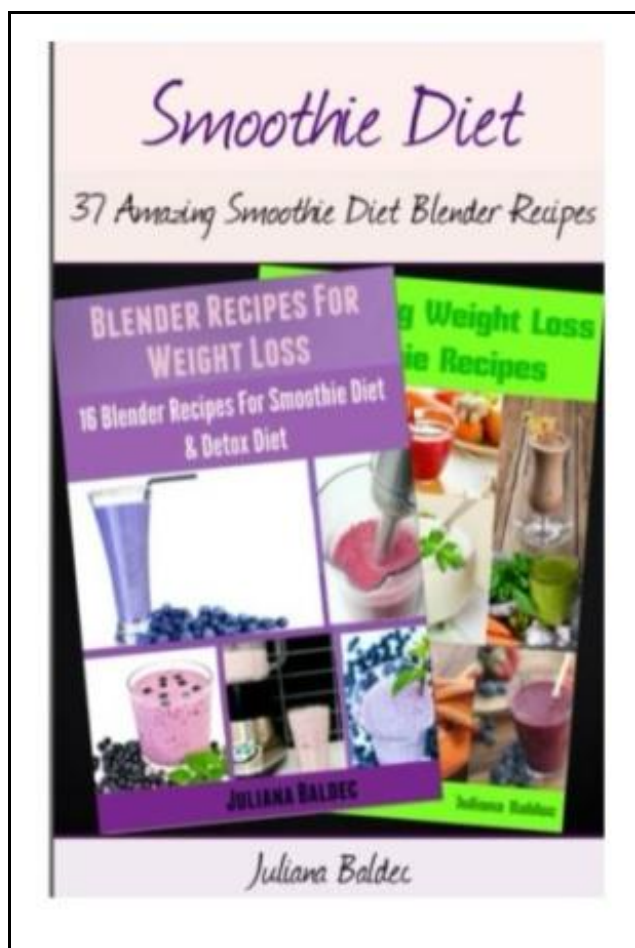


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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Weight Loss Smoothie Recipes BONUS - Includes a FREE copy of Delicious Healthy Smoothie Recipes to stay healthy, fit lean. This is a compilation of 2 Smoothie Diet books that you can make with your Ninja Blender, Nutribullet, Vitamix similar high speed or high power blender. In total you will receive 37 smoothie diet blender recipes. Smoothie Diet Book 1: In 21 Amazing Weight Loss Smoothie Recipes Juliana shows you how she used these healthy low calorie smoothie diet drinks during her Smoothie diet and lost 40 lbs over two month. Inside you will get the exact same healthy smoothies recipes and low fat smoothie recipes so that you can achieve the same results if you take action. Before consuming Smoothies she was overweight and suffered from breathing problems and Asthma, stress and sleeping problems, but since she has been enjoying these healthy smoothies combined with a light Yoga workout, she has become a new person. Depending on your own goals and preferences, you can either consume these healthy smoothies recipes to become a healthier you or you can apply them as a smoothie diet in order to develop a leaner body or to lose some pounds. She includes plant based green smoothie recipes for weight loss, green smoothie detox recipes, and vegetable fruit blender smoothie recipes. Smoothie Book 2: 16 Blender Recipes for the Smoothie Diet Detox Diet. She uses her favorite hi-speed smoothie maker, the Nutribullet (you can also use other high power blenders like Vitamix, Ninja, etc.), to tear through chard, kale, frozen berries, coconut, walnuts, almonds, chia seeds detox and other healthy weight loss food ingredients. She transforms them into these heavenly tasty smoothies...



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