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## **7 Day Paleo Cleanse Smoothies: Start Your Diet Plan with This Delicious 7 Day Smoothies Recipes for Weight Loss and Healthy Living**

*Angelina Dylan*

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## Recipes for Weight Loss and Healthy Living:

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7 Day Paleo Cleanse SmoothiesStart Your Diet Plan with This Delicious 7 Day Smoothies Recipes for Weight Loss and Healthy LivingThis book is going to show you how the Paleolithic diet or Paleo can cleanse your body. It will describe how to make a smoothie that has all the nutrients to do just that. Then it is going to discuss how such a smoothie has what it takes to clean out the fat and free radicals that your body has accumulated. This book is going to help you get started with smoothies that will help you stay fit, weigh right and feel great.This is more than just a recipe book. It's not just going to list the ingredients of a great smoothie. Instead, this book is going to give you great ideas for smoothies using Paleo food. Since you are not going to live on smoothies all week long, this book is going to teach you how to enjoy Paleo meals along with these. You are definitely going to enjoy eating while losing weight and feeling healthy. In fact, in just 7 days, you will be delighted to see the significant progress in your weight and overall fitness. You will feel great, fit, flexible and energized.In this book You will Find:Paleo and Smoothie BasicsThe 7 day Smoothie ChallengeThe Three Simple Rules for Paleo SmoothiesDetox and Light Dinner SmoothiesBig Breakfast SmoothiesPaleo Cleansing TipsAnd much more!!Scroll Up and Grab Your Copy Now!