

*23 Fat Burning Green Smoothie Recipes Tips For Rapid Weight Loss Book 2*

**READY, SET, BLEND!** Formulated by New York Times Best-selling Author and Natural Weight-Loss Expert Jonathan Bailor, your SANE Certified™ green smoothies are radically different from the sugar saturated "healthy" smoothies you will find on grocery store shelves and served at smoothie chains. While those smoothies can contain as much sugar as three cans of Coke, your SANE Certified™ green smoothies contain about as much sugar as a cup of fresh blueberries. They also contain no artificial sweeteners, unnatural chemicals or flavorings, are 100% gluten free, never contain any GMO ingredients, and are 100% kid-approved and family friendly. In short, your SANE Certified™ green smoothies are the single most effective and safest beverage you and your family could ever enjoy. Simply by adding two to four of these smoothies to your family's daily routine, within one week you can: Lose Weight Reverse aging Control diabetes Boost your concentration Reduce hunger Clear away cellulite Reduce risk of cancer Increase energy Curb cravings End overeating And so much more! **\*\*Get Your Free 6-Step Weight-Loss Blueprint: [SANESolution.com/Blueprint](http://SANESolution.com/Blueprint) WHAT MAKES A SANE CERTIFIED RECIPE DIFFERENT? Backed By Research: Scientifically proven to burn fat, boost energy levels, and improve your health. Always Great Tasting: Designed by top chef's to taste unbelievable - you won't ever call this "diet food." Easy & The Entire Family Will Love Them: Perfectly balanced between convenience, variety, and affordability so you get great tasting results without spending hours in the kitchen. NEW TO SANE EATING? What if everything you thought you knew about weight loss was wrong? What if you could eat more, exercise less, and lose weight? What if the world's most advanced science proved it? Now you can join the millions who are breaking free from the calorie myth and "Going SANE!" If you want to boost health and burn fat long term, then we respectfully ask you to ignore EVERYTHING you've been told about weight loss. Like counting calories. Exercising every day. And avoiding fatty food. These "rules," it turns out, are COMPLETELY in REVERSE. They're mistakes. And that's not hype ...it's SCIENCE. Now, based on a mountain of scientific evidence, there's a stunningly effective science-backed plan that can help you achieve the greatest wellness success of your life. Turn your body into a fat-burning machine at any age with these revolutionary recipes! **\*\*Get Your Free 6-Step Weight-Loss Blueprint: [SANESolution.com/Blueprint](http://SANESolution.com/Blueprint) PLEASE STOP COUNTING CALORIES!** Starving yourself is absolutely pointless because your body has its own way to keep your body at a set weight, no matter how many calories you cut. It's NOT the calories ... it's NOT the carbs ... it's NOT the fat that matters. The secret to lasting weight loss lies in the QUALITY of the food you eat. In your recipe book, you'll discover dozens of foods that actually help lower your set-point to that of a naturally THIN person. The result? Your hormones will become balanced so you can eat to your heart's content and**

still lose weight. **PLEASE EAT MORE FOOD!** Researchers have proved that people eating higher-quality foods lost a staggering **86.5%** more body fat than typical dieters - even though they ate the same number of calories. But what **ARE** these higher-quality foods? Good news: They include the delicious rich smoothies you'll discover in this book! **\*\*Get Your Free 6-Step Weight-Loss Blueprint: SANESolution.com/Blu'**

Weight loss is the buzz word in today's world. Instead of going for unnatural ways you can slowly and gradually reduce your excess fat using the recipes given in this book. The best juicing recipes given in this book for weight loss include ingredients from the cruciferous vegetables list. It provides your body the tools it needs to fight against fat, detoxification in the right direction and helping with hormonal balance. Cruciferous vegetables are uniquely positioned to promote fat loss in your body. These recipes will not only help you in weight loss but also improve your overall health and well being.

**NutriBullet Green Smoothies: 85 Nutritious and Healthy Recipes You Can Prepare At The Click Of A Button** Get tons and tons of nutrients from your green smoothie without having to fill your fridge with fruits and vegetables all the time through the help of NutriBullet Device. A powerful kitchen appliance that gently purees your fruits and vegetable to give you smoothies packed full of amazing nutrients for your overall well being. In this book, you will find my tip for making delicious and easy green smoothies to help you kick start your weight loss and fat burning exercise. In addition to that, this book contains: Easy to find ingredients Recipes you can quickly and easily puree and take at any given time. Low calorie, low carb, high fiber and protein recipes Do you want to shed weight fast without endangering your health? Look no further, **NutriBullet Green Smoothies** was compiled for this purpose. Follow these recipes and watch the pounds drop like hot potatoes! Remove toxins and unwanted fats; Improve your body stability and rejuvenation Lower your blood and sugar level and Get a glowing skin and hair. All these and many more are yours if only you get this book.

Get healthy in just 15 days with this diet plan from the celebrity trainer and New York Times bestselling author frequently featured on Khloé Kardashian's *Revenge Body* We've gone way overboard trying to beat the bulge. We've tried every diet out there—low-carb, low-fat, all-grapefruit—and spent hours toiling on treadmills and machines, to no avail. It's time to hit the reset button and start over with a new perspective on weight loss. In *The Body Reset Diet*, celebrity trainer and New York Times bestselling author Harley Pasternak offers you the ultimate plan for a thinner, healthier, happier life. This three-phase program focuses on the easiest, most effective way to slim down: blending. The 5-day jump-start includes delicious, expertly crafted smoothies (White Peach Ginger, Apple Pie, and Pina Colada, to name a few), dips, snacks, and soups that keep you satisfied while boosting your metabolism. Over the following 10 days, the plan reintroduces healthy combinations of classic dishes along with the blended recipes to keep the metabolism humming, so you will continue to torch calories and shed pounds. The plan also explains how the easiest form of exercise—walking—along with light resistance training is all it takes

**to achieve the celebrity-worthy physique that we all desire. No equipment necessary! Whether you are looking to lose significant weight or just those last 5 pounds, The Body Reset Diet offers a proven program to reset, slim down, and get healthy in just 15 days—and stay that way for good!**

