



Smoothie Cookbook: 38 Smoothie Detox, Smoothie Superfood Smoothie Diet Blender Recipes (Best Smoothie Detox Recipes) + Smoothies Are Like You: Smoothie Food Poetry for the Smoothie Lifestyle - Poem a Day Book (Poem

By Juliana Baldec

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Smoothie Cookbook BONUS - Includes a FREE copy of my collection of Delicious Healthy Smoothie Recipes that helped me stay healthy, fit, clean lean. Using a combination of these healthy low calorie smoothie recipes delicious smoothies from this collection plus a daily light Yoga workout, helped me loose 40 lbs over two month. I have been able to change my lifestyle into a healthy one because I am consuming healthy smoothies on a daily basis. This compilation package includes a collection of all my proven tested smoothie recipes that I used to achieve my results. You will get the following 2 Smoothie Cookbooks: Smoothie Book 1: 21 Amazing Weight Loss These are the exact same smoothies recipes for weight loss low fat smoothie recipes that helped me lose 40 lbs over a two month period. I am so happy that I got started with changing my lifestyle from a common and unhealthy meal plan to one that includes these delicious and healthy smoothies which kind of transformed my life into a balanced, healthy, energized, clean lean lifestyle! I...



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