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Dexter Poin

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#7664320 in Books Dexter Poin 2014-05-03Format: Large PrintOriginal language:EnglishPDF # 1 9.00 x .28 x 6.00l, .27 #File Name: 1499344937124 pages30 Delicious Blueberry Smoothie Recipes For Weight Loss and Body Detoxification | File size: 54.Mb

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before purchasing it in order to gage whether or not it would be worth my time, and all praised 30 Delicious Blueberry Smoothie Recipes: For Weight Loss And Body Detoxification (smoothie recipes for weight loss, smoothie recipes for weight management, smoothie recipes for health and wellness):

2 of 2 people found the following review helpful. Alkaline!By MartaThis author clearly understands the importance of alkaline balance in one's diet and it shows in a way he presents his smoothies. The recipes are enriched by such foods as spincach, avocados and he also recommends raw almond milk and cinammon to alkalanize even further. Blueberries, as the title suggests are the main characters of this recipe book, but there is no boredom- there's plenty of ingredients...NO bordedom always leads to success. The end of this book was quite funny but I won't reveal it to you in this review. If you are really into healthy lifestyle (healthy 'at heart' not to 'show off how healthy trendy you are) you will enjoy it too. if you are new to a healthy lifestyle, this recipe book may give you inspiration and interesting ideas. A balanced recipe book clearly written by someone who follows through what he 'preaches'!1 of 1 people found the following review helpful. fun book that gets to the point!By Stephanie L StuartThis author has REAL personality! I love at the end how he pulls no punches and tells you how it is with what you need to do to lose weight, or how the "health" industry is on the inside. I had never tried a smoothie before with oats in it and frankly it sounds like a really great breakfast that you'd want before a long distance run or something active.The GREAT this about this book is all the recipes have nutrition information! Hurray! Most leave that out so I'm really happy about it and you can adjust which ones you choose for your needs. There are no hokey pictures of smoothies or silly names. I mean really- who needs that? Thanks so now I demand a smoothie!0 of 0 people found the following review helpful. I love blueberries!By Seth VollandI have been juicing on a regular basis to lower my high blood pressure and high cholesterol. Sometimes I get REALLY bored with all the Kale and Spinach juices and want something different. I've always read that blueberries are high in anti oxidants and are so good for you. That and I love the way they taste. What I really liked about this book is that it was full of blueberry smoothie recipes. Unlike the other books that where only 1/2 recipes, this book is all recipes and after all, isn't this the reason we buy recipe books? Gonna run out today and get some ingredients and try some of the low carb smoothies. Great book!

Looking for some unique, delicious, blueberry based smoothie recipes? Well, you have come to the right page! Not only does this book contain them. But, it also contains some extra smoothie recipes, along with many delicious vegan recipes, to try out. Take a look at whats inside... Blueberry Smoothie 1 Blueberry Smoothie 2 Blueberry smoothie 3 Blueberry smoothie 4 Blueberry smoothie 5 Blueberry smoothie 6 Blueberry smoothie 7 Blueberry smoothie 8 Blueberry smoothie 9 Blueberry smoothie 10 Blueberry Protein 1 Blueberry Protein 2 Blueberry Protein 3 Blueberry Protein 4 Blueberry Protein 5 Blueberry Protein 6 Blueberry Protein 7 Blueberry Protein 8 Blueberry Protein 9 Blueberry Protein 10 Blueberry Fats 1 Blueberry Fats 2 Blueberry Fats 3 Blueberry Fats 4 Blueberry Fats 5 Blueberry Fats 6 Blueberry Fats 7 Blueberry Fats 8 Blueberry Fats 9 Blueberry Fats 10 Banana Mango Banana Dates Banana Dates Pineapple Cranberry Hone Peanut Butter Fruit Oat Smoothie Icey Dates Green Grape Avocado Smoothie Blueberry Chia Cherry Smoothie Apple Beet Smoothie Choco Cherry Smoothie Melon Mint Smoothie Zinger Ginger Honeydew Smoothie Enjoy!

From the AuthorHey whats up!nbsp;