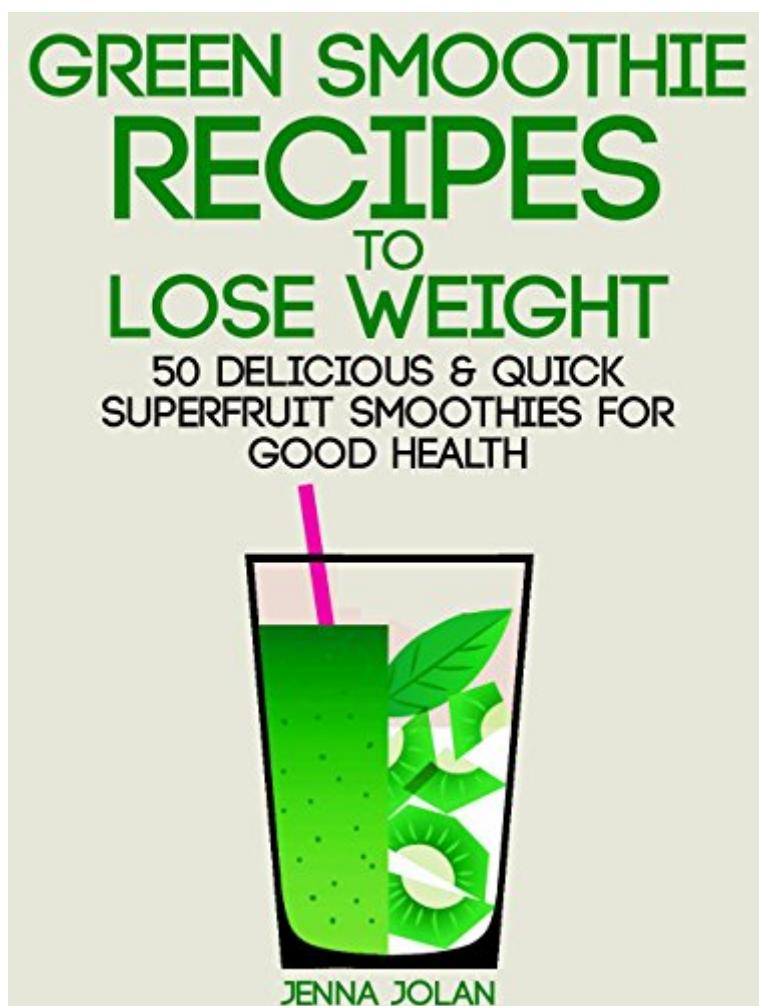


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# Green Smoothie Recipes To Lose Weight: 50 Delicious & Quick Superfruit Smoothies For Good Health



## Synopsis

#1 Best-Seller in Macrobiotics \*\*GRAB THIS BOOK RIGHT NOW FOR ONLY \$2.99\*\*Green Smoothie Recipes to Lose WeightHere's what some people have to say...• I bought several book on green smoothies and this one was by far my favorite of the bunch. I'm losing weight and feeling great. Thanks Jenny! • - Amanda "This book helped me realize that it is super easy to create a healthful drink. You can use fresh fruits/veggies, and you can even use fruits or veggies that might be a little past their prime. You can just throw them in and it will taste good!!" - Jeffrey "That's what the book is all about. You can learn quickly and start enjoying some pretty nice treats. I have my favorites of course and look forward to a sequel."/i> - Carol Do you want to start drinking delicious healthy green smoothies right NOW without having to spend countless hours navigating through the internet finding the best healthiest recipes? And do you want simple to read recipes that you can make right away without having to make those long expensive trips to the grocery store? Well, Let me introduce 50 RECIPES for Savvy Smoothie Lovers Who Want to Stop Drinking Crap and Start Looking FabulousSmoothies are one of the BEST ways to get all those essential nutrients, vitamins, and minerals to not only LOOK amazing but FEEL amazing too. You know that you should be eating your greens. You know how healthy and crucially important your greens are for you overall well-being. You know that eating your greens is one of the key factors to a long, healthy vibrant life. It's not always easy chewing your GREENS every day. But with my 50 favorite hand picked smoothie recipes, it'll be a breeze to get your daily dose of greens in just minutes with almost NO effort required at all. You're going to look better, feel better, and have fun doing it! You're not only going to lose weight, you're also going to increase your overall health and turbo-charge your energy levels in process! Here are just some benefits of what my Green Smoothie Recipes can do for YOU!- Offer pure nutrition- Much healthier than fruit or vegetable juices (cost WAY less too!)- Quick and easy to make- Super duper cheap- Great way to get the kids to eat green- Super low in calories and very filling- Easy to digest- Great way to stay hydrated (I mean who enjoys the taste of water anyway)In this book I've collected over 50 of my favorite GREEN filled recipes and laid them all out for you. Every recipes is ridiculously simple to follow, requires almost no time or effort but still tastes mouth-wateringly good. You know that you need to get more GREEN in your diet, so why not do it in an easy, delicious and natural way. So what are you waiting for? Dive into the book now and start blending your way to a better looking better feeling YOU! Why wait any longer to start living and eating GREEN. Click the Orange 'Buy Now' Button on Your Screen and Start Reading Instantly. FREE GIFTS: I've also put together an amazing free gift for you! Trust me you don't want to miss out on this...

## Book Information

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## Customer Reviews

Maybe you've read about some of celebrities who've dropped massive amounts of weight on calorie restricted diets. One of the things you will read is they aren't starving themselves. Instead they are shifting to food that are LOW calorie and HIGH nutrient content. Many of them are using smoothies as part of that program " after all how much Kale can you really graze on? Which is why I've been adding to my library of Juices, Vitamin waters and Smoothies. This book has several excellent recipes that are fast, filling and LOW CAL. Pairing some fruit with a lowcal vegetable mix will give you that taste you crave at a lower calorie load. Remember 8 oz of soda is 200 cal (technical Kcal) and water is 0. So making smoothies part of your program especially if you are doing it as a meal replacement " is a smart way to cut your calories without the withdrawal experience.

I like the way the smoothies are split up into groups by their primary ingredient. I'm not so fond of

avocado and in other books it can be hard to find smoothies without them. But in this one I just have to skip that section and I have a ton of other smoothies that are great. My favourites so far are the Coconut-Mango-Kiwi & the Sweet Blackberry and Melon - YUM! Loads of awesome suggestions!!

Avocado can be used for smoothie? It's the first time I heard this concept. I know avocado is very healthy but I always thought it's nasty to drink it. However, this book provides lots of fun recipes with avocado in it - avocado apple and avocado banana etc. And broccoli orange smoothie really opened my eyes. I really liked how this book uses those healthy but not ingredient and make it yummy.

This is a healthy, full of flavor that I wanted to try. This book will give you numerous delicious green smoothies recipes. It is easy tips and healthy recipes before mixing up a green drink. I don't need to buy everywhere starting today. This book is superb! A great help to keep you fit and healthy. I highly recommended this book.

I loved the variety of different recipes to choose from! I recently got into juicing for better health and energy, this book is fantastic. My favorite recipe I tried was the cantaloupe grape smoothie, 5/5

Awesome recipes in this book, I was looking for a way to drink green and lose weight this book really helped me starting. It is more than a month of morning green drink, I totally recommend it

This was very well put together and after trying a couple of the recipes I believe that this was well worth its weight. Having a background in nutrition and fitness I know this could easily be added into anyone's diet!

Great book! So many tasty smoothies in this book you won't run out any time soon!

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