



Green Smoothies: The Weight Loss & Detox Secret: 50 Recipes for a Healthy Diet (Special Diet Cookbooks & Vegetarian Recipes Collection Book

3)

Jonathan Vine

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Want to jump-start your weight loss and improve your health?

This book reveals the weight loss and detox secret.

Let me introduce to you the newest fast food: the green smoothie. This mixture of sun ripened fruits and earth harvested vegetables can be made in seconds. You can say “Goodbye,” to the regret that normally comes along with eating fast food.

Green smoothies are nutritious, providing your body with vitamins, minerals, and anti-oxidants. Packed with nutrients used to fight diseases such as diabetes, cancer, and heart disease, you will begin to wonder why you have gone so long without enjoying green smoothies.

In this book you will discover:

- What is a Green Smoothie?
- What’s So Good About Green Smoothies?
- Nutritional Value and Health Benefits of Green Smoothies
- The Healthiest Weight Loss Program Methodology
- Types of Green Smoothies
- Tasty Tips

??? 50 delicious recipes inside

The book includes 50 delicious recipes that use green leafy vegetables, fruits and non-dairy milk or yogurt to create nutritious, filling drinks for your day-to-day menu.

Whether you are brand new to the world of **green smoothies** or you’ve enjoyed them in the past, don’t miss this great book!

Each recipe offers different variations or tips and tricks so your job is truly simple: follow the recipes and enjoy a glass of pure, **healthy food!**

Scroll up and grab a copy today.

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From reader reviews:

Cory Marshall:

Spent a free the perfect time to be fun activity to complete! A lot of people spent their sparetime with their family, or their friends. Usually they carrying out activity like watching television, going to beach, or picnic inside park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Might be reading a book can be option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the guide untitled Green Smoothies: The Weight Loss & Detox Secret: 50 Recipes for a Healthy Diet (Special Diet Cookbooks & Vegetarian Recipes Collection Book 3) can be fine book to read. May be it can be best activity to you.

Jennifer Larson:

Are you kind of busy person, only have 10 or even 15 minute in your time to upgrading your mind skill or thinking skill even analytical thinking? Then you are having problem with the book when compared with can satisfy your short period of time to read it because this time you only find reserve that need more time to be go through. Green Smoothies: The Weight Loss & Detox Secret: 50 Recipes for a Healthy Diet (Special Diet Cookbooks & Vegetarian Recipes Collection Book 3) can be your answer because it can be read by an individual who have those short free time problems.

Diane Smith:

Reading a book being new life style in this season; every people loves to examine a book. When you learn a book you can get a lots of benefit. When you read publications, you can improve your knowledge, mainly because book has a lot of information on it. The information that you will get depend on what types of book that you have read. If you wish to get information about your examine, you can read education books, but if you want to entertain yourself you are able to a fiction books, this kind of us novel, comics, and soon. The Green Smoothies: The Weight Loss & Detox Secret: 50 Recipes for a Healthy Diet (Special Diet Cookbooks & Vegetarian Recipes Collection Book 3) will give you a new experience in looking at a book.

Robert Nobles:

What is your hobby? Have you heard that question when you got students? We believe that that question was given by teacher to the students. Many kinds of hobby, Every person has different hobby. And also you know that little person just like reading or as reading through become their hobby. You need to know that reading is very important and also book as to be the point. Book is important thing to provide you knowledge, except your own personal teacher or lecturer. You get good news or update in relation to something by book. Amount types of books that can you take to be your object. One of them is niagra Green Smoothies: The Weight Loss & Detox Secret: 50 Recipes for a Healthy Diet (Special Diet Cookbooks & Vegetarian Recipes Collection Book 3).

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