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The Fat Loss Series: The Fat Loss Series: Book 4 of 7 - 40 Fat Loss Smoothies, Drinks, Shakes, and Juice Recipes (Fat Loss Juice, Fat Loss Smoothie, Fat Loss Drink, Fat Loss

By V Noot

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.40 Fat Loss Shakes, Smoothies, and Other Drinks in One Book! In the 3rd book of the Fat Loss Series, I emphasized eating habits. This book is about drinking habits, since drinking the right substances is such an important part of the weight loss diet plan. By reading this book and applying the fat loss drinking techniques and recipes, you will complete your strategies and weight loss plan even more! You will learn: 10 delicious fat loss drinks. 10 yummy fat loss smoothies. 10 tasty fat loss shakes. 10 detoxing fat loss juices. Easy drink recipes with healthy ingredients. Interesting facts about vitamins, fruits, and other fat loss nutritional substances. And much more! Benefits of losing fat: Drink the right drinks. Enjoy the delicious fruits, herbs and vegetables of nature. Feel more confident. Improve your health. Build your immune system. Become better at your favorite sport. Live longer. Look beautiful/handsome. Become faster, stronger, and more energetic. So if you love juicing, mixing, and drinking, but you are also aware of your health and diet, then...



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