

[E-BOOK] 99 Calorie Myth SANE Certified Green Smoothies (Updated and Expanded): The Most Hormonally Healing, Low-Sugar, Belly-Fat-Burning, and Energy Boosting Green Smoothies Ever Created! (Volume 1)

99 Calorie Myth SANE Certified Green Smoothies (Updated and Expanded): The Most Hormonally Healing, Low-Sugar, Belly-Fat-Burning, and Energy Boosting Green Smoothies Ever Created! (Volume 1)

Jonathan Bailor

**Download PDF | ePub | DOC | audiobook | ebooks*



[Download](#)

[Read Online](#)

#1393299 in Books 2016-01-19Original language:English 11.00 x .52 x 8.50l, 1.58 #File Name: 0692624813218 pages | File size: 76.Mb

Jonathan Bailor : 99 Calorie Myth SANE Certified Green Smoothies (Updated and Expanded): The Most Hormonally Healing, Low-Sugar, Belly-Fat-Burning, and Energy Boosting Green Smoothies Ever Created! (Volume 1) before purchasing it in order to gage whether or not it would be worth my time, and all praised 99 Calorie Myth SANE Certified Green Smoothies (Updated and Expanded): The Most Hormonally Healing, Low-Sugar, Belly-Fat-Burning, and Energy Boosting Green Smoothies Ever Created! (Volume 1):

1 of 1 people found the following review helpful. I LOVE GREEN SMOOTHIESBy Wednesday VailI LOVE GREEN SMOOTHIES! It is ridiculously hard to find recipes online for green smoothies that aren't loaded with sugar and fruit. I took to experimenting on my own to disastrous and inedible results.... I am so thankful to have actual recipes to follow that taste great and made me fall in love with green smoothies. I drink one every day.1 of 1 people found the following review helpful. Fantastic, easy-to-make smoothies that are tasty and satisfying AND ...By tbailkowskiFantastic, easy-to-make smoothies that are tasty and satisfying AND don't require me to choose between taste and being healthy slim. The best of both worlds! Thank you!1 of 1 people found the following review helpful. high veggie, low sugar, I'll take it!By T. PhillipsRecipes are SUPER easy to follow, use simple and inexpensive ingredients, and are very veggie heavy and low in sugar. If you have a good blender, these are the best smoothie recipes you will find if your goal is fat loss.

READY, SET, BLEND! Formulated by New York Times Best-selling Author and Natural Weight-Loss Expert Jonathan Bailor, your SANE Certified™ green smoothies are radically different from the sugar saturated "healthy" smoothies you will find on grocery store shelves and served at smoothie chains. While those smoothies can contain as much sugar as three cans of Coke, your SANE Certified™ green smoothies contain about as much sugar as a cup of fresh blueberries. They also contain no artificial sweeteners, unnatural chemicals or flavorings, are 100% gluten free, never contain any GMO ingredients, and are 100% kid-approved and family friendly. In short, your SANE Certified™ green smoothies are the single most effective and safest beverage you and your family could ever enjoy. Simply by adding two to four of these smoothies to your family's daily routine, within one week you can: Lose Weight Reverse aging Control diabetes Boost your concentration Reduce hunger Clear away cellulite Reduce risk of cancer Increase energy Curb cravings End overeating And so much more! **Get Your Free 6-Step Weight-Loss Blueprint: SANESolution.com/Blueprint WHAT MAKES A SANE CERTIFIED™ RECIPE DIFFERENT? Backed By Research: Scientifically proven to burn fat, boost energy levels, and improve your health. Always Great Tasting: Designed by top chefs to taste unbelievable - you won't ever call this "diet food." Easy The Entire Family Will Love Them: Perfectly balanced between convenience, variety, and affordability so you get great tasting results without spending hours in the kitchen. NEW TO SANE EATING? What if everything you thought you knew about weight loss was wrong? What if you could eat more, exercise less, and lose weight? What if the world's most advanced science proved it? Now you can join the millions who are breaking free from the calorie myth and "Going SANE!" If you want to boost health and burn fat long term, then we respectfully ask you to ignore EVERYTHING you've been told about weight loss. Like counting calories. Exercising every day. And avoiding fatty food. These "rules," it turns out, are COMPLETELY in REVERSE. They're mistakes. And that's not hype hellip; it's SCIENCE. Now, based on a mountain of scientific evidence, there's a stunningly effective science-backed plan that can help you achieve the greatest wellness success of your life. Turn your body into a fat-burning machine at any age with these revolutionary recipes! **Get Your Free 6-Step Weight-Loss Blueprint: SANESolution.com/Blueprint PLEASE STOP COUNTING CALORIES! Starving yourself is absolutely pointless because your body has its own way to keep your body at a set weight, no matter how many calories you cut. It's NOT the calories hellip; it's NOT the carbs hellip; it's NOT the fat that matters. The secret to lasting weight loss lies in the QUALITY of the food you eat. In your recipe book, you'll discover dozens of foods that actually help lower your set-point to that of a naturally THIN person. The result? Your hormones will become balanced so you can eat to your heart's content and still lose weight. PLEASE EAT MORE FOOD! Researchers have proved that people eating higher-quality foods lost a staggering 86.5% more body fat than typical dieters — even though they ate the same number of calories. But what ARE these higher-quality foods? Good news: They include the delicious rich smoothies you'll discover in this book! **Get Your Free 6-Step Weight-Loss Blueprint: SANESolution.com/Blueprint

About the Author Jonathan Bailor is a New York Times bestselling author and internationally recognized natural weight loss expert who specializes in using modern science and technology to simplify health and weight loss. Bailor has collaborated with top scientists for more than 15 years to analyze and apply over 1,300 studies. His work has been endorsed by top doctors and scientists from Harvard Medical School, Johns Hopkins, The Mayo Clinic, The Cleveland Clinic, and UCLA. Bailor is the founder of SANESolution.com and serves as the CEO for the wellness technology company Yoptireg. He authored the New York Times and USA Today bestselling book *The Calorie Myth*, hosts a popular syndicated health radio show *The SANE Show*, and blogs on *The Huffington Post*. Additionally, Bailor has registered over 25 patents, spoken at Fortune 100 companies and TED conferences for over a decade, and served as a Senior Program Manager at Microsoft where he helped create Nike+ Kinect Training and Xbox Fitness. >>Get Your Free 6-Step Weight-Loss Blueprint At: SANESolution.com/Blueprint