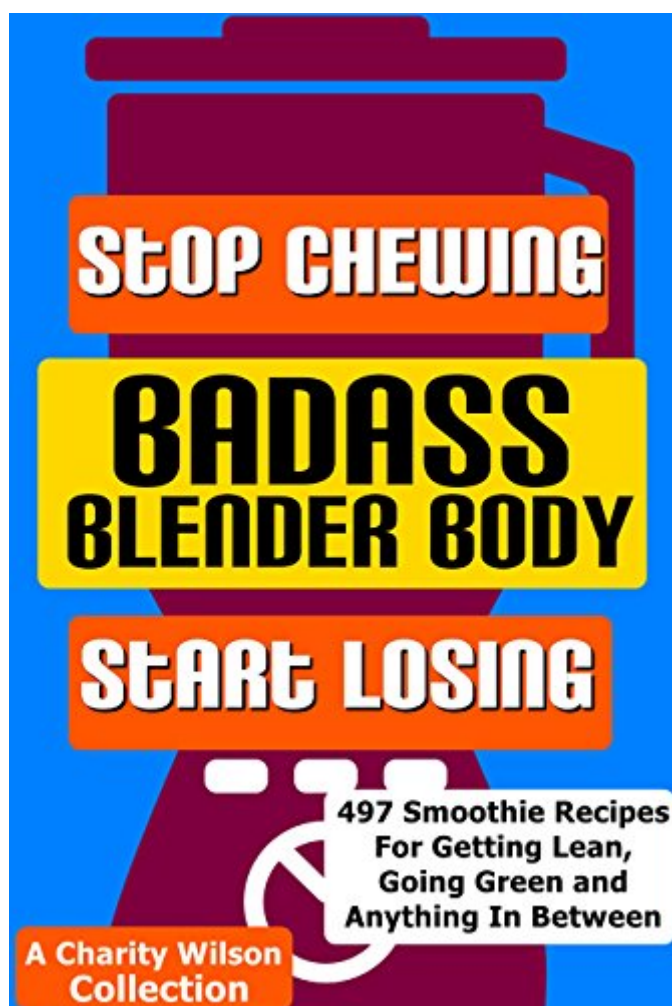


The book was found

Badass Blender Body: Stop Chewing Start Losing: (Weight Loss Smoothie Recipes) (Coconut Oil, Detox, Green Smoothie Recipes)



Synopsis

Smoothie Recipes For Weight Loss and Eating Clean Kickstart your weight loss, trim your belly, and regain control of your health – all with the push of a button! One quick blend is all it takes to whip up a Badass Blender Body smoothie – a delicious and healthy mix of supernutrients that will detoxify, reduce sugar cravings and support healthy weight loss. Smoothies make losing weight easy and you can start today! With the variety of smoothies inside you will find everything you need for fat loss support. Reduce calories and inject high-powered fruits and vegetables into your diet without the hassle of chewing. One of the best bonuses inside and worth the price alone is the Fruit Infused Water recipes. These recipes take plain old water and turn it into a zero calorie taste bud exploding experience. With more than 490 intensely flavored recipes and a sound weight loss plan inside Badass Blender Body Smoothies will help you: lose weight in a way that feels effortless, melt away stubborn body fat, especially with the coconut oil smoothies, reduce bloating and help with digestion, look, feel, and live younger and healthier than ever, actually enjoy those green healthy smoothies you have heard so much about. Badass Blender Body Smoothies features hundreds of smoothie recipes that will satisfy almost any dieter's tastes. Whatever flavor you crave you will most likely find it inside. From nutty to chocolatey to fruity to even exotic flavors. Blend up a delicious smoothie today and treat yourself to melting the pounds away. Don't delay and grab your copy today to enjoy Badass Blender Body Smoothies which included the following books:

- 50 Weight Loss Shakes: Lose Weight Naturally With Coconut Oil And Coconut Milk
- Smoothies
- Smoothie Recipes: 101 Smoothie Recipes For Weight Loss, Going Green and Overall Health
- Muscle Building Smoothies Vol. 1: Protein Powered Shakes For Lean & Mean Muscle
- Mass Muscle Building Smoothies Vol. 2: Preworkout Nutrition For Crossfit, Bodybuilding & Getting Lean
- Muscle Building Smoothies Vol. 3: Postworkout Nutrition For Crossfit, Bodybuilding & Maximum Muscle
- Muscle Building Smoothies Vol. 4: Fat Burning Smoothies For Getting Your Lean Mean Muscle Seen
- Green Smoothie Cleanse Vol. 1: Unofficial Extra Recipes For Your 10-Day Cleanse
- Green Smoothie Cleanse Vol. 2: Unofficial Extra Recipes For Your 10-Day Cleanse
- Sugar Detox Cleanse Vol. 1: Unofficial Extra Recipes For Your 21 Day Detox
- Sugar Detox Cleanse Vol. 2: Unofficial Extra Recipes For Your 21 Day Detox
- 50 Smoothie Recipes: Sweet, Scrumptious And Succulent Smoothies For A Hot Summer's Night
- Bonus Books: 50 Coconut Oil Recipes: Cooking With Coconut Oil And Loving Every Bite
- Juicing: Recipes - 101 Juicing Recipes For Weight Loss, Detox And Overall Health
- Fruit Infused Water: 70 Vitamin Water Recipes To Finally Cure Tasteless H2O
- Weight Loss Salads: 52 Single Serving Sized Salad Recipes For Getting Ripped
- 25 Fat Burning Recipes