**99 Calorie Myth and SANE Certified Green Smoothies (Updated and Expanded)**

**Best Juicing Diet Books: Juice Diet Drinks + Fat Burning Smoothies**

**Green Smoothies for Life**

**Creamy & Delicious, Low-Carb, Low Sugar Green Smoothie Recipes for Weight Loss, Beauty and Health**

**Lose up to 16 Pounds in 14 Days and Sip Your Way to A Lean & Healthy You!**

**Quick Weight Loss Diet: Slow Cooker Recipes and Tasty Green Smoothies**

**Over 50 Sexy & Filling, Delicious & Nutritious Green Smoothie Recipes You Will LOVE!**

**Supercharge Your Body & Mind, Speed Up Natural Weight Loss, and Enjoy Vibrant Energy**

Warning! If you like boring, unappetizing green smoothies that taste worse than baby food- don't buy this book! Do not use this book unless you want to feel energized, have glowing skin, lose weight, and live a super healthy lifestyle! \*\*\* But if you're looking for super healthy ways to boost your wellbeing almost instantly and feel confident you are taking care of your body, mind, and soul (in less than 10 mins a day)- you have come to the right place! \*\*\* I am very excited to help you and guide you through Green Smoothies That Don't Taste Gross. Here's precisely what you can expect: -over 50, juicy, sexy and tasty green smoothie recipes you can make in 10 minutes or less (set up included) -simple to follow food lists and shopping lists you need to make unbelievably delicious and nutritious smoothies to look and feel amazing -common-sense, super effective, but most often overlooked superfoods to use in your smoothies -herbal secrets to quickly spice up your smoothies and drastically enhance their nutritional value fast (99.9% green smoothie lovers have no clue about them) -the most common smoothie mistakes you need to avoid (unless you want to end up sick, tired, and putting on weight and fat!) -all kinds of taste for you to enjoy. From naturally creamy and sweet smoothies to spicy and sour smoothies + natural green protein smoothies -quick meal replacement smoothies and smoothies you can quickly turn into a quick, delicious, healing raw or almost raw soup + a myriad of all-natural, holistic, nerdy, health, and wellness tips from a life-long practitioner! Ready to optimize your health to look and feel fabulous? Secure your copy of Green Smoothies That Don't Taste Gross now, by scrolling up the page and ordering your copy

today. I can't wait to see you inside! Elena "Green Smoothie Addict" Garcia  
THE INSTANT NATIONAL BESTSELLER • Brittany Williams lost more than 125 pounds using her Instant Pot® and making all her meals from scratch. Now she shares 125 quick, easy, and tasty whole food recipes that can help you reach your weight loss goals, too! Brittany Williams had struggled with her weight all her life. She grew up eating the standard American staples—fast, frozen, fried, and processed—and hit a peak weight of 260 pounds. When her 4-year-old daughter's autoimmune disease was alleviated by a low-sugar, dairy-free, grain-free, whole-food-based diet, Brittany realized she owed her own body the same kind of healing. So on January 1, 2017, she vowed to make every meal for a year from scratch, aided by her Instant Pot®. She discovered that the versatility, speed, and ease of the electric pressure cooker made creating wholesome, tasty, family-satisfying meals a breeze, usually taking under thirty minutes. Not only did the family thrive over the course of the year, Brittany lost an astonishing 125 pounds, all documented on her Instant Loss blog. Illustrated with gorgeous photography, Instant Loss Cookbook shares 125 recipes and the meal plan that Brittany used for her own weight loss, 75% of which are recipes for the Instant Pot® or other multicooker. These recipes are whole food-based with a spotlight on veggies, mostly dairy and grain-free, and use ingredients that you can find at any grocery store. The clearest guide to navigating your Instant Pot® or other multicooker that you'll find, Instant Loss Cookbook makes healthy eating convenient—and that's the key to sustainable weight loss.

Green smoothies like Ginger Green.

Nutri Ninja Recipe Book - 70 Smoothie Recipes for Weight Loss, Increased Energy and Improved Health  
The Nutri Ninja Pro Blender is a powerful 900 watt blender capable of extracting nutrients and vitamins. Capable of blending all fruits and vegetables whilst crushing ice, seeds and skins to create delicious smoothies for you to enjoy. Why Read The Nutri Ninja Recipe Book?  
\* Increase your energy levels and feel great about yourself \* Improve your health \* Perform better in workouts and sporting events - reach peak fitness \* Look amazing with clear skin, vibrant eyes and be your perfect weight \* Live the life you deserve - wake up in the morning with endless energy! Make the very same recipes I have researched and tested out to; \* Lose weight and look great \* Train for a marathon \* Improve my children's health by getting them to drink nutrient rich smoothies. I never dreamt they would be consuming spinach, kale and avocados on a daily basis, and enjoying it! What Recipes Are Included? With chapters dedicated

to weight loss, increased energy, sports drinks, clearer skin, a healthier heart, superfood smoothies, natural remedies, breakfast smoothies, smoothies for kids, there is something for everyone. The following are a small taster of the 70 smoothie recipes included in the Nutri Ninja Recipe Book; Berry Peachy Chocolate Velvet Vitamin Vrrrooom Purple Punch Mango Tango The Beetroot Bolt Brazilian Beauty Peachy Lemonade The Anti-Sneeze The Pick Me Up Achieve Better Health and Weight Loss through Cleansing - Recipes and Diet Plan for Every Body [39 Delicious Green Smoothie Recipes]

The Green Smoothie Recipe Book

The 14 Day Green Smoothie Detox Diet

The Body Reset Diet

Recipes for Living, Loving, and Juicing Green

The All-Day Fat-Burning Diet

The Most Hormonally Healing, Low-Sugar, Belly-Fat-Burning, and Energy Boosting Green Smoothies Ever Created!

Alkaline Juicing

Do you want to get rid of stubborn body fat? Do you want to shed off a couple of pounds without hard workouts? If Yes, u are nth r ght l ! So many people who intend to lose weight do not know what the right ratio of ingredients for a tasty smoothie is. Well, you have nothing to worry about because I have you covered. Enjoy nearly endless options for imaginative and healthy smoothies with more than 50 nutritious, easy-to-make recipes. Diet Book "The 10-Day Green Smoothie Cleanse For Weight Loss" filled with tasty mix-and-match ideas, for crafting creative smoothies-from brain-boosting breakfasts to supercharged afternoon snacks. Whatever you crave, Diet Book "The 10-Day Green Smoothie Cleanse For Weight Loss" is your go-to guide for creating customizable smoothies that are perfect for you. This smoothie recipe cookbook contains two big parts: Part 1 All about The 10-day Green Smoothie Cleanse Weight Loss and Diet Plan Part 2 Additionally 50 Detox Green Smoothies Recipes For Weight Loss. To diversify your diet So, what are you still waiting for? Let's get right to it and start losing weight for a healthier lifestyle. Just Click on "Buy now with 1-Click (R)" And Start Your Journey Towards the Healthy World Today I look forward to getting you started on some of my most favorite recipes that I've ever shared. Trust me, it's worth it! healthy smoothies recipes for weight loss, healthy weight loss smoothies recipes, weight loss smoothies recipes green, green smoothies recipes for weight loss, green smoothies recipes weight loss, smoothies recipes, best fruit smoothies recipes, green smoothies recipes, diet smoothies recipes, veggie smoothies recipes, healthy smoothies recipes to lose weight, simple smoothies recipes, simple

green smoothies recipes, smoothies recipes to lose weight, cleansing smoothies recipes, coffee smoothies recipes, weight loss smoothies recipes, banana smoothies recipes, low calorie smoothies recipes, pineapple smoothies recipes, chocolate smoothies recipes, morning smoothies recipes, fruits smoothies recipes, healthy fruit smoothies recipes, fruit smoothies recipes healthy, fruit smoothies recipes, spinach smoothies recipes, smoothies recipes with almond milk, almond milk smoothies recipes, berry smoothies recipes, smoothies recipes healthy, blueberries smoothies recipes, blueberry smoothies recipes, healthy smoothies recipes, healthy breakfast smoothies recipes, healthy smoothies recipes for breakfast, breakfast smoothies recipes healthy, lose weight smoothies recipes, lose weight with smoothies recipes, healthy green smoothies recipes, green healthy smoothies recipes, smoothies recipes with milk, coconut milk smoothies recipes, veg smoothies recipes, raspberry smoothies recipes, good smoothies recipes, avocado smoothies recipes, vegetarian smoothies recipes, vegan smoothies recipes, smoothies recipes to gain weight, health smoothies recipes, easy fruit smoothies recipes, best smoothies recipes, fruit and vegetable smoothies recipes, vegetables smoothies recipes, vegetable and fruits CHOOSE which one you like more? The Book Available in 3 Editions: Kindle Editions Paperback - Full Color Paperback - Black & White Edition Tags: food in high protein, high protein in diet, high protein dieting, high protein diet for beginners, high protein breakfast, high protein foods with low fat, high protein foods with low carbs, low carb high protein foods, vegetables with high protein, high proteins foods, foods with high proteins, high protein plant based cookbook, vegan bodybuilding cookbook, high protein plant based food, high protein plant based diet book, high protein f

**CAPTURE THE BENEFITS OF EARTH'S SUPERFOODS** Looking for a quick, flavorful and nutritious way to stay youthful and healthy? The Green Smoothies Diet provides the perfect solution! Green smoothies are the best way to power up your body and supercharge your health in just minutes a day. Packing a tasty, nutrient-filled punch in every sip, these ultrahealthy smoothies pair leafy green vegetables with delicious, antioxidant-rich fruits. Discover how green smoothies help you: • Lose Weight • Detoxify the Body • Increase Energy • Fight Heart Disease • Prevent Diabetes & Certain Cancers • Boost the Immune System • Make Skin and Hair Beautiful Features easy-to-make recipes like: • Rad Raspberry Radicchio • Black Kale Blackberry Brew • Red Pepper Mint Julep • Grapefruit Cilantro Booster • Big Black Cabbage Cocktail

**NATIONAL BESTSELLER** From the bestselling author of 10-Day Green Smoothie Cleanse, an exciting new keto-cleanse that delivers rapid weight loss with low-sugar smoothies and hearty low-carb meals. The 14 Day New Keto Cleanse combines the health benefits of green smoothies with the fat-burning benefits of keto for maximum weight loss. The green smoothies that JJ is famous for get a low-sugar revamp, with new recipes featuring 15g or fewer net carbs and

tasty ingredients such as chocolate, berries, avocado, and much more. Nearly a million people are living their best and healthiest lives with the help of JJ's cleanses that have proven results. This book contains everything you need to change your life in fourteen days, with comprehensive shopping lists, daily meal and movement guides, and plenty of opportunities to customize the plan. Featuring thirty-five easy recipes ranging from Turkey Pumpkin Chili to Pepperoni Parmesan Crisps, you can feel full and satisfied each day! Each recipe is low-sugar, low-carb, and packed with nutrient-rich ingredients that taste great. In just fourteen days, you can kickstart your body into a healthy state of fat-burning ketosis, experience quick weight loss, and lay the foundation for a longer, healthier life!

Jen Hansard and Jadah Sellner are on a fresh path to health and happiness--deprivation not included. In their book, *Simple Green Smoothies*, these two friends invite you into a sane and tasty approach to health that will inspire and energize you on your own journey toward a happier life. The *Simple Green Smoothies*' lifestyle doesn't involve counting calories or eliminating an entire food group. Instead, it encourages you to make one simple change: drink one green smoothie a day. *Simple Green Smoothies* includes a 10-day green smoothie kick-start to welcome you into the plant-powered lifestyle, with shopping lists included. Follow it up with 100+ delicious recipes that address everything from weight loss to glowing skin to kid-friendly options. Hansard and Sellner are two moms raising their own families on healthy, whole-food recipes. They've seen the amazing health benefits of green smoothies firsthand--from losing 27 pounds to getting more energy. Their wildly popular website has changed the lives of over 1 million people and made them the #1 green smoothie online resource. *Simple Green Smoothies* will empower you to take control of your health in a fun, sustainable way that can transform you from the inside out. Ready to join the plant-powered party?

Best Fitness Drinks - 3 In 1 Boxed Set Compilation

100+ Tasty Recipes to Lose Weight, Gain Energy, and Feel Great in Your Body

The 5-Day Food-Cycling Formula That Resets Your Metabolism To Lose Up to 5 Pounds a Week

150 Smoothie Recipes Including Smoothies for Weight Loss and Smoothies for Optimum Health

Get Back to Your Roots, Burn Fat, and Drop Up to 20 Pounds in 40 Days

Alkaline Ketogenic Green Smoothies

10 Day Diet Plan+50 Delicious Quick & Easy Smoothie Recipes For Weight Loss. FULL COLOR

Nutri Ninja Recipe Book

Quick Weight Loss Diet: Slow Cooker Recipes and Tasty Green Smoothies The Quick Weight Loss Diet book is about two distinctive diets - the Green Juice Diet and the Slow Cooker Cookbook. Each of these weight loss plans offers diet meal plans to help you plan the menu for a couple of weeks

without repeating a recipe. You can use the juicing diet in conjunction with the slow cooker section to have a big selection in weight loss food. The best weight loss program is simple because it helps you to have a healthy weight loss. If you do it right it can be a fast weight loss diet as well. This weight loss plan incorporates the two diets to help you get a good jump start with juicing then advancing on to slow cooker meals and juicing in between.

The ten-day green smoothie cleanse will jump-start your weight loss, increase your energy level, clear your mind, and improve your overall health. Smith will help you learn to live a healthier lifestyle of detoxing and healthy eating.

Get healthy in just 15 days with this diet plan from the celebrity trainer and New York Times bestselling author featured on Khloé Kardashian's *Revenge Body*--now revised with the latest nutrition science and updated recipes. Harley Pasternak has worked with most of Hollywood, whipping celebs into shape for roles and the red carpet and also appearing as a celebrity trainer on *Revenge Body* with Khloé Kardashian. With *The Body Reset Diet*, he introduced his ultimate reset plan to the world, and rebooted readers' systems to set them on the path to thinner, healthier, happier lives. Now he's updating this beloved plan with a new introduction, the latest findings in nutritional science, and new recipes. This three-phase program focuses on the easiest, most effective way to slim down: blending. The five-day jumpstart includes delicious, expertly crafted smoothies, dips, snacks, and soups--all customizable to any preference or diet restriction. Over the following ten days, readers will reintroduce healthy versions of their favorite foods along with the blended recipes, keeping their metabolisms humming. The plan also explains how the easiest form of exercise--walking--along with light resistance training is all it takes to achieve the celebrity-worthy physique that every reader craves. Whether readers are looking to lose significant weight or just those last five pounds, *The Body Reset Diet* offers a proven program to hit the reset button, slim down, and get healthy in just fifteen days--and stay that way for good!

Smoothies can be very nutritious and they taste delicious but not all smoothies are low in calories or easy to integrate into a weight loss program. Because "rabbit food" fatigue can sabotage your diet, chef Daisy Williams collected the 50 best recipes for smoothies that are lean, "clean" low-calorie, and very satisfying to create this low-calorie smoothie recipe book. Daisy knows that if you don't like it, you won't drink it, so she selected recipes that are as great tasting as they are nutritious. Starting with the basics, Daisy explains why smoothies are

an important part of a healthy diet and then teaches readers how to create the perfect smoothie. Of course, the recipes are the main feature of this book and there's plenty of variety here. If you love kelp, spinach, and other veggies you will swear you've died and gone to veggie heaven but there's also plenty of temping recipes for picky eaters who shun vegetables. Many of the smoothies taste like refreshing juice drinks while others taste as thick and creamy as a fattening milkshake. Doesn't a raspberry banana smoothie made with raspberries, banana, and almonds sound dreamy? Veggie haters won't even taste the cup of spinach that's blended in--but it's in there, keeping them healthy and trim. For high-protein diet fans, there are 10 protein-packed recipes with delectable names like Figgy Green Monster Smoothie. Plus, there's a must-have chapter containing 10 green low-calorie lunch recipes for dieters seeking a quick and easy, nutritious lunch. Problem solved! With 50 low-calorie recipes to choose from, you can enjoy a different smoothie recipe every single day of the month, with 20 recipes to spare.

10 Day Green Smoothie Cleanse : 50 New And Fat Burning Paleo Smoothie Recipes For Your Rapid Weight Loss Now

50 Top Green Smoothie Recipes

Belly Diet Smoothies

Diet And Weight Loss Volume 2: Green Smoothies, Beyond Diet Recipes and Ketogenic Diet

Instant Loss Cookbook

The 10-Day Green Smoothie Cleanse For Weight Loss

Green Smoothies Diet

Lose Up to 15 Pounds in 2 Weeks with Delicious Meals and Low-Sugar Smoothies

You are often told that eating less and exercising more are the keys to losing weight; but even with multiple plans and temporary successes, you fail to find lasting results with this old method. Yuri Elkaim's The All-Day Fat-Burning Diet provides the solution with his 5-Day Calorie Cycling Formula that sets your metabolism to lose up to 5 pounds a week. This plan eliminates the causes of weight gain and pushes the reset button on your fat-burning capacity. No combination of calorie cutting, exercising, or restrictive dieting will help you look and feel great unless you set your body to burn and lose weight all day, all night, when you're not eating or working out--24/7. In The All-Day Fat-Burning Diet, Elkaim reveals rarely discussed "fat triggers" along with an easy and innovative way to double weight loss in just 3 weeks. On a powerhouse blend of nutritional know-how, fitness experience, and solid science, Elkaim's four-pronged approach features (1) strategically cycling calories and carbohydrates; (2) eating "clean and lean" foods that reduce "fat trigger

the body; (3) exercising more intelligently; and (4) improving the body's ability to repair and avoid burnout. This program will reset your body to your desired factory settings and supercharge your metabolism to burn fat on autopilot--no matter age, fitness level, or health status.

THE SMOOTHIE RECIPE BOOK gives you 150 delicious smoothie recipes to help you cleanse your body and lose weight! Smoothies are naturally packed with superfoods and antioxidants from fresh fruits and vegetables, making it the easiest and tastiest way to improve your health, and get glowing skin and hair! With The Smoothie Recipe Book: Get 150 recipes for fresh, delicious fruit and vegetable smoothies--everything from breakfast smoothies to green smoothies to superfood smoothies \* Use your blender for delicious combinations like Blueberry Blast and Strawberry Banana \* Make snacks that are fast and kid-friendly like Pineapple Cherry Yummy and Popeye's Fruit Smoothie \* Lose weight fast with low-fat, fiber-rich weight-loss recipes.\* Detox your system and restore balance \* Improve your health strengthen your immune system and achieve glowing skin.

This is a 3 In 1 box set compilation of 3 books. This compilation includes Juliana Baldec's 3 titles: Book 1: Juicing To Lose Weight Book 2: 21 Amazing Weight Loss Smoothie Recipes Book 3: Smoothies Are Just Like You! Book 1 & 2: When Juliana got started with smoothies, she was able to shed 20 pounds during a period of 2 months. Since then she has been able to keep that weight off. Her secret: She turned these nutritious & satisfying drinks into a way of life. Combining smoothies, juices, her secret morning elixir (included) & a light meal plan has helped her not only lose 20 pounds within 60 days, but she was also able to get rid of her nasty breathing & Asthma problems at the same time. People who have achieved similar results like Baldec by consuming smoothies, juices and an apple cider vinegar honey morning elixir in combination with a light daily meal plan all agree. This is the most natural way to nourish your body and brain while getting amazing results. Inside you will find the same recipes that helped Juliana achieve these results: \* Detoxer \* Pomegranate Delight \* Avocado Chia Bomb \* Coconut Kale Sweetness \* Kiwi Spinach Greens and many more... you can choose from these scrumptious tasting recipes! Book 3: "Smoothies Are Like You" is an extremely fun, quick & easy to read little rhyming book about the amazing Smoothie Lifestyle. It is for everyone no matter if you are looking for information about the Smoothie diet for beginners or if you are an advanced Smoothie consumer. This inspirational smoothie poem a day book will cheer you up and keep you motivated to stick to this happy & healthy smoothie lifestyle in a fun, inspirational and rhyming way! In the end you'll know exactly why Smoothies are like you... a happy & healthy lifestyle and double your life today...

