



Green Smoothies: The Weight Loss Detox Secret: 50 Recipes for a Healthy Diet (Paperback)

By Jonathan Vine

Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Want to jump-start your weight loss and improve your health? This book reveals the weight loss and detox secrete. Let me introduce to you the newest fast food: the green smoothie. This mixture of sun ripened fruits and earth harvested vegetables can be made in seconds. You can say Goodbye, to the regret that normally comes along with eating fast food. Green smoothies are nutritious, providing your body with vitamins, minerals, and anti-oxidants. Packed with nutrients used to fight diseases such as diabetes, cancer, and heart disease, you will begin to wonder why you have gone so long without enjoying green smoothies. In this book you will discover: What is a Green Smoothie? What s So Good About Green Smoothies? Nutritional Value and Health Benefits of Green SmoothiesThe Healthiest Weight Loss Program MethodologyTypes of Green Smoothies Tasty Tips 50 delicious recipes inside The book includes 50 delicious recipes that use green leafy vegetables, fruits and non-dairy milk or yogurt to create nutritious, filling drinks for your day-to-day menu. Whether you are brand new to the world of green...



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