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Customer Reviews

The idea of this book “ simple low calorie recipes with coconut oil as a main ingredient “ was appealing to a cook like me who makes most meals from scratch. I am always looking for great taste without added calories. The recipes sound scrumptious; however, I found only a handful I could make with common ingredients found in a typical home kitchen pantry. Using items I had in my pantry, I prepared two recipes: Oatmeal Coconut Chip Cookies; and, SautÃ©ed Coconut Chicken Breasts. Oatmeal Coconut Chip Cookies - turned out well. I live in a high altitude that sometimes is a problem when baking. Not so with these cookies which were crisp and not too sweet. Texture was great with pieces of oatmeal and coconut. What’s not to like? SautÃ©ed Coconut Chicken Breasts - turned out GREAT. I am a huge fan of cilantro and coconut. The sauce was delicious. I had to substitute onions I had on hand for shallots in the recipe. Overall a huge success, plating up moist juicy chicken with a creamy flavorful coconut sauce topped with fresh cilantro. Yum!! I have a couple of questions I would love to ask the author. If the focus is on coconut oil for dieting, why did the

author leave out nutritional facts, servings per recipe and calories? And why are there not any recipes with on coconut oil as a main ingredient? (Most recipes in the book add coconut oil in teaspoons and tablespoons.)Pros: The book has a nice variety of recipes. Instructions are simple enough for a novice cook. Recipes have rich delectable ingredients, so I feel the satisfaction rate will be high. The two I tried turned out fine.Cons: No nutritional facts or calorie counts for those who are watching their weight. If you are dieting, some of recipes seem too rich (buy one can tell without nutrition facts). No substitution options for some of the ingredients such as coconut cream concentrate, chia seeds, whey protein, cashew butter, wheat flour, almond meal sorghum flour, brown rice flour and black mustard seeds. Plan to go shopping for these specialty items.Overall, this is a great simple book that is easy to follow. I found two good recipes to make again and other interesting recipes I will try in future.I purchased this Kindle download for \$2.99

I have incorporated coconut oil in my diet for about less than a year now. I have heard that it has many benefits but I did not know how much until I read this book. This book contains not only food recipes using coconut oil but many other uses that are very beneficial to your skin, hair, weight loss, health and so on. I was amazed at the amount of things you can use this oil for. After reading this, I started to use coconut oil on my daughters face. She is two years old and has very sensitive skin. I found a dry patch under her eye and one that just started around her mouth. Anything wet that is left around her lips will make her skin red and irritated. I started to put coconut oil on her face mostly focusing on those spots and they seem to be getting better. I will continue to use this on my baby. I also use it on her eczema which seems to form in the folds of her arms and legs. I absolutely LOVE the fact that I can treat my daughters skin problems with something that is healthy and natural. There are so many delicious recipes in here and some I am looking forward in trying. I have started to replace butter and vegetable/canola oil with coconut oil and olive oil because of my husbands high cholesterol. I love healthy cooking and am trying to get him in eating more healthier. Even though he's not big on healthy cooking (his reason is lack of taste), I can still introduce the coconut oil into his diet without sacrificing his health or happiness. ;-). Not only does this book contain recipes for coconut oil, it also showed me ways to use Apple Cider Vinegar like to whiten teeth. Who know? I have been using the ACV for my teeth and I have seen a big difference in the brightness of my teeth. I think I will combine the coconut oil and ACV the next time I use this for additional benefits. I am still exploring this book and loving every minute of it. This book is so resourceful, more than I imagined. I am very happy with my purchase. This book has changed a lot of what I do as far as skin care, cooking and teeth whitening. Purchase this book now. It will save you a lot of money,

time, hassles and you will not regret it. I purchased this book at a discounted price or for free in exchange for my unbiased review. I am so happy I was offered the opportunity to review this book. It has and will change not only my life, but my family's life and YOURS.

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