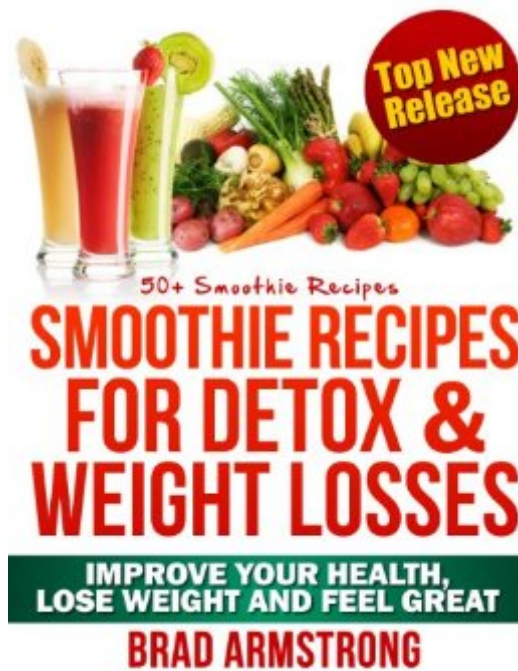


The book was found

50+ Smoothie Recipes For Weight Loss, Detox & Better Overall Health



Synopsis

I am so glad you picked up this short ebook on all of my favorite healthy smoothie recipes. Regardless if you want to improve your overall health, increase energy levels or lose a couple of pounds you have it all year. Try all of my recipes as well as creative some of your own from the long list of fruits, veggies and greens. It is an easy and quick way for you to get some of your daily required vitamins and minerals. This ebook is not a Holy Grail. It must fit your personality and you must be consistent. Instead of just eating boring salads you can experiment with all the variations and ideas I have presented you. Toss in a couple of fruits with a couple of greens. You will probably not even taste the spinach or kale but you will get all the important nutrients. You can always add honey if you need added sweetness. I strongly suggest Chia as it will you up as it does for me. Try adding 3 fruits with 3 vegetables to get all of your recommended servings. The key is to experiment. It is a journey and hopefully will be a journey that is the beginning of the new you!! I have included weight loss, detox, immune building and energy boosting recipes for all types of smoothies. Check out my other books Rules for Healthy Living by Eating Right 30 Day Juice Plan for Weight Loss and Detox

Book Information

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Customer Reviews

I have used just about all the recipes from this book. I have been introduced to some ingredients I never heard of. The recipes are filling & I am not hungry all day & since using the detox recipes my feet haven't been swelling so I give this purchase a 5 star rating & delivery was downloaded to my kindle immediately after the purchase.

I love smoothies and this book is filled to the rim with great recipes and it also tells the reader to experience on their own with making and preparing really healthy smoothies. If you are one for smoothies, you can't go wrong with this one. Recommended. Author George Wilder Jr. "I love you to death"

This is a great little recipe book!! Easy to make & a little explanation before each group of recipes to let you know why ingredients were chosen.

Absolutely the kind of book I was looking for. This book has a grocery list at the front and recipes throughout. I am so looking forward to trying these and even inventing some of my own. I may even get another one of his books. What a great read! Way to go Mr. Brad u have motivated me even more on my road to weight loss. Thanks

I'm always looking for books and information on how to eat healthy but it must taste good at the same time. I have found that in these recipes. They are fast, easy and delicious. Can't ask for more. Enjoy !!!

This is very similar to Armstrong's Green Smoothie recipe. I'm giving it a 3 stars for the effort and the decent price that makes it accessible to everyone - but it's again poorly formatted, the photos are similar to the same ones in the other book and are not very good, and it's just a series of recipes without any specific information or any personal touch. It just seems thrown together, you know? Some of the recipes are decent.

I tried a sample of this before I purchased it. I assumed that since the author is vegan the smoothies would be dairy free. Many of the recipes include yogurt, sherbet, protein powder, etc. I'm glad it only cost me 99¢!

I love this recipes! They are easy to make and truly tasteful! I also visited the website and it's full of ideas and tips for a healthy life. I would like to have the smoothie's calorie count, that is something I think is missing, but I also understand that calory counting is something I had learned to take in count after several years of dieting (and failing) and may not apply to a healthy detox diet.

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Manuscripts - Red Smoothie Detox Factor (Vol.1) + Red Smoothie Detox Factor (Vol. 2 - Superfoods Red Smoothies) Detox The Body: How To Detox Your Body For Fast Weight Loss (detox health, juicing, cleanse, diet, plan, foods, eating, naturally, juice, body mind soul, essentials, drinks, guide, book) Souping: The New Juicing - Detox, Cleanse & Weight Loss (Detox, Cleanse, Weight Loss, Juicing, Gluten Free, Gut Health, Souping) Superfoods Today Red Smoothies: Energizing, Detoxifying & Nutrient-dense Smoothies Blender Recipes: Detox Cleanse Diet, Smoothies for Weight Loss Diabetes, Detox Green Cleanse for Weight Loss Energy Juicing: 365 Days of Juicing Recipes (Juicing, Juicing for Weight Loss, Juicing Recipes, Juicing Books, Juicing for Health, Juicing Recipes for Weight Loss, Juicing Detox, Juicing for Beginners)

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