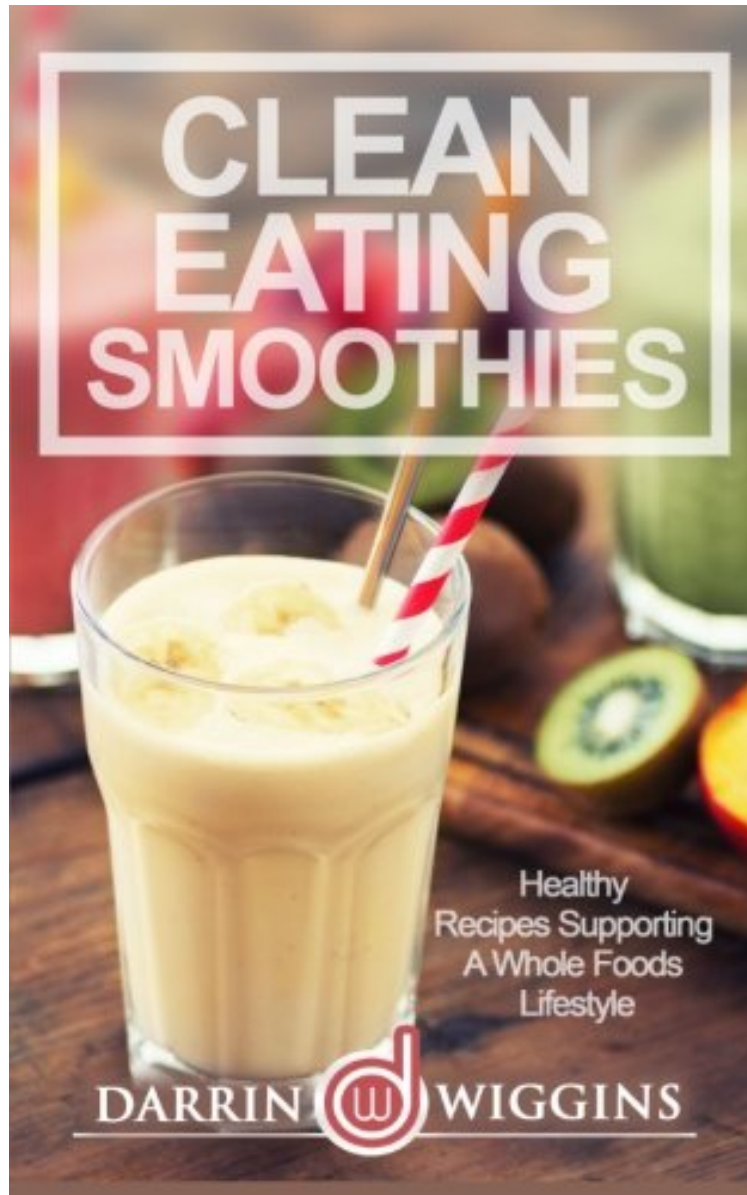


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Clean Eating Smoothies: Healthy Recipes Supporting A Whole Foods Lifestyle

Charity Wilson

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Charity Wilson : Clean Eating Smoothies: Healthy Recipes Supporting A Whole Foods Lifestyle before purchasing it in order to gauge whether or not it would be worth my time, and all praised Clean Eating Smoothies: Healthy Recipes Supporting A Whole Foods Lifestyle:

2 of 2 people found the following review helpful. In for a Pleasant Surprise By Jacintha Topaz I opened to the first recipe and realized that this book is really about "eating" your smoothie. Haven't thought of putting granola, cheese or peanut butter in my smoothies. I had gotten this book because I thought that I'd find a lot of healthy green smoothies. So if you are in the mood of having a to-go smoothie that is indeed packed with calories for the rest of the day, this book is great for that morning pick-me-up. However, if you've got a preconceived notion like I did that smoothies are green with fruits and veggies, then get Charity Wilson's other book: "Anti-Inflammatory Diet Smoothies" 0 of 0 people found the following review helpful. ... exactly what I was expecting but still has some good recipes. The book is small By Brittany The actual book is not exactly what I was expecting but still has some good recipes. The book is small, almost like a church program but with more pages. 0 of 0 people found the following review helpful. Silliest book made..... By Customer Silliest book made Of course smoothies are clean eating its fruits and veggies. Order it on mistake sending it back.

Are you in need of a quick and easy way of cleaning up your diet? Clean Eating Smoothies I'm busy. You're busy. Who has time to do what it takes to make a healthy meal day in and day out? I didn't and it started to negatively affect my health. Even then, I still didn't seem to take the time to eat the food I knew I needed to eat. I faced what many people faced. The news that something needed to change immediately or else. That was many years ago and I have to say that smoothies may well have saved my life. Benefits Of Clean Eating Now I don't want you to think clean eating smoothies are some type of medical miracle because they are not. All they are is sound nutrition and that is what my life was lacking. Smoothies are a convenient and easy way to nourish your body and protect your health. Our diet impacts the longevity and quality of our life. This is being proven daily through studies and personal experiences. As with anything in life changing your dietary lifestyle is a matter of personal choice. Maybe you believe people get disease, healthy food or not. Maybe you know someone with the same lifestyle as you that passed away and now you are concerned with your diet. No matter what your situation the benefits of clean eating remain the same: Safe and natural weight loss Improved energy with fewer mood swings Diminished instances of digestive issues Clearer skin with a healthy glow And many more A clean eating diet is not a "cure-all" diet. Maybe you will get disease even while eating healthy, I don't know. A doctor will still determine the best course of action if you are faced with disease but why not allow a healthy diet to add some preventative medicine to your life. Just Some Of The Recipes You Will Discover Inside You might not love them all, but I would guess you are going to find some new favorites. Clean Blueberry Cheese Smoothie Almond-Quinoa Smoothie Cinnamon Strawberry Yogurt Smoothie Peach Walnut Pie Smoothie Minty Strawberry Smoothie Spicy Cantaloupe Tea Smoothie Blueberry Carrot-Cucumber Smoothie Ready To Get Blending? Download and start enjoying your recipes right away. Scroll to the top of the page and select the buy button.

About the Author Who is Charity Wilson? Charity Wilson is the loving mother of four children, well five if you count her husband of over 25 years. She has worked in various jobs over the years but realized one day home is where she needed to be. After a lot of deliberation and research, she decided to become a full-time writer. Being a full time at home mom and writer sounds like a lot of work and for good reason, it is. She loves every minute of the organized chaos that is her daily life. It is what fuels her ideas and inspires her to write the books she does. She loves to share what she knows and is always willing to learn something new. She loves to cook and create new recipes which you will find shared throughout her various cookbooks. She stays up to date on the most current diets but doesn't particularly follow any one of them. She eats to enjoy while consciously watching her health. She knows people need a variety of recipes to avoid the boredom that leads to weight gain and tries to fill that void. Her passions don't stop at cooking and she is an avid gardener, organizer and loves reading. She is known amongst the kids in the sports community as "the lady with the best chocolate chip cookies ever." She enjoys being able to watch her children play sports and is quite active herself. In the end, you could call her a homebody. Charity is all about living life with passion and enjoying every moment. Life is about enjoying good food, great company and waking up every day happy to do it all over again.