

The Blender Shaker Bottle Recipe Book Over 125 Protein Powder Shake Recipes Everyone Can Use For Vitality Optimum Nutrition And Restorationa~~eurfor Blender Bottle Cup Shaker Bottle With Ball~~

At last, here is a comprehensive cookbook to the hottest eating plan around! The Paleo diet—known in some circles as the “ Caveman Diet ”—is an eating plan based on evolutionary biology and backed up by medical research. Unlike other diets which can incorporate fake, processed foods and artificial sweeteners, the Paleo diet is based on what our ancestors ate: lean meats and fish, nuts and seeds, and naturally grown fruits and vegetables. Low-carb queen and bestselling author Dana Carpender shows how to stay the Paleo diet course deliciously with 500 easy-to-prepare recipes for everything Paleo from appetizers, to main dishes, to desserts.

Presents a guide to achieving peak fitness capability by optimizing performance, fat loss, and brain function, covering such aspects of health as nutrition, training, recovery, stress and time management, sleep, and digestion.

This is a 4 In 1 box set compilation of 4 books. This compilation includes Juliana Baldec's 4 titles: Book 1: Juicing To Lose Weight Book 2: 21 Amazing Smoothies For Weight Loss Book 3: 11 Healthy Smoothies YOu Wish You Knew Book 4: 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 month. 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 been 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 & brain while getting amazing results. Inside you will find the same recipes that helped Juliana achieve these results: * Papaya Ginger Smoothie * Honeydew Kiwi Smoothie * Scrumptious Hazel Berry Avocado Triathlon Smoothie * Agave Banana Smoothie * Coconut Macadamia Nut Smoothie and many more... 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! Live a happy & healthy lifestyle and double your life today...

Smoothie Super Foods Book 1: Blender Recipes For Weight Loss: 16 Blender Recipes For Smoothie Diet & Detox Diet These Detox Diet Smoothies recipes can be made with your favorite high speed blender like the Ninja Blender, Nutribullet, Vitamix or any similar high power blender. Juliana will show you how she uses powerful hi-speed smoothie makers like the Nutribullet (use any other high speed blender like the Vitamix, or a plain blender bottle or shaker bottle) to tear through chard, kale, frozen berries, coconut, walnuts, almonds, chia seeds, broccoli, papaya, avocado, pecan nuts, hazel nuts, peanut butter, kefir, coffee, mango, coconut water, blueberries & other lean & clean detox, fat burning and weight loss superfood ingredients and transforms them into these heavenly tasty smoothies when she is done. If you are looking for some amazing healthy detoxing and fat burning smoothies recipes that you can make with your favorite blender to boost your body and brain with energy and to live a healthy lifestyle free from calories, fats, and other unhealthy ingredients, check out Juliana's collection of these 16 tasty and healthy smoothie recipes. If you, too, want to replace the unhealthy, common and sick making fat food options that we are bombarded with on a daily basis with these amazing detox diet smoothies recipes and fat burning smoothies that are tasty, 5 minute quick and easy to make, you owe it to yourself and your family to test out these delicious & healthy super foods smoothies: * Exotic Coconut & Green Superpower Ginger Smoothie * Kefir Peanut Butter Breakfast Smoothie * Hazel Banana Vanilla Walnut Cream Smoothie * The Coffee'n Cream Cinnamon Smoothie Booster * The Peanutbutter Banana Silk * and many many more... Smoothie Super Foods Book 2: 11 Healthy Smoothies Here are some of the healthy super foods smoothies: * Pumpkin Pineapple Mango Smoothie * Honey-Nut Peach Smoothie * Papaya Ginger Smoothie * Coconut Macadamia Nut Smoothie * Scrumptious Hazel

Paleo Smoothie Recipes: Delicious & Healthy Smoothies To Lose Pounds: 25 Fast & Easy 5 Minute Paleo Blender Recipes That Are High Speed Blender, Juicer & Spiral Vegetable Cutter Friendly is a compilation of 2 blender recipes books that includes 25 delicious blender recipes for juices and smoothies that you can make with your favorite blender like the Ninja Blender, Nutribullet, Vitamix, or any similar high speed blender and your favorite high power juicer like the Breville juicer or the Green Star juicer. Juliana will show you how she uses her favorite powerful hi-speed smoothie maker the Nutribullet (you can use any other high speed blender and/or juicer, but the Nutribullet makes both juices and smoothies) to tear through radish, kale, cauliflower, zucchinis, asparagus, berries, ginger, cucumbers, carrots, fennel, celery, melon, pineapple, beets, oranges, apples, lemon, blackberries, strawberries & other juicing fruits and vegetables, transforming them into these delicious juices and vitality elixirs. The Nutribullet also helps her to keep the healthy nutritious pulp inside the glass. Juliana Baldec was suffering for countless years from breathing and Asthma problems and applying a daily juicing diet combined with smoothies and a light mealplan helped her get rid of this nasty health problem for good. Inside you will learn what juicing can do for your own vitality and health. Juliana will show you the powerful health benefits that come with a daily juicing habit. There is truly an unlimited amount of health benefits that come with juicing. Here are the most important ones: Vitality Energy Rejuvenation Weight Loss (Juliana also used juicing and smoothies in combination and lost 40 lbs in two month) Anti-Aging Beautiful Glowing & Wrinkle-Free Skin from the Inside Out Antioxidants Alzheimer's Prevention Asthma Help (Juliana suffered from Asthma for many years and was finally able to get rid of it because of her daily Juicing and Smoothie ritual) & more...

Your Favorite High Speed Blender Recipes - Boxed Set

11 Herbal & Fruit Blender Recipes: Healthy Fruit & Green Recipes

Low Carb High Fat Smoothie Recipes Made Easy

2015 Guide to Juicing and Smoothies

Herbal Recipes: 25 Healthy Herbal Smoothies

The Glycemic Load Diet Guide: With Low Gi Vegetarian Recipes

Blender Recipes: Clean Eating Snacks You Can Make

The Blender Shaker Bottle Recipe Book

With modern flavors and better texture, these are protein shakes everyone can love Protein is the magic bullet to staying lean and strong as we age. Time and again, studies show that eating more protein can help with weight loss, strength building, and energy. Protein shakes are a classic way to consume this important nutrient, but they often get a bad rap for being chalky and hard to swallow. Until now. Pamela Braun has developed recipes for modern and fresh shakes that taste great and truly satisfy. With high-protein ingredients like almond butter, coconut milk, hemp hearts, and yogurt, these shakes will please every taste and budget. More than 50 recipes include: Orange Cream Shake Mocha Shake Mexican Chocolate Shake Pumpkin Spice Shake Start living better and longer, one protein drink a day.

Over 400 recipes including ways to increase the recipes for entertaining. Most of the recipes include the history of the recipe, some of those have been created by the author and some come from the previous 4 generations. Hints on seasoning, entertaining, preparing in bulk and freezing. Nutrition counts are included for each recipe.

Healthy Herbal Smoothies + Juicing for Health And Vitality is a compilation of 2 blender recipes books that includes 25 delicious blender recipes for juices and smoothies that you can make with your favorite blender like the Ninja Blender, Nutribullet, Vitamix, or any similar high speed blender and your favorite high power juicer like the Breville juicer or the Green Star juicer. Juliana will show you how she uses her favorite powerful hi-speed smoothie maker the Nutribullet (you can use any other high speed blender and/or juicer, but the Nutribullet makes both juices and smoothies) to tear through radish, kale, cauliflower, zucchinis, asparagus, berries, ginger, cucumbers, carrots, fennel, celery, melon, pineapple, beets, oranges, apples, lemon, blackberries, strawberries & other juicing fruits and vegetables, transforming them into these delicious juices and vitality elixirs. If you, too, want to replace the common and sick making food options with these delicious juicing and smoothie drink solutions that are tasty, 5 minute quick and easy to make, and that are going to make your body healthy, energized and clean, you owe it to yourself to get into the habit of a daily juicing and smoothie habit. In the second juicing book called: "Juicing Recipes For Vitality & Health", you will discover Juliana's Secret Morning Elixir and all the juicing recipes that she followed during her Juicing Diet. Juliana will show you the powerful health benefits that come with a daily juicing habit. There is truly an unlimited amount of health benefits that come with juicing. Here are the most important ones: Vitality Energy Rejuvenation Weight Loss (Juliana also used juicing and smoothies in combination and lost 20 lbs in two month) Anti-Aging Beautiful Glowing & Wrinkle-Free Skin from the Inside Out Antioxidants Alzheimer's Prevention Asthma Help (Juliana suffered from Asthma for many years & was finally able to get rid of it by drinking smoothies & juices) lots more...

Benefits of healthy cooking include living longer and a reduction in bad cholesterol. Eyesight often improves, you won't feel as tired, and you can sleep better if you consume healthy food. Further, nail and hair growth are improved. Potassium and sodium levels are regulated. Headaches tend to go away, and you will likely have more energy so that you can enjoy life.

This is a 2 In 1 box set compilation of 2 books. This compilation includes Juliana Baldec's 2 titles: Book 1: 11 Healthy Smoothies Book 2: Smoothies Are Like You – Smoothie Food Poetry For The Smoothie Lifestyle From her fruity smoothies to her leafy green, raw, vegetable, and vegetable/fruit combined smoothies such as her vitality boosting blender drinks like the: * Coconut Macadamia Nut Smoothie * Bee Pollen Smoothie * Honeydew Kiwi Smoothie and many more... These tasty & unique 5 minute quick & no-fail recipes are going to transform your body into a healthy, toxin free, lean and clean body in a truly satisfying way. 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, and many other health benefits. She also includes tasty and no guilt delights that are going to relax your mood and soul and make you happy like the "Honey-Nut Peach Smoothie", the "Papaya Ginger Smoothie" & many more... "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! If you are looking for things that relate to the following topics this wonderful compilation is for you: healthy smoothies recipes, smoothie ingredients, healthy smoothie ingredients, healthy ingredients, smoothie recipes healthy, healthy fruit smoothies, how to make healthy smoothies, healthy fruit smoothie recipes & smoothie lifestyle! Live a happy & healthy lifestyle & double your life today...

Sugar Detox Cleanse Recipes: Herbal Blender Recipes

Autoimmune Nutrition For Sustained Living, Vitality & Longevity

Blender Drink Recipes For Clean Eating & Drinking

Sustained Living Recipes – 2 In 1 Box Set

With Light Cooking, Freezer Recipes, Smoothies and Juicing

Detoxing Recipes: 28 Smoothie Detox Recipes

Blender Recipes

Minimalist Baker's Everyday Cooking

This Recipes & Information cookbook is the result of 50 plus years of accumulating thousands of recipes and information that have their roots in everyday and party foods with a diverse background of American, Italian, Jewish, Oriental, Hispanic, Eastern and European flavors about everything from soup to nuts. The book contains about 800 recipes. Included in this cook are a wealth of tips, information, and historical facts related to eating, drinking, cooking and baking appetizer, soup, stew, meat, pasta, noodle, fish, seafood, vegetable, gravy, sauce, dessert and baking recipes. The cookbook contains 100 pages related to information on more than 75 subjects.

