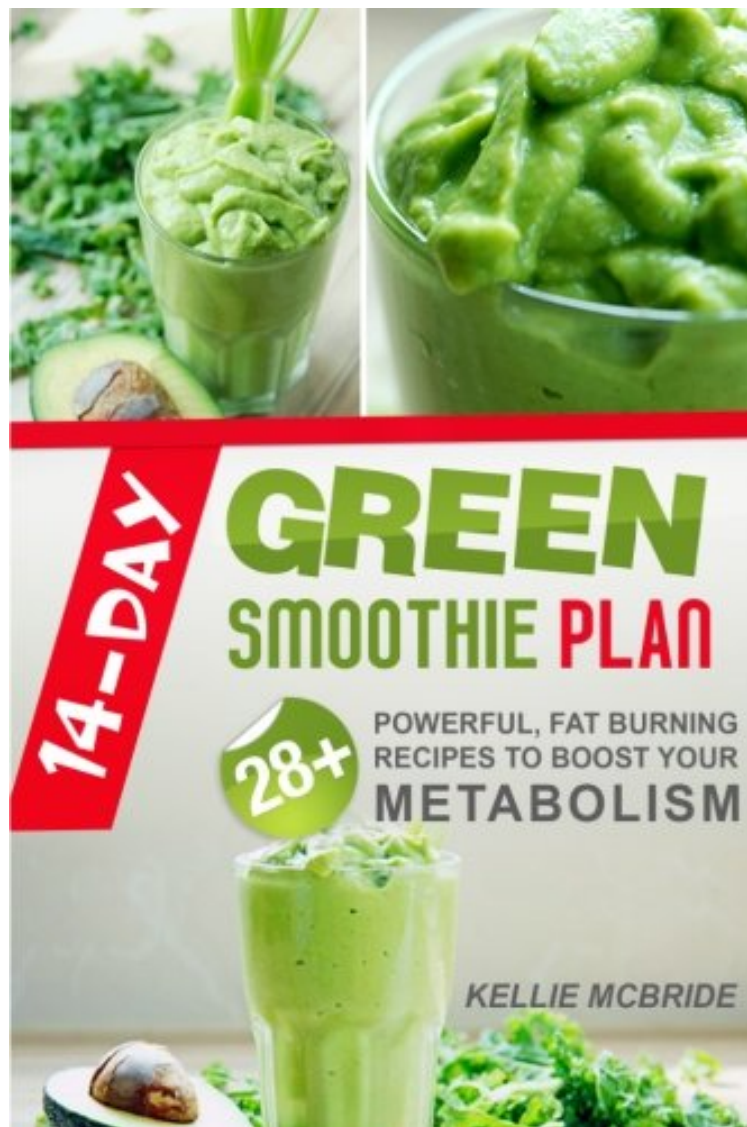


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14 Day Green Smoothie Plan: 28+ Powerful, Fat Burning Recipes To Boost Your Metabolism

Kellie McBride

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hectic lifestyle, stress, work and all the pollutants that come with living in the city, I'm always on the lookout for ways to boost my health. This book has some great recipes to add to my collection. As well as delicious smoothies with kale and other great "green" ingredients, there are also some other recipes that take a slightly different approach - like the mango, coconut water and spirulina recipe, which is delicious!

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By Dill really enjoyed this book and still drink it the smothies! I highly recommend this book!
It is def a buy!
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By Froth I've been making my family smoothies for years, but I did not know what a "green" smoothing was. I do now. And I am a fan, especially the Berry Beautiful Breakfast Smoothie, the Super Kale-Fragilistic Green Smoothie (my kids are not fans, but I like it), the Lemon-and-Blueberry Tonic and the Minty Fresh Apple Smoothie. Thanks to this book, I know about green smoothies and have enough recipes to last for years.

>>UPDATED: Best Selling in "Drinks Beverages"!! ***Learn The Powerful Benefits Of Green Smoothies.. If you are looking for an ebook that easily guides you through the world of detoxing, cleansing, fat burning and rapid weight loss with green smoothies, then this is the ebook for you. Here's what you can expect from this extensive guide to using green smoothies as the anchor of your detoxing routine: A concise discussion about green smoothies, specifically the health benefits, the perceived risks, and what you can do to manage these risks. Tips on how to improve your smoothie-making skills in the kitchen. You don't need to be an expert but if you whip up a great smoothie, you are already halfway home in your struggle to have a delicious and healthy drink. A list of 30 green smoothie recipes that you can use to help you with your fat burning and detox goals. A sample 14-day fat burning plan using the recipes as samples. Knowledge to equip you for long-term juicing success. What you will learn from this ebook and from the 14-day weight loss and fat burning plan will go a long way towards shaping your strategy for transitioning to a healthier smoothie-based diet and lifestyle. So what are you waiting for? There is no better way to kick-start your transformative journey than the power of detoxing and fat burning with smoothies. Allow this ebook to help you find your way. Start Making Green Smoothies - Instantly! >>Scroll Up And Grab Your Copy!