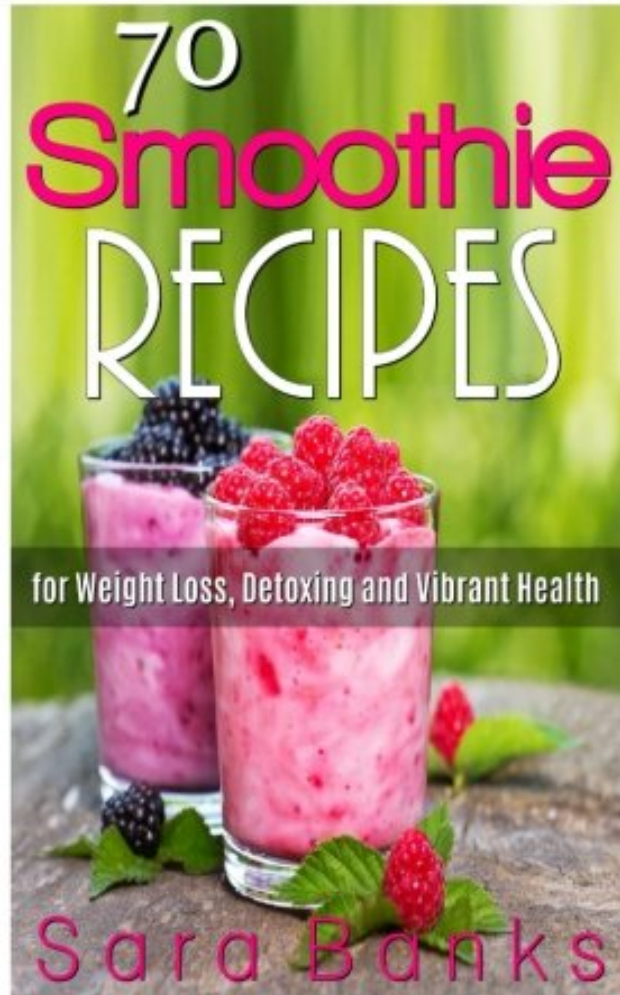


(Free) 70 Smoothie Recipes for Weight Loss, Detoxing and Vibrant Health

70 Smoothie Recipes for Weight Loss, Detoxing and Vibrant Health

Sara Banks

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Sara Banks : 70 Smoothie Recipes for Weight Loss, Detoxing and Vibrant Health before purchasing it in order to gage whether or not it would be worth my time, and all praised 70 Smoothie Recipes for Weight Loss, Detoxing and Vibrant Health:

1 of 1 people found the following review helpful. A delicious smoothie recipe weight loss guideBy excellentwheelsIrsquo;m typically a very health conscious person and I have been into smoothies as part of my as part of my nutritional routine for quite a while now and I was looking to update my smoothie recipe collection so I decided

to do a little searching I came across this book and I'm glad I did because although the vast majority of the recipes are designed for weight loss. I will most likely use the nutritional value of these smoothies to help me maintain my desire to wait. Not only that but there are also some very unique and interesting recipes to deal with issues such as acne and other minor health inconveniences, all while tasting delicious. I am very intrigued by the avocado milkshake as I have had many coconut milkshakes, but I never thought of using avocado for the same effect. Overall I am extremely pleased with my purchase. As the recipes and information seem to be well thought out and well tested, and for the price point. I'm really not going to complain as the few recipes I've tried so far have tasted quite good. So whether you are looking for an inexpensive guide to weight loss or just looking to update your smoothie recipe book, I suggest giving this book a try. I don't think you will be disappointed with the results.0 of 0 people found the following review helpful. Good BookBy CustomerThis book is fantastic. I absolutely loved it. I particularly love how for each recipe there's either a note on what condition it can help with, or what you can do with the pulp if there's any left over, which smoothies are good for rehydrating or keeping your energy up after a workout or even what health conditions the smoothie can help with. There's definitely something for everyone in this book. The only downside is that there are a lot of ingredients that you have to go out of your way to get so if you want recipes based on what you'd typically find in your kitchen this isn't the right book for you.0 of 0 people found the following review helpful. great bookBy CustomerThis is a great book full of great recipes for smoothies. Who doesn't love a good smoothie. I can not wait to try them all. These will be a great addition to my diet. I am wanting to take off some weight but dieting is difficult because you have to give up all the good stuff. I feel these smoothies will be like having a treat. This will help with the cheating binges I tend to have when dieting. If you do not want to give up all the goodness in your diet get this smoothies book and enjoy your diet. I received this product for a reduced price for my honest opinion.

LOSE WEIGHT AND FEEL GREAT WITH THESE 70 SMOOTHIE RECIPES! INSIDE THIS BOOK "70 Smoothie Recipes for Weight Loss, Detoxing and Vibrant Health" YOU WILL GET MY TOP SMOOTHIE RECIPES THAT YOU WILL ABSOLUTELY LOVE! YOU WILL GET THE FOLLOWING INSIDE THIS BOOK: