



Smoothie Recipe Book for Beginners: Essential Smoothies to Get Healthy, Lose Weight, and Feel Great

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Dramatically change the way you look and feel with The Smoothie Recipe Book for Beginners. When you have a busy life and packed schedule, it can be a challenge to get enough fresh fruits and vegetables in your diet. The Smoothie Recipe Book for Beginners gives you everything you need to turn nutrient-rich foods into fast and filling meals. With more than 70 easy smoothie recipes, The Smoothie Recipe Book for Beginners will help you lose weight, increase your energy, fight disease, and achieve the healthy glow that comes from a clean and well-balanced diet.

The Smoothie Recipe Book for Beginners will help you make healthy smoothies a part of your daily routine, with:

- *More than 70 Smoothie Recipe Book recipes packed with vitamins and antioxidants
- *Smoothie recipes for weight loss, energy, detoxing, and optimal health
- *3- and 7-day Smoothie Recipe Book meal plans to kickstart a full-body detox
- *A produce shopping guide from the editors of The Smoothie Recipe Book
- *Smoothie Recipe Book tips for reducing calories, adding superfoods into your diet, and modifying recipes to suit your taste buds

Whether you are looking to increase your daily dose of natural vitamins or lose weight, The Smoothie Recipe Book for Beginners is a simple path to a new and healthier you!

Smoothie Recipe Book for Beginners: Essential Smoothies to Get Healthy, Lose Weight, and Feel Great Details

Date : Published January 13th 2014 by Mendocino Press

ISBN : 9781623153328

Author : Callisto Media

Format : Paperback 180 pages

Genre : Food and Drink, Cookbooks

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