Use This Guide To Learn How to Flatten Your Belly, Improve Your Gut and Burn Fat! Let us face it, nowadays, many dubious and fraudulent manufacturers make products that use catch phrases or buzzwords such as "cleansing," "fat

burning," or "detoxing". Unfortunately, there is no legitimate or scientific proof to show how such products work or work. Perhaps you have tried using "fat burning" juices and other drinks sourced from various fad diets only to end losing your hard-earned money instead of body fat. The good news is that weight loss through smoothies is not like health and fitness gimmicks; it actually works. Besides being an effective way to lose excess body fat, smoothies eliminate the stress of cooking or needing to eat processed or packaged drinks that may contain unhealthy ingredients. Blending smoothies at home can be a cheap, easy, and quick way to supplement your diet with vegetables and fresh fruits, a nutritional element you could be missing. If you are having doubts about integrating smoothies into your diet or are unaware of which smoothie ingredients you should have, this book is for you. Here, you will learn the benefits of smoothies, how they encourage weight loss, and ingredients to incorporate into smoothies for weight loss. Here Is Small Preview Of What You'll Learn... Smoothies And Their Benefits Smoothie Recipes Green Smoothie Aloe Vera Smoothie Cantaloupe Smoothie Oatmeal Smoothie Coffee Replacement Smoothie Tropical Smoothie Basic Green Smoothie Apple Smoothie Apple Protein Smoothie Almond Smoothie Berry Smoothie Super-food Smoothie Spinach Raspberry Shake Fruity Smoothie Chocolate Strawberry Smoothie Pomegranate Strawberry Smoothie Strawberry Smoothie Chocolate Fruit Smoothie Pineapple Smoothie Banana Cocoa Smoothie Blueberry and Green Tea Smoothie Mixed Berry Smoothie Avocado Raspberry Smoothie Apple Pecan Smoothie Lime Smoothie Mixed Up Smoothie Chocolate Almond Smoothie Blueberry Milkshake Tomato Smoothie Chocolate Avocado Smoothie Maca Smoothie Blueberry Smoothie Banana and Peanut Butter Smoothie Chocolate Milkshake Carrot Smoothie Chia Berry Smoothie Fiber and Protein-Rich Smoothie Papaya Smoothie Tasty Spinach Smoothie Flat-Belly Smoothie Banana Bread Smoothie Vanilla Milkshake Smoothie Strawberry Yogurt Smoothie Metabolism-Boosting Smoothie Skinny Green Smoothie Cucumber Apple Smoothie Green Smoothie Breakfast Shake Berry & Yogurt Smoothie Lemon Detox smoothie Raspberry Chia Smoothie Strawberry Protein Smoothie Berry Smoothie Watermelon Smoothie Pumpkin Latte Spinach Protein Smoothie Breakfast Smoothie Almond Butter Smoothie Grape Smoothie Oat Berry Smoothie Peach and Oat Smoothie And much, much more! When you purchase the "Belly Diet Smoothies" today, you'll save \$3 off the regular price and get it for a limited time discount of only \$9.99! This discount is only available for a limited time! That's not all, we're also throwing in a Free report that will help you discover how you can easily lose up to 23 pounds (10 kilos) of body fat in just 21 days! This bonus is only available for a limited time! No questions asked, money back guarantee! Go to the top of the page and click the orange "Add to Cart" button on the right to order now! Tags: belly diet, belly diet smoothies, delicious smoothies, flatten belly, burn fat, improve gut, smoothies, smoothie diet recipes

Over 100 Healthy Green Smoothie Recipes to Look and Feel Amazing

The Complete Beginner's Guide to Effective Keto Meal Plans for Women. Lose Weight Fast & Heal Your Body - Learn Meal Prep and Reset Your Diet with Clarity

50 Essential Recipes for Today's Busy Cook

Green Smoothies That Don't Taste Gross

Recipes for Smoothies, Juices, Nut Milks, and Tonics to Detox, Lose Weight, and Promote Whole-Body Health

85 Healthy Smoothies for Rapid Weight Loss, Fat Burning and Body Metabolism

Green Veggie Smoothies, Fruit Smoothies & Healthy Juicing Drinks

Best Green Smoothie Recipes For Weight Loss & Weight Loss Juicing

Awesome Alkaline Keto Chlorophyll-Rich Smoothie Recipes to Help You Thrive! Included are 45 nutritious and delicious, alkaline-keto friendly smoothies for you to enjoy every day, without feeling bored or deprived. -No sugar (perfect for no/low sugar diets) -No dairy, no SOY (we use alkaline-keto friendly plant-based or nut milk instead!) -No gluten. -Super low carb (perfect for weight loss diets) -Rich in good fats for sustainable energy! **YOU WILL NOT FEEL HUNGRY ON THOSE SMOOTHIES** Jam-packed in vital nutrients, vitamins and minerals to help you stay **HEALTHY** and have beautiful, glowing skin and strong hair. Rich in healthy, plant-based protein so that your body can thrive, inside out. Vegan, paleo, and keto friendly! Perfect to help you: -enjoy more energy -stay full for hours -get you closer to your weight loss, health and fitness goals! The best part? -you don't need any fancy ingredients -the recipes are beginner friendly -you can enjoy a variety of taste naturally sweet sour or even spicy smoothies -you can easily make the recipes even on a busy schedule -most recipes can be used as a meal replacement Included are: -food lists/shopping lists -extra tips and guidance (even if you are new to alkaline-keto, or green smoothies we got you covered) -beginner friendly alkaline & keto crash course -SOS motivation to help you stay on track and experience all the incredible results of alkaline keto smoothies What are you waiting for? Discover how to combine alkaline superfoods with keto and chlorophyll rich foods to make amazingly healthy smoothies. Order your copy now and join thousands of others who are already successfully using this underground smoothie-making method to restore their energy, vitality and health!

Strawberry Coconut Almond 8-10 small frozen strawberries 3 fresh strawberries 1 c. coconut milk 1 t. almond butter 1 t. honey

Chocolate Avocado 1 avocado 2 frozen bananas 1/2 c. frozen or fresh raspberries 1-2 T. unsweetened cocoa powder 2 c. almond or coconut milk Cinnamon Coconut Banana 1/2 c. coconut milk 4 large egg yolks 1 medium banana 1/4 c. ice 1/2 t. cinnamon

Grab the book for more paleo smoothie recipes now!

Lose weight while still ramping up your daily dose of vital vitamins, necessary nutrients, and amazingly-powerful antioxidants. All in this awesome title, "Top 50 Green Smoothie Recipes." Planned and written comprehensively from the best-selling author of, "How I Lost 100 Pounds!" by Emma Green! So, you want to lose weight, detoxify your body, or just make sure you add in the essential

nutrients needed by the body in terms of vitally-important vitamins and minerals? Awesome! Yes, drinking green smoothies is, by far, the tastiest way to boost your health and functioning. With 50 wonderful, mouth-watering recipes, Top 50 Green Smoothie Recipes makes it quick and easy to naturally get your fill of essential fiber and nutrition. Loaded with altogether yummy fruits and awesome, great-tasting vegetables. All you need are the amazing recipes found within. This fundamental title contains: "50 Mouth-Watering Recipes for making perfect, delicious-tasting, green-inspired smoothies, with the best recipes that are balanced and geared toward weight loss and detox." Tips and Tricks to aid your planning and your knowledge base in understanding the fundamentals." Helpful Facts about the importance of alkalinity within the body and its important processes. The Top 50 Green Smoothie Recipes Book includes these great recipes: Punching Berry Swiss, Grapey Groper, Cashew-Chia Cooler, Creamy Coconut Pineapple, Chia Freedom, Sunflower Spinach, Persimmon-Mint Magic, Yummy Chai, Luxury Lucuma, Peachy Combo, Sweet Mango Dreamer, and many, many more! With great nutrition and easy-to follow instructions, this title will keep you entertained and feeling great too. If you want to lose weight and feel energized, this is definitely the book for you! Get your amazing copy today! You deserve it. See you inside!

Do you find yourself feeling tired and sluggish for no apparent reason? Do you find that you're overweight, despite often going for the 'low fat' or diet 'options'? Do you feel like it's time to take charge of your health? If any of these sound familiar, then this book is for you. The 14-Day Green Smoothie Detox Diet gives you everything you need to complete your Green Smoothie Detox diet and answer all your questions including: What is the Green Smoothie Detox Diet? What are the benefits? How do you get started? What will you need to do it? Not just another recipe book: Unlike other green smoothie "diet books" which stop at simply providing a list of smoothie recipes together with some generic/stock pictures of green drinks, this book includes everything you need to know about the Green Smoothie Detox Diet and the complete nutritional breakdown for each of the 39 delicious smoothies. In this Book, diet & nutrition expert Maggie Fitzgerald shows you all the delicious ways to: Feel refreshed and energized Lose Weight the healthy way Have clearer, glowing skin Seriously boost your immune system Get better quality sleep Greatly improve your digestion Beat cravings for unhealthy food Get your copy at the low introductory price and take charge of your health today! **BONUS BOOK!** If you buy The 14 Day Green Smoothie Detox Diet! today, you will also get a **FREE BONUS** copy of the best-selling report: The Natural Strengthening Properties Of Organic Healing This best-selling book helps you to improve your overall health through a little known way of improving your wellbeing. And before you ask, these health "cheats" are based on scientific research. It's also yours free if you buy The 14 Day Green Smoothie Detox Diet today. **THE BEST PART:** This bonus book is also short and to the point - there is no unnecessary padding.

How to Make the Best Green Smoothies to Drop Pounds  
Green Smoothie Joy

The Smoothie Recipe Book

The Body Reset Diet, Revised Edition

Green Smoothies

Reduce Your Weight with Fat Burning Smoothies - Simple Green Smoothies

Quick & Delicious Smoothies & Shakes for the Ultimate Keto Success!

The New Green Smoothie Diet

***Discover How to Energize Your Body and Mind with Alkaline Juicing Over 30, healthy juice recipes + holistic wellness tips to boost your wellbeing by bringing your body back into balance. For those of you spending a lot of money at McDonalds or at the Kangaroo gas mart on coffee like I do, you need to read this book! In the words of the author, "Juice is the best natural coffee." I am in the process of losing weight and I am thankful to have this book as a guideline. Let Marta explain to you how juicing can change YOUR life! Great book! – by Amazon Customer, US Here's what you will discover inside: -The most common misconception about the alkaline diet and what you should be focusing on instead -Supposedly healthy superfoods that should never be juiced -The best alkaline superfoods for massive energy (you can easily find them in your local grocery store) -The surprising truth about most fruit (could be preventing you from losing those last few pounds or creating the vitality of your dreams) -A simple to apply (but most often overlooked) alkaline diet system to help you create a healthy lifestyle you enjoy -Delicious alkaline juice recipes to stimulate healing, natural weight loss and vibrant energy -Effective and inexpensive alkaline superfoods to achieve your health goals faster (most people overlook them) -A not-so-difficult formula to never struggle with motivation again (to transform your body and feel amazing) -What alkaline juicing can give you that raw foods or smoothies cannot (and how to create balance to never feel deprived again) + much, much more to empower you on your health journey! What are you waiting for? Order your copy today and quickly discover how Alkaline Juicing can transform your life!***

***"New recipes for delicious meals, green smoothies & special treats"--Cover.***

***A collection of 66 illustrated smoothies, juices, nut milks, and tonics to kick-start metabolism, fire up the mind, and promote whole-body health. An easy-to-follow and informative guide, this book pares smoothie-making back to its essence. Each recipe is presented in a highly visual spread, and grouped ingredients are displayed opposite finished smoothies and juices, providing at-a-glance instruction. Recipes like Dandelion Tonic, Popeye's Juice, Coconut Kale, and Pineapple Twist provide a simple introduction for the new smoothie maker, as well as new inspiration for the experienced blender. A seven-day detox plan with straightforward recipes energizes and invigorates.***

***The New Green Smoothie Diet: Your Quick-Start Guide to Weight Loss and Optimum Health with Raw Food The New Green Smoothie Diet answers all your questions in detail, including: What is the Green Smoothie Diet? Why the Green Smoothie Diet and what are the benefits? How do I get started? What do I need to do it? What should I avoid when doing the Green Smoothie Diet? Not just another recipe book: Unlike other green smoothie "diet books" which stop at simply providing a list of smoothie recipes together with some generic/stock pictures of green drinks, this book includes everything you need to know about the New Green Smoothie Diet and the complete nutritional breakdown for each of the delicious smoothies. This book is packed with all of the***

**recipes from the original 'The 14 Day Green Smoothie Detox Diet' plus another 34 brand new, delicious and nutritious recipes! In this Book, diet & nutrition expert Maggie Fitzgerald shows you all the delicious ways to: Lose Weight in a Sustainable Way Beat Junk Food Cravings Feel Healthier and Full of Energy Really improve your digestion Achieve clearer, beautiful skin Greatly boost your immune system**

**Zero Belly Smoothies**

**Your Quick-Start Guide to Weight Loss and Optimum Health with Raw Food and Superfoods**

**Simple Green Smoothies**

**Intermittent Fasting & Ketogenic Diet**

**Keto Fat Burning Smoothies & Shakes**

**25 Fat Burning Juice Recipes**

**For Weight Loss and Detox**

**The Wild Diet**

*Everything® cookbooks are a popular choice for home cooks looking for fresh, original recipes that only taste like you've spent all day in the kitchen. We've collected fifty of the tastiest, healthiest recipes the latest healthy trend. Here's all you need to get started making satisfying, delicious smoothies, from Smooth Carrot Apple to The Green Go-Getter.*

