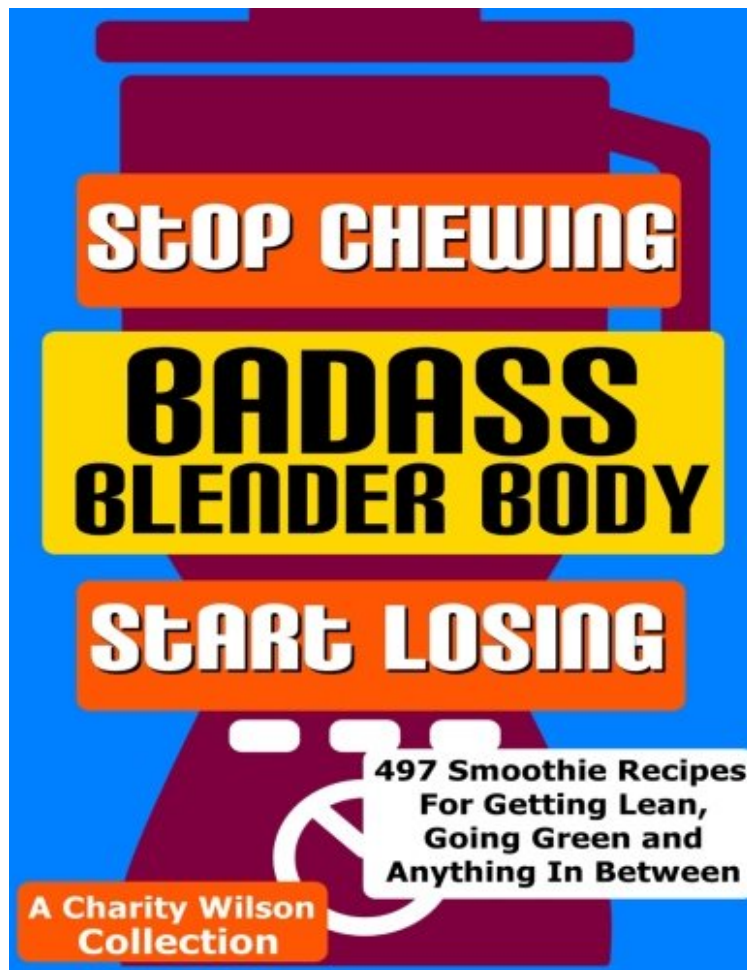


[Download pdf] Badass Blender Body: Stop Chewing Start Losing (Weight Loss Smoothie Recipes) (Volume 1)

Badass Blender Body: Stop Chewing Start Losing (Weight Loss Smoothie Recipes) (Volume 1)

Charity Wilson

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#7588574 in Books 2016-05-05 Original language: English 11.00 x 1.38 x 8.50l, #File Name: 1533034192612 pages | File size: 72.Mb

Charity Wilson : Badass Blender Body: Stop Chewing Start Losing (Weight Loss Smoothie Recipes) (Volume 1) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Badass Blender Body: Stop Chewing Start Losing (Weight Loss Smoothie Recipes) (Volume 1):

1 of 1 people found the following review helpful. Made two good recipes in this book By SharonR The idea of this book ndash; simple low calorie recipes with coconut oil as a main ingredient ndash; was appealing to a cook like me who makes most meals from scratch. I am always looking for great taste without added calories. The recipes sound scrumptious; however, I found only a handful I could make with common ingredients found in a typical home kitchen pantry. Using items I had in my pantry, I prepared two recipes: Oatmeal Coconut Chip Cookies; and, Sauteacute;ed Coconut Chicken Breasts. Oatmeal Coconut Chip Cookies - turned out well. I live in a high altitude that sometimes is a

problem when baking. Not so with these cookies which were crisp and not too sweet. Texture was great with pieces of oatmeal and coconut. What's not to like? Sautéed Coconut Chicken Breasts - turned out GREAT. I am a huge fan of cilantro and coconut. The sauce was delicious. I had to substitute onions I had on hand for shallots in the recipe. Overall a huge success, plating up moist juicy chicken with a creamy flavorful coconut sauce topped with fresh cilantro. Yum!

I have a couple of questions I would love to ask the author. If the focus is on coconut oil for dieting, why did the author leave out nutritional facts, servings per recipe and calories? And why are there not any recipes with on coconut oil as a main ingredient? (Most recipes in the book add coconut oil in teaspoons and tablespoons.)

Pros: The book has a nice variety of recipes. Instructions are simple enough for a novice cook. Recipes have rich delectable ingredients, so I feel the satisfaction rate will be high. The two I tried turned out fine.

Cons: No nutritional facts or calorie counts for those who are watching their weight. If you are dieting, some of recipes seem too rich (buy one can; don't tell without nutrition facts). No substitution options for some of the ingredients such as coconut cream concentrate, chia seeds, whey protein, cashew butter, wheat flour, almond meal sorghum flour, brown rice flour and black mustard seeds. Plan to go shopping for these specialty items.

Overall, this is a great simple book that is easy to follow. I found two good recipes to make again and other interesting recipes I will try in future.

I purchased this Kindle download for \$2.990 of 0 people found the following review helpful. This Book Will Change Your Life

By raq0122I have incorporated coconut oil in my diet for about less than a year now. I have heard that it has many benefits but I did not know how much until I read this book. This book contains not only food recipes using coconut oil but many other uses that are very beneficial to your skin, hair, weight loss, health and so on. I was amazed at the amount of things you can use this oil for. After reading this, I started to use coconut oil on my daughters face. She is two years old and has very sensitive skin. I found a dry patch under her eye and one that just started around her mouth. Anything wet that is left around her lips will make her skin red and irritated. I started to put coconut oil on her face mostly focusing on those spots and they seem to be getting better. I will continue to use this on my baby. I also use it on her eczema which seems to form in the folds of her arms and legs. I absolutely LOVE the fact that I can treat my daughters skin problems with something that is healthy and natural.

There are so many delicious recipes in here and some I am looking forward in trying. I have started to replace butter and vegetable/canola oil with coconut oil and olive oil because of my husbands high cholesterol. I love healthy cooking and am trying to get him in eating more healthier. Even though he's not big on healthy cooking (his reason is lack of taste), I can still introduce the coconut oil into his diet without sacrificing his health or happiness. ;-).

Not only does this book contain recipes for coconut oil, it also showed me ways to use Apple Cider Vinegar like to whiten teeth. Who know? I have been using the ACV for my teeth and I have seen a big difference in the brightness of my teeth. I think I will combine the coconut oil and ACV the next time I use this for additional benefits. I am still exploring this book and loving every minute of it. This book is so resourceful, more than I imagined. I am very happy with my purchase. This book has changed a lot of what I do as far as skin care, cooking and teeth whitening. Purchase this book now. It will save you a lot of money, time, hassles and you will not regret it.

I purchased this book at a discounted price or for free in exchange for my unbiased review. I am so happy I was offered the opportunity to review this book. It has and will change not only my life, but my family's life and YOURS.

0 of 0 people found the following review helpful. Coconut Eggnog Smoothies or Coconut Mussel Soup

hellip; there are a lot of exotic and exciting recipes to try!

By Joy P. I work at a health food store so I have come to know the many benefits of consuming coconut oil whether it be in cooking or as a supplement. So when I came across the chance to check this book out, I jumped at it. This book has awesome recipes that use coconut oil and I must say some of them surprise me. What I liked about a lot of the recipes, especially the smoothies, is that the recipes also incorporate and advocate other healthy ingredients as well such as flax seed and organic cocoa powder and organic yogurt. There is a little of everything and just reading the ingredients of each, a lot of them sound delicious. Most of the recipes have call for common ingredients that are a staple in most home kitchens and those are very convenient. Only a few of them that contain more uncommon ingredients (like sorghum flour or husk powder), I may put on the back burner and save it for a rainy day. I just love that these recipes aren't your typical see-in-every-cookbook recipes. Here is an example. Some smoothie recipes include the Coconut Eggnog Smoothie and the Coconut Blueberry Smoothie, other beverage recipes include a Pecan Coconut Chocolate Milk and an Iced Coconut Mocha Cappuccino. Some dessert recipes include Coconut Pecan Cake, Maple Coconut Bars or Coconut Brownies. More savory recipes that are included are Coconut Crab Cakes, Coconut Rosemary Meat Loaf and Sweet Potato Hash. There's a couple of soup recipes that sound pretty interesting as well: Coconut Mussel Soup and Creamy Orange Soup. I love experiencing new culinary flavors and this book has more than enough recipes to deliver just that. I have already bookmarked a handful of these recipes to try out first and I am pretty excited about it. It's a great read with many awesome recipes to try and I'm really going to enjoy exploring them. I received this ebook in exchange for my honest review.

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weight easy and you can start today! With the variety of smoothies inside you will find everything you need for fat loss support. Reduce calories and inject high-powered fruits and vegetables into your diet without the hassle of chewing. One of the best bonuses inside and worth the price alone is the Fruit Infused Water recipes. These recipes take plain old water and turn it into a zero calorie taste bud exploding experience. With more than 490 intensely flavored recipes and a sound weight loss plan inside, Badass Blender Body Smoothies will help you: lose weight in a way that feels effortless melt away stubborn body fat, especially with the coconut oil smoothies reduce bloating and help with digestion look, feel, and live younger and healthier than ever actually enjoy those green healthy smoothies you have heard so much about. Badass Blender Body Smoothies features hundreds of smoothie recipes that will satisfy almost any diet's tastes. Whatever flavor you crave you will most likely find it inside. From nutty to chocolatey to fruity to even exotic flavors. Blend up a delicious smoothie today and treat yourself to melting the pounds away. Don't delay and grab your copy today to enjoy Badass Blender Body Smoothies which included the following books: 50 Weight Loss Shakes: Lose Weight Naturally With Coconut Oil And Coconut Milk Smoothies Smoothie Recipes: 101 Smoothie Recipes For Weight Loss, Going Green and Overall Health Muscle Building Smoothies Vol. 1: Protein Powered Shakes For Lean Mean Muscle Mass Muscle Building Smoothies Vol. 2: Preworkout Nutrition For Crossfit, Bodybuilding Getting Lean Muscle Mass Muscle Building Smoothies Vol. 3: Postworkout Nutrition For Crossfit, Bodybuilding Maximum Muscle Mass Muscle Building Smoothies Vol. 4: Fat Burning Smoothies For Getting Your Lean Mean Muscle Seen Green Smoothie Cleanse Vol. 1: Unofficial Extra Recipes For Your 10-Day Cleanse Green Smoothie Cleanse Vol. 2: Unofficial Extra Recipes For Your 10-Day Cleanse Sugar Detox Cleanse Vol. 1: Unofficial Extra Recipes For Your 21 Day Detox Sugar Detox Cleanse Vol. 2: Unofficial Extra Recipes For Your 21 Day Detox 50 Smoothie Recipes: Sweet, Scrumptious And Succulent Smoothies For A Hot Summer's Night Plus these awesome Bonus Books: 50 Coconut Oil Recipes: Cooking With Coconut Oil And Loving Every Bite Juicing: Recipes - 101 Juicing Recipes For Weight Loss, Detox And Overall Health Fruit Infused Water: 70 Vitamin Water Recipes To Finally Cure Tasteless H2O Weight Loss Salads: 52 Single Serving Sized Salad Recipes For Getting Ripped 25 Fat Burning Recipes Scroll up and hit the buy button!

About the Author Love my recipes? Hate technology? I recommend you write out your recipes in a blank cookbook. You remember physical books right? You can grab one of my cool blank recipe books at <http://www. .com/My-Recipe-Journal/e/B00WT3IF94>. Charity is a genuine home body. She loves to stay in the kitchen and cook while keeping a clean and organized home. She also loves writing about the recipes she comes up with trying to please the palates of her family. They have had to endure the failures so you don't have too. She plans on continuing to release more recipes books and anything related to making fellow stay at home mom's lives easier. If you think she is an Ellen DeGeneres watching couch potato think again. O.K. admittedly Ellen is the one person she makes T.V. time for but that is it. She has 4 beautiful kids and a husband who works out of the home. To say everyone is in each other's business is an understatement but they love every minute of it. She enjoys making healthy snacks that are ready for her kids when they come home after a day at school. She gets to hear firsthand how their day went and cherishes that time. She ensures meal times are healthy but there is always room for having a great tasting no holds barred meal at least a couple times a week. That is what makes living so much fun. She is as real life as it gets experiencing the same daily time crunches and chaos any family does. Her focus is on raising her family and authoring books people enjoy and can apply to their lives to make them easier.