Blender Recipes: 30 Clean Eating Snacks You Can Make With Your Smoothie Blender... Spend a little time with this amazing compilation of 3 books that includes a collection of Juliana Baldec's healthy and scrumptious smoothies that you can add to your Diet Today for awesome pound dropping results! The compilation includes 3 books: Book 1: 16 Blender Recipes For Smoothie Diet & Detox Diet Book 2: Juicing To Lose Weight Book 3: Paleo Is Like You (Fun Little Paleo Lifestyle Poem a day book with inspirational and motivational rhyming verses to spice up your results) You will love discovering some new smoothie recipes that you might add to your Diet . Consider these healthy & scrumptious smoothies to spice up any boring diet and finally get the results you want. If you love smoothies and blender drinks you will love this compilation to complete your smoothie recipe collection. Forget the old concept because there is no need to waist your time in the kitchen with old school recipes that take too long to make. There is every reason to make smoothies the new and 5 minute quick way so that you will gain more time out of your day and your life! Learn the new way of adding smoothies to your Diet today if you want to achieve your dream weight. Empower yourself via healthy and pound dropping smoothies and live a healthier, leaner and cleaner lifestyle. This compilation will give you some amazing insights into the wonderful world of Smoothies, the healthy Smoothie lifestyle, and how you can connect your diet goals with the Smoothie lifestyle in order to achieve your dream figure and a happier and healthier you without being hungry all the time. This compilation shows you a real approach to dieting the right and realistic way so that you will maximize your dieting results instead of going through the Yo-Yo dieting effect that happens with almost all diets because most diets are based on unrealistic and unnatural assumptions and goals. Juliana will show you how she did not only lose 20 pounds in 60 days and beat her nasty Asthma problem at the same time, but she shows you how she was able to keep off her weight via the power of the smoothie lifestyle that is more an exciting way of life that everyone is able to follow (even if you only have 5 minutes and are very busy) than a boring and unrealistic diet that no one is able to maintain because most diets contain too many hurdles to jump through. The smoothie lifestyle provides you with lean and clean nutrition all the time and you never feel hungry, tired, frustrated, out of energy and vitality. The vitamin and mineral enriched smoothies keep your body nourished with all the vital elements that your body needs. The outcome: a happy, vitalized, healthy, lean & clean, healthy and balanced YOU. You'll soon notice your improved skin and your rejuvenated body and looks. These health elixirs are going to beautify and rejuvenate your whole system, body, brain and skin. All your body functions are working in a healthy and balanced manner. Most diets ask a lot of sacrifices from you, but once you master the Smoothie lifestyle you'll appreciate what it does for your waistline (very effective pound dropper), your beauty (very effective detox) and your health (very effective vitality and energy booster). Combining healthy smoothies and blender recipes with your Diet that you can make with your favorite high speed blender or hand held mixer like a Blender Bottle, Nutribullet, Ninja, Vitamix, or Omega blender... Get your copy of Blender Recipes: Clean Eating Snacks You Can Make With Your Smoothie Blender, Blender Shaker & Other High Speed Ninja Blender today and double your Life...

Juice fasting and detoxification consumer and author Juliana Baldec loves sharing her love and passion for these powerful blender recipes (Nutribullet recipes) and health elixirs that include drinking and eating clean superfoods ingredients like beet juice, apple cider vinegar, leafy kale and spinach, coconut water, ginger root, hemp seeds and hemp milk, coconut milk, chia seeds, raw honey, leafy kale & spinach, carrots full of beta carotene and many other clean eating superfoods. Anti-aging, natural ability to heal itself, energizing and regulating your hormones, helping neutralize free radicals in our body and brain, satisfying your daily supply of the cancer fighting mineral selenium, helping with digestive enzymes, treating fungal bacteria in the body like candida, boosting your energy level to fight against fatigue and illnesses, losing weight and keep it off are just a few of the truly unlimited health benefits that you can tap into if you adapt your lifestyle adequately and if you integrate these clean eating and juice fast detox drinks into your daily meal plan. When she got started with her eating clean and juice fast ritual, she was able to beat her Asthma health problems and breathing problems that she has been suffering from for many painful years. Losing 20 pounds during a period of 2 month was just a side benefit that happened as she continued her new lifestyle with clean eating and fast juicing. Weight loss and weight maintenance are just two powerful benefits that kind of come as a pleasant side effect of a disease and toxin free body. Tap into Juliana's secret today and find out how she turned these nutritious and satisfying clean eating/clean drinking and juice fast detox drinks into a way of life and got rid of her nasty Asthma and breathing problems while simultaneously losing 20 pounds during a 2 month period as a surprising side benefit. Shake up your life - Get strong, energized and healthy! Need some interesting shake recipes for your blender shaker bottle? Author, Beth Harper, shares her inspiring story and new recipes in The Blender Shaker Bottle Recipe Book. With over 125 shake recipes for everyone, her book caters for different health goals. Whether you're a muscle builder, an athlete, a busy mom, or you simply lead an active lifestyle, you're sure to find some delicious shakes, just for you. You'll easily find nutrient-dense blender shaker bottle recipes for: * Muscle Building and Weightlifting * Weight Loss * Brain Health * Women's Health * Kid's Health * Men's Health * Low Sugar and Low Carb Diets * Weight Gain * Overall Good Health Now you can experience optimum protein nutrition by using specially selected ingredients that works well with your shaker bottle mixer. Moreover, the shakes are the perfect combination of active nutrients and delectable taste in an assortment of natural flavors. These quick and easy recipes are convenient enough for busy people who want to get optimum nutrition every day. Get your copy today and experience strength from within. Ready, set, shake!

