

[PDF] 300 Calories Or Less Smoothie Recipes! - A Great Pre or Post Workout Source Of Nutrition For Massive Energy! (Smoothie Recipes, Smoothies)

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Grace Styles, Recipe Junkies
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This recipe book is printed both in paperback, and also in digital eBook format for your convenience. Enjoy life by having the natural energy to get through your day! Today we have some really delicious healthy smoothie recipe ideas for you to choose from, and utilize in your every day life to fit your needs. Each smoothie recipe is 300 calories or less, for those calorie conscious people. take a look at some of the recipes inside... Banana Smoothie Banana and Strawberry Smoothie Strawberry Shortcake Smoothie Triple Blended Berry Smoothie Orange Raspberry Smoothie Mango Peach Banana Smoothie Almond Honeydew Smoothie Cantaloupe Smoothie Apple and Carrots Smoothie Spa Cucumber Smoothie Cherry Vanilla Smoothie Grapefruit Smoothie Ginger Banana Smoothie Mango Shake Blue Raspberry Shake Mixed Berry Shake Buttermilk Strawberry Shake Mixed Berry Shake Cranberry Green Tea Shake The Energy Shake Yogurt and Fruit Shake Mango Blackberry Shake Strawberry Milk Shake Fruit Yogurt Shake Choco Cherry Smoothie Melon Mint Smoothie Zinger Ginger Honeydew Smoothie Guava Smoothie Cranberry Banana Smoothie Apricot Berries Smoothie Pear Blueberry Smoothie Celery Cucumber Smoothie Carrot Celery Ginger Smoothie Turmeric Pineapple Smoothie Cucumber Pineapple Grapefruit Smoothie Turmeric Pumpkin Smoothie Sweet Potato Ginger Smoothie Cucumber Ginger Smoothie Apple Peanut Butter Smoothie Chocolate Avocado Smoothie Enjoy!