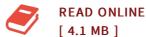




Smoothie Cookbook 38 Smoothie Detox, Smoothie Superfood Smoothie Diet Blender Recipes Lean Clean Eating Drinking with Smoothies

By Juliana Baldec

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 144 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.Smoothie Cookbook BONUS - Includes a FREE copy of my collection of Delicious and Healthy Smoothie Recipes that have helped me stay healthy, fit, clean and lean. Using a combination of these healthy low calorie smoothie recipes and 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 and 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 Smoothie Recipes: These are the exact same smoothies recipes for weight loss and 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...



Reviews

This ebook is really gripping and fascinating. it had been writtern extremely perfectly and useful. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Leopold Hills

Totally among the finest publication I actually have at any time study. I am quite late in start reading this one, but better then never. I found out this publication from my dad and i suggested this pdf to discover.

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