In total you will receive 33 Detox Diet Recipes & Fat Burning Smoothies Recipes For Weight Loss. Smoothie Superfood Book 1: Clean Eating - 17 Eating Clean & Clean Drinking with High Speed Blender Recipes In this Clean Eating recipe book you will not only learn about eating clean, but you will also discover some amazing clean & lean, detoxing and fat burning drinking and eating recipes. Here are just some of the clean & lean, detoxing and fat burning smoothie recipes: * Fruity Furnace Fat-burning Nutriblast Smoothie * Toxic Blaster Smoothie * Nutri Blaster Smoothie * Toxin Cleansing Blast * Healthy Yummie Ricotta Dinner and lots more... If you, too, want to replace these common and sick making fat food options with clean eating and drinking solutions that are tasty, 5 minute easy to make and that are going to make your body lean and toxin clean, then you owe it to yourself and your family to test out these 17 amazing detox diet smoothie recipes! Smoothie Superfood Book 2: Blender Recipes For Weight Loss: 16 Blender Recipes For The Smoothie Diet & Detox Diet This smoothies recipes for weight loss can be made with your favorite high speed blender like the Ninja Blender, Nutribullet, Vitamix or any similar high power blender. Juliana will show you how she uses powerful hi-speed smoothie makers like the Nutribullet (use any other high speed blender like the Vitamix, or a plain blender bottle or shaker bottle) to tear through chard, kale, frozen berries, coconut, walnuts, almonds, chia seeds, broccoli, papaya, avocado, pecan nuts, hazel nuts, peanut butter, kefir, coffee, mango, coconut water, blueberries & other lean & clean detox, fat burning and weight loss superfood ingredients and transforms them into these heavenly tasty smoothies when she is done.

Clean Eating Snacks You Can Make With Your Nutribullet, Ninja, Vitamix & Other High Speed Blender

Best Blender Recipes Book - 4 In 1 Box Set Compilation

Clean Smoothies for Keto Diet and Paleo Diet for Beginners

Recipes & Information

Beauty Recipes, Herbal Remedies and Natural Beauty Care Guide: 3 Books In 1 Boxed Set

25 Easy 5 Minute Paleo Blender Recipes - Boxed Set

Healthy Protein Recipes

This is a compilation of 2 clean blender books that you can make with your Ninja Blender, Nutribullet, Vitamix similar high speed or high power blender. Juliana will show you how she uses powerful and hi-speed smoothie makers like the Nutribullet (use any other high speed blender like the Vitamix, or a plain blender bottle or shaker bottle) to tear through chard, kale, frozen berries, coconut, walnuts, almonds, chia seeds & other clean food ingredients and transforms them into these heavenly tasty smoothies when she is done. With these amazing clean eating & drinking recipes, Juliana shows you how to keep the nutrition inside the dish and the healthy pulp inside the drink. She has

the lifestyle of clean eating down to a science and shows you how you can go into your kitchen, make a high speed blender recipe, clean up and be out in most of the cases in about 5 minutes max. Preparing her clean drinking recipes takes her most of the times only 5 minutes of prep time then another 5 minutes or so of cleanup. The clean eating recipes are most of the time 5 minute quick in prep time and there is some cooking or baking time involved. She shows you some amazing recipes that are boosting your immune system, restoring your body's natural ability to heal itself, energizing and regulating your hormones, helping neutralize free radicals in our body and brain, satisfying your daily supply of the cancer fighting mineral selenium, treating fungal bacteria in the body like candida, boosting your energy level to fight against fatigue and illnesses, loosing some weight and become lean, burning fat, and many health benefits! If you are looking for some amazing clean eating and clean drinking high-speed blender recipes that you can make with your favorite blender like the Nutribullet or the Vitamix to boost a healthy living free from calories, fats, and other unhealthy ingredients, check out Juliana's collection of her 17 amazing clean eating and clean drinking high-speed blender recipes. With these clean recipes, Juliana was able to achieve her health and weight loss goals. Only this time she achieved a lean and healthy body with enjoying these effortless, delicious and satisfying clean eating and drinking recipes. If you, too, want to replace these common and sick making fat food options with clean eating and drinking solutions that are tasty, 5 minute easy to make and that are going to make your body lean and clean, then you owe it to yourself and your family to test out these 17 amazing high-speed blender recipes! Book 2: 11 Healthy Smoothies Recipes You Wish You Knew by Juliana Baldec In this 5 minute quick system you will get all the benefits of the ingredients that are included in these healthy smoothies recipes, the smoothie ingredients, the 5 minute quick instructions, some invaluable mobile smoothie tips so that you can still enjoy your smoothies and be healthy on the go and some invaluable personal insights that relate to each healthy smoothie. If you do not do anything else and consume these 11 healthy smoothies you are good to go and you will get some very powerful health benefits out of it and especially if you are going to repeat your healthy smoothie consumption on a daily basis, but know that by combining the consumption of these healthy smoothies together with a daily workout program will get you even more mental and health benefits. There are smoothie books that just talk about smoothie recipes, but the focus of this healthy smoothie picture book is different because it does not talk about a specific smoothie recipe in a boring and long winded way old fashioned way. It is easy to go through this compilation and 5 minute quick to apply in order to get your first benefits out of it. The compilation is not expensive as opposed to other high prized books. Juliana will show you how to make healthy smoothies a very personal, enjoyable, interactive, and inspirational where your body and brain get all the benfit

Best Protein Recipes is a Product of Authentic Cookbooks.This Ebook contains Different Protein Recipes. Authentic Cookbooks also Have Different Ebooks please checkout. Red Hot New "Clean Smoothies For Keto Diet & Paleo Diet For Beginners" Release!!! The compilation includes 3 books: Book 1: 11 Healthy Smoothies Recipes You Wish You Knew! Book 2: Paleo Is Like You! Book 3: Smoothies Are Like You! You will love discovering some new smoothie recipes that you might add to your favorite Diet. Consider these healthy & scrumptious smoothies to spice up any boring diet and finally get the results you want. If you love smoothies and blender drinks you will love this compilation to complete your smoothie recipe collection. Forget the old concept because there is no need to waist your time in the kitchen with old school recipes that take too long to make. There is every reason to make smoothies the new and 5 minute quick way so that you will gain more time out of your day and your life! Learn the new way of adding smoothies to your Diet today if you want to achieve your dream weight. Empower yourself via healthy and pound dropping smoothies and live a healthier, leaner and cleaner lifestyle. This compilation shows you a real approach to dieting the right and realistic way so that you will maximize your dieting results instead of going through the Yo-Yo dieting effect that happens with almost all diets because most diets are based on unrealistic and unnatural assumptions and goals. Juliana will show you how she did not only lose 20 pounds in 60 days and beat her nasty Asthma problem at the same time, but she shows you how she was able to keep off her weight via the power of the smoothie lifestyle that is more an exciting way of life that everyone is able to follow (even if you only have 5 minutes and are very busy) than a boring and unrealistic diet that no one is able to maintain because most diets contain too many hurdles to jump through. You'll soon notice your improved skin and your rejuvenated body and looks. These health elixirs are going to beautify and rejuvenate your whole system, body, brain and skin. All your body functions are working in a healthy and balanced manner. Most diets ask a lot of sacrifices from you, but once you master the Smoothie lifestyle you'll appreciate what it does for your waistline (very effective pound dropper), your beauty (very effective detox) and your health (very effective vitality and energy booster). Combining healthy smoothies and blender recipes with your Diet that you can make with your favorite high speed blender or hand held mixer like a Blender Bottle, Nutribullet, Ninja, Vitamix, or Omega blender is even more powerful because it is double effective. Using speedy methods like this is bringing your diet results to the next level of success in terms of productivity and time management. Inside this Smoothie lifestyle compilation you'll also find drink recipes that you can add to your favorite Diet in order to improve your diet results like: * Secret Morning Elixir To Start Your Day With Vitality & Energy * Grapefruit Cranberry Double Immune System Blaster * Coconut Macadamia Nut Smoothie * Full Body Detoxer * Lime Lemon Jalapeno Ginger Gold * Beet & Black Radish Liver Cleanser much more... (46 clean & lean recipes in total) Be ready for an incredible revelation that will be life-transforming for everyone who experiences the combination of smoothies with dieting. The power of combining your diet with smoothies will help you tap into new powers of dieting and to finally get results! By applying the knowledge of the Smoothie lifestyle, you will become healthier, happier, leaner and cleaner by default. Soon you will experience the beneficial and empowering outcomes for yourself and your family! You will be thankful that you stumbled upon this powerful information. Don't Miss Out! Scroll up and grab your copy today! Scroll up and Click the Big Button Now!

Take the skin renewal challenge: Beautifying serums, moisturizers, homemade facial masks, cleansers, exfoliators, repairing treatments and secrets for gorgeous radiant healthier skin in a month! If you've ever wished you could enjoy beautiful clear glowing blemish free skin like celebrities do without having to pay for expensive beauty products or treatments and want a fun and easy way to make your own 100% natural homemade facial masks, treatments, scrubs and moisturisers and even treatments for acne and scarring, this book is for you! Now you can make your own home made skin care recipes, homemade face masks, creams and treatments at home using every day ingredients that contain potent and powerful anti-aging and moisturizing benefits like those found found in top of the line skin care products. The recipes in this book show you how to combine the raw active ingredients and extracts similar to or the same as the active ingredients found in high priced skin care ranges. Easy homemade skin care recipes and anti aging oil blends to protect, nourish and beautify your skin for an at home spa experience. Using ingredients from your kitchen, garden, supermarket or local health store you can create powerful effective beauty treatments at home to rejuvenate, exfoliate, renew & restore your skin with a youthful radiant glow, no matter what your age! Unlike other books with recipes that require a lot of time to find, buy ingredients and make the recipes, this book provides simple, fast & easy recipes you can make at home in minutes from everyday ingredients that work! Whether you are limited by time, budget or just want an ecologically friendly way to look and feel beautiful everyday - this is a simple easy to follow guide to healthy radiant skin at home.

Liver Detox: Healthy Herbal Blender Recipes For Sugar Detox, Super Immunity & Sustained Living - 4 In 1 Box Set This blender recipes for weight loss can be made with your favorite high speed blender like the Ninja Blender, Nutribullet, Vitamix or any similar high power blender. Juliana will show you how she uses powerful hi-speed smoothie makers like the Nutribullet (use any other high speed blender like the Vitamix, or a plain blender bottle or shaker bottle) to tear through chard, kale, frozen berries, coconut, walnuts, almonds, chia seeds, broccoli, papaya, avocado, pecan nuts, hazel nuts & other lean & clean detox and weight loss food ingredients and transforms them into these heavenly tasty smoothies when she is done. If you, too, want to replace these common and sick making fat food options with these amazing Detox Blender Recipes For Smoothies that are tasty, 5 minute easy to make and that are going to make your body lean and clean, then you owe it to yourself and your family to test out these 16 high-speed blender recipes! Here are just some of the smoothie recipes for weight loss that you can make with your favorite blender: * Exotic Coconut & Green Superpower Ginger Smoothie * Kefir Peanut Butter Breakfast Smoothie * Hazel Banana Vanilla Walnut Cream Smoothie * The Coffee'n Cream Cinnamon Smoothie Booster * The Peanutbutter Banana Silk * and many many more... See you inside Blender Recipes For Weight Loss where your Smoothie Diet begins...

Quinoa Recipes, Superfoods and Smoothies

Healthy Cooking Recipes: Clean Eating Edition: Quinoa Recipes, Superfoods and Smoothies

Healthy Herbal Blender Recipes & Juicing for Health And Vitality

Healthy Smoothies & Juices For Liver Cleanse & Natural Healing

Detox Diet Smoothies: 28 Detox Diet Drinks (Best Detox Diet Recipes)

Over 125 Protein Powder Shake Recipes Everyone Can Use for Vitality, Optimum Nutrition and Restoration-For Blender Bottle, Cup and Shaker Bottle with Ball

Best Recipes From the Backs of Boxes, Bottles, Cans, and Jars

Blender Recipes for Weight Loss

The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes: • Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare • Over 100 plant-based recipes for breakfast, lunch, dinner, and dessert • Simple, step-by-step instructions for every recipe • Essential plant-based pantry and equipment tips • Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who wants to eat healthy and happy. It happens to be healthy too.