*Green smoothies and the keto diet do not just help you lose weight. They also make your body healthy by giving it what it needs to function. If you can stick to your diet plans, you will slowly begin to appreciate their benefits like improved energy and overall happiness. So don't just lose weight. Be healthy, too.*

*If you've been on a KETOGENIC DIET for a while now, or just starting out, this KETO SMOOTHIE is the perfect way to support your KETO LIFESTYLE. One of the biggest challenges people face when transitioning to and sticking with a WHOLE FOODS-BASED KETOGENIC LIFESTYLE is carving out time to cook. SMOOTHIES or SHAKES make amazing KETO BREAKFASTS. They're FAST TO MAKE, FILLING TO DRINK, and TASTE SO YUMMY. There is no much need for chopping or cooking. All you need to do is dump the ingredients in the blender, press the button, wait a minute, transfer the shake to a tumbler, and enjoy! It is the perfect solution for people living a fast-paced life who want to LOSE WEIGHT and yet still ENJOY NUTRITIOUS and DELICIOUS FOOD. Enjoy the SWEET SIDE OF KETO with a variety of delectable low-carb high-fat KETO FAT BURNING SMOOTHIE & SHAKE RECIPES that made from FRESH, ACCESSIBLE, WHOLE-FOOD INGREDIENTS and is FREE OF GRAINS, GLUTEN, and SUGAR. Making Smoothies should be fun, and it shouldn't come at the cost of your health and WEIGHT-LOSS GOALS. Don't think that a specialized diet means giving up tasty foods, a low-carb lifestyle is anything but boring and restrictive. Start your KETO WEIGHT LOSS. Uncover your LEAN, HEALTHY and HEALED BODY.*

*Are you currently on a Keto Journey but find that you just aren't breaking through to your goals? What about Intermittent Fasting, are you currently doing a fasting regime? Have you ever considered combining the two? To the average person trying to lose weight or become healthier, it is hard to decide what regime would be best to follow and this combination lifestyle allows you to mesh two popular regimes. So, if you cannot decide between Intermittent Fasting and the Ketogenic Diet, this Intermittent Fasting & Ketogenic Diet Cookbook will show you*

*how to safely combine them. Why? It's simple, the benefits they offer together is more than what each of these programs can provide on their own. However, the sequence of how you implement both programs is important if you wish to maximize your long-term benefits and that is a large part of why it is vastly important to fully understand both lifestyles before embarking on the combination. So, in this book Intermittent Fasting & Ketogenic Diet Cookbook, you be introduced to a vast amount of information that will set you in the right lane for success while sticking to your nutritional guides for the Intermittent Fasting & Ketogenic Diet. This book will give you: A breakdown of the Ketogenic Diet A breakdown of the Intermittent Fasting A guide to successfully combing both Intermittent Fasting & the Ketogenic Diet Tips for Meal Prepping 60 delicious Ketogenic recipes with easy to follow instructions and a breakdown of their nutritional value including number of calories, fat, protein, and carbs that they will add to your diet. And so much more! Whether you have just started exploring the Keto world or if you are simply seeking new to gain more from either the Ketogenic Diet or Intermittent Fasting, then, this Intermittent Fasting & Ketogenic Diet Cookbook will give you a solution to your problems. Grab a copy today and let's bring life to your Intermittent Fasting & Ketogenic Journey!*

*NutriBullet Green Smoothies*

*Go from frustrated to fit with our revolutionary 4-week weight-loss program!*

*Green Smoothies: The 50 Best Green Smoothie Recipes for Weight Loss*

*The Natural Program for Extraordinary Health*

*Power Your Metabolism, Blast Fat, and Shed Pounds in Just 15 Days*

*10-Day Green Smoothie Cleanse*

*The Recipes and Meal Plans I Used to Lose over 100 Pounds Pressure Cooker, and More*

*Delicious Smoothie Revolution*

**The New York Times bestselling 10-Day Green Smoothie Cleanse will jump-start your weight loss, increase your energy level, clear your mind, and improve your overall health as you lose ten to fifteen pounds in just ten days. Made up of supernutrients from leafy greens and fruits, green smoothies are filling and healthy and you will enjoy drinking them. Your body will also thank you for drinking them as your health and energy improve to levels you never thought possible. It is an experience that could change your life if you stick with it! This book provides a shopping list, recipes, and detailed instructions for the 10-day cleanse, along with suggestions for getting the best results. It also offers advice on how to continue to lose weight and maintain good health afterwards. Are you ready to look slimmer, healthier, and sexier than you have in years? Then get ready to begin the 10-Day Green Smoothie Cleanse! If you successfully complete the 10-Day Green Smoothie Cleanse, you will...**

- Lose 10–15 pounds in 10 days
- Get rid of stubborn body fat, including belly fat
- Drop pounds and inches fast, without grueling workouts
- Learn to live a healthier lifestyle of detoxing and healthy eating

- Naturally crave healthy foods so you never have to diet again
- Receive over 100 recipes for various health conditions and goals

A fresh and successful way to shed pounds in record time, Turn Up Your Fat Burn! uses a two-pronged approach to weight loss. Based on two breakthroughs in exercise science, it focuses on increasing metabolism and improving one's ventilatory threshold (the point at which the body stops burning carbohydrates and starts converting fat stores into energy) to help readers at all fitness levels reach their goals. In the 4-week program, cardio intervals boost overall conditioning, while metabolic strength circuits build muscle and raise metabolism. In addition, Turn Up Your Fat Burn! includes an optional diet plan designed to amp up readers' energy and weight loss results even more. After just one month on the Turn Up Your Fat Burn! plan, real readers who tried the program were seeing weight loss of 7, 11, even 22 1/2 pounds! Plus they dropped inches, reduced body fat, and in some cases were even able to stop taking medications. With this life-changing program, the weight comes off and stays off.

**NEW YORK TIMES BESTSELLER** • Lose up to 16 Pounds in 14 Days with Zero Belly Smoothies! Watch the pounds disappear—with the press of a button! That's all it takes to blend up a Zero Belly Smoothie, a unique mix of supernutrients that will flatten your gut, boost your metabolism, heal your digestive system, and turn off your fat genes for good. With fat-burning proteins and a specially selected array of high-powered fruits and vegetables, Zero Belly Smoothies—based on the New York Times bestseller Zero Belly Diet—are the fastest and most delicious ways ever created to sip off the pounds! Inside you'll find a complete shopping guide, a bonus cleanse program, and more than 100 intensely flavorful recipes, including tasty green drinks, fresh and fruity smoothies, nutty, chocolatey shakes, and savory surprises. Zero Belly Smoothies will help you • Lose up to 16 pounds in 14 days. • Melt away stubborn fat, from your belly first. • Put an end to bloating and discomfort. • Detox from unhealthy foods so you enjoy all-day energy. • Turn off your fat storage genes and make long-term weight loss effortless. • Look and feel younger and healthier than ever!

The magic ingredient behind the New York Times best-selling Flat Belly Diet!—monounsaturated fatty acids (or MUFAs)—may not only target stubborn belly fat, but may also help treat the underlying cause of type 2 diabetes: insulin resistance. The 5-week program includes a sensible diabetes-friendly diet that teaches you how to incorporate pasta, chocolate, and other "forbidden" foods—along with a MUFA at every meal—into over 150 sumptuous, satisfying dishes.

**Flat Belly Diet! Diabetes** also includes a gentle walking-based exercise plan, stress reduction exercises, advice on how to work with one's doctor and diabetes management team, and a journal to help track blood sugar. In just 5 weeks, 11 men and women who tried the plan lost as much as 12 pounds, improved their A1c levels, and lowered their cholesterol and blood pressure levels.

**70 Smoothie Recipes for Weight Loss, Increased Energy A**

**Lose Weight, Target Belly Fat, and Lower Blood Sugar with This Tested Plan from the Editors of Prevention**

**The 14-Day New Keto Cleanse**

**Turn Up Your Fat Burn!**

**Delicious Smoothie Recipes to Flatten Your Belly, Improve Your Gut and Burn Fat**

**Flat Belly Diet! Diabetes**

**Green Smoothies, Beyond Diet Recipes and Ketogenic Diet**

**Lose Up to 15 Pounds in 10 Days!**

*The creator of The Fat-Burning Man Show shares his revolutionary Paleo-inspired weight-loss program Every month, half a million visitors download The Fat-Burning Man Show, eager to learn the secret of Abel James's incredible weight-loss success. Growing up on a defunct farm in the backwoods of New Hampshire, Abel had easy access to a host of natural foods that a backyard garden could provide: eggs, fresh produce, and real butter. But as he got older, he started eating a "modern diet" of processed foods, and by his early twenties, Abel found himself with high blood pressure, insomnia, acne, digestive problems, and love handles.*

*Following the typical dieting advice of "eat less, exercise more," and despite running thirty miles a week and nibbling tasteless, low-fat, low-calorie food, his health only worsened as his waistline expanded. In an effort to gain control of his health, Abel dug deep into nutrition research and discovered that everything he'd been told about low-calorie eating was wrong. He realized that our bodies are wired to eat luxuriously—and burn fat—as long as we're eating real, natural foods that are grown on a farm and not in a factory. Incredibly, after just a few days of eating a Paleo-inspired diet of the most delicious "wild" foods that were rich in fat and fiber, Abel's health problems began to disappear. And after forty days—and radically cutting back his exercise routine—he had lost twenty pounds. The Wild Diet is the book Abel's hundreds of thousands of fans have been clamoring for. At a time when our collective health is failing, Abel sounds a clarion call to announce that good health doesn't live in a pill, exercise program, or soul-crushing diet. The secret is simply getting back to our wild roots and eating the way we have for centuries.*

*Over 100 green smoothie recipes packed with vitamins, minerals, superfoods, and antioxidants Green smoothie recipes for weight loss, energy, detoxing, improving digestion, beauty, and more Step-by-step instructions for purchasing a blender, preparing produce and blending your own green smoothie ingredients A guide to shopping for produce, and when to buy organic Smoothies for all seasons and occasions, including Berry Basket Breakfast Smoothie, Banana-Walnut Wonder, Cucumber-Melon Cooler, and*

*kid-friendly recipes like Chocolate-Covered Cherry*

*Delicious Smoothie Revolution: Reduce Your Weight with Fat Burning Smoothies – Simple Green Smoothies is one of the best book for you. Smoothies and juices are great in taste until something goes wrong. You shouldn't combine bitter and sour tastes together. You can get some optimal balances with practice and experimentation. This book is designed for you with fat burning smoothies. You can learn about healthy ingredients and get the advantage of recipes given in this book. Simple Green Smoothie recipes are loaded with fiber and improve your overall health. You can replace meals with these smoothies to reduce weight and cholesterol. Some smoothies are delicious and healthy enough to improve your beauty and reduce fine lines from your face and body. Skipping breakfast may be a great way to cut calories, but it is not good for your health and weight loss efforts. If you are in a hurry and don't want to eat anything else, you can drink one glass healthy smoothie. This book offers: - Delicious Green Smoothies - Fat Burning Smoothies - Anti-aging and Beauty Smoothies - Smoothies to Nourish Your Brain - Diabetic Smoothies - Tips and Tricks for Juicing and Blending Download this book and get ready for Smoothie Revolution and take the advantage of these recipes.*

*This is a 3 In 1 box set compilation of 3 books. This compilation includes Juliana Baldec's 3 titles: Book 1: Juicing To Lose Weight Book 2: 16 Blender Recipes For The Smoothie Diet & Detox Diet Book 3: Smoothies Are Like You - Smoothie Food Poetry For The Smoothie Lifestyle These tasty & unique 5 minute quick & no-fail recipes are going to transform your body into a healthy, toxin free, lean & clean body in a truly satisfying way. Inside you'll get: \* Vanilla Smoothie Delight \* Exotic Coconut & Green Superpower Ginger Smoothie \* Orange Eye Health Elixir \* Detoxifying Juice \* Green Orange Breakfast Power Cocktail & many more... You will find recipes that boost your body and brain, help you with weight loss, detoxification, boosting up your immune system in a natural way, healing from the inside out & many other health benefits. She also includes tasty and no guilt delights that are going to relax your mood and soul & make you happy like the "Kefir Peanut Butter Breakfast Smoothie", the "Blueberry Pecan & Vanilla Smoothie", the "Coffee'n Cream Cinnamon Smoothie Booster" & many more... Inside you'll find 46 scrumptious recipes in total! "Smoothies Are Like You" is an extremely fun, quick & easy to read little rhyming book about the amazing Smoothie Lifestyle. It is for everyone no matter if you are looking for information about the Smoothie diet for beginners or if you are an advanced Smoothie consumer. This inspirational smoothie poem a day book will cheer you up and keep you motivated to stick to this happy & healthy smoothie lifestyle in a fun, inspirational a rhyming way! In the end you'll know exactly why Smoothies are like you! If you are looking for things that relate to the following topics this wonderful box set compilation is for you: Best Smoothie Recipes, Best Green Smoothie Recipes, Smoothie Recipes For Weight Loss, Juicing For Weight Loss... Live a happy & healthy lifestyle and double your life today...*