoothie diet, she has been able to lose 40lbs over two month. Even the busiest person in the world can apply the 5 minute Smoothie Ritual that comes with this book. All 21 Smoothies are 5 minute quick to prepare! Juliana includes plant based green smoothie recipes for weight loss, green smoothie detox...

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