

**Smoothie Cookbook: 38 Smoothie Detox, Smoothie Superfood Smoothie Diet Blender Recipes (Best Smoothie Detox Recipes) + Smoothies Are Like You: Smoothie Food Poetry for the Smoothie Lifestyle - Poem a Day Book (Poem**



Filesize: 1.82 MB

### ***Reviews***

*This book may be worth buying. I have read and i am confident that i am going to planning to go through once more once again in the future. Its been written in an exceptionally easy way and it is simply soon after i finished reading this publication in which actually altered me, modify the way i believe.*


***(Faye Shanahan)***


## **SMOOTHIE COOKBOOK: 38 SMOOTHIE DETOX, SMOOTHIE SUPERFOOD SMOOTHIE DIET BLENDER RECIPES (BEST SMOOTHIE DETOX RECIPES) + SMOOTHIES ARE LIKE YOU: SMOOTHIE FOOD POETRY FOR THE SMOOTHIE LIFESTYLE - POEM A DAY BOOK (POEM**




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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Smoothie Cookbook BONUS - Includes a FREE copy of my collection of Delicious Healthy Smoothie Recipes that helped me stay healthy, fit, clean lean. Using a combination of these healthy low calorie smoothie recipes delicious smoothies from this collection plus a daily light Yoga workout, helped me loose 40 lbs over two month. I have been able to change my lifestyle into a healthy one because I am consuming healthy smoothies on a daily basis. This compilation package includes a collection of all my proven tested smoothie recipes that I used to achieve my results. You will get the following 2 Smoothie Cookbooks: Smoothie Book 1: 21 Amazing Weight Loss These are the exact same smoothies recipes for weight loss low fat smoothie recipes that helped me lose 40 lbs over a two month period. I am so happy that I got started with changing my lifestyle from a common and unhealthy meal plan to one that includes these delicious and healthy smoothies which kind of transformed my life into a balanced, healthy, energized, clean lean lifestyle! I am enjoying this lifestyle so much that I decided to motivate and encourage others to get started with these clean lean smoothies, too. No matter if you d like to lose a few pounds or if you d like to tap into their health benefits, these smoothie drinks are a proven and tested solution for you, too! Depending on your own goals and preferences, you can either consume these delicious and 5 minute quick to make smoothie recipes to become a healthier you or you can apply them as a smoothie diet in order to develop a leaner body or...

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