Clean Gut: 49 Clean Eats Recipes For Blenders & Juicers Blender Drink Recipes For Clean Eating & Drinking... From one of America's most passionate advocates of turning common and sick making food choice into a healthy & balanced clean eating & drinking lifestyle that includes 5 minute quick & effortless to make, tasty, healthy, vitality and energy boosting recipes, this book is for you! Now you can make your own home made skin care recipes, homemade face masks, creams and treatments at home using every day ingredients that contain potent and powerful anti-aging and moisturizing benefits like those found found in top of the line skin care products. The recipes in this book show you how to combine the raw active ingredients and extracts similar to or the same as the active ingredients found in high priced skin care ranges. Easy homemade skin care recipes and anti aging oil blends to protect, nourish and beautify your skin for an at home spa experience. Using ingredients from your kitchen, garden, supermarket or local health store you can create powerful effective beauty treatments at home to rejuvenate, exfoliate, renew & restore your skin with a youthful radiant glow, no matter what your age! Unlike other books with recipes that require a lot of time to find, buy ingredients and make the recipes, this book provides simple, fast & easy recipes you can make at home in minutes from everyday ingredients that work! Whether you are limited by time, budget or just want an ecologically friendly way to look and feel beautiful everyday - this is a simple easy to follow guide to healthy radiant skin at home.

All the dishes contain at least one low-GI food, which will lower the overall GI count. Most people following the low-GI diabetic friendly vegetarian diet should lose, on average, 2lb (1kg) each week HEALTHILY You can rely on for delicious, easy-to-prepare recipes, without a lot of fuss. Recipes also include CALORIES and TIME TO COOK to help you plan your meals. These recipes are for everyone in the family can enjoy these healthy and well-balanced 200 + recipes.

This is a 4 In 1 box set compilation of 4 books. This compilation includes Juliana Baldec's 4 titles: Book 1: Juicing To Lose Weight Book 2: 11 Healthy Smoothies Book 3: 21 Amazing Weight Loss Smoothie Recipes Book 4: Smoothies Are Just Like You! Book 1, 2 & 3: When Juliana got started with smoothies, she was able to shed 20 pounds during a period of 2 month. 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 been 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 & brain while getting amazing results. Inside you will find the same recipes that helped Juliana achieve the same results: * Honeydew Kiwi Smoothie * Agave Banana Smoothie * Leefy Green Superfood Immune Booster and many more... you can choose from 46 scrumptious tasting recipes! Book 4: "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 a beginner or 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! Live a healthy and happy lifestyle... double your life today...

This is a compilation of 2 clean blender books that you can make with your Ninja Blender, Nutri, Vita or similar high speed or high power blender. Juliana will show you how she uses powerful and hi-speed smoothie makers like her own Nutribullet (use any other high speed blender like the Vitamix, or a plain blender bottle or shaker bottle) to tear through chard, kale, frozen berries, coconut, walnuts, almonds, chia seeds & other clean food ingredients and transforms them into these heavenly tasty smoothies when she is done. With these amazing clean eating & drinking recipes, Juliana shows you how to keep the nutrition inside the dish & the healthy pulp inside the drink. She has the lifestyle of clean eating and drinking detox drinks and juice fast detox drinks. You will soon feel a boost of energy and vitality because these clean eating and clean drinking blender recipes (you can use the Nutribullet like Juliana does or any other high speed blender) and juice fast detox drinks will help your body get rid of toxins which will in turn help you live a disease free so that you can double your life. You can only help yourself and your family with your own initiative towards your own's future and health. You have to approach health in a natural and alternative way that helps your body heal and get nourished from the inside out with the proper and healing type of nutrients and without having to pay for expensive beauty products or treatments and want a fun and easy way to make your own 100% natural homemade facial masks, treatments, scrubs and moisturisers and even treatments for acne and scarring, this book is for you! Now you can make your own home made skin care recipes, homemade face masks, creams and treatments at home using every day ingredients that contain potent and powerful anti-aging and moisturizing benefits like those found found in top of the line skin care products. The recipes in this book show you how to combine the raw active ingredients and extracts similar to or the same as the active ingredients found in high priced skin care ranges. Easy homemade skin care recipes and anti aging oil blends to protect, nourish and beautify your skin for an at home spa experience. Using ingredients from your kitchen, garden, supermarket or local health store you can create powerful effective beauty treatments at home to rejuvenate, exfoliate, renew & restore your skin with a youthful radiant glow, no matter what your age! Unlike other books with recipes that require a lot of time to find, buy ingredients and make the recipes, this book provides simple, fast & easy recipes you can make at home in minutes from everyday ingredients that work! Whether you are limited by time, budget or just want an ecologically friendly way to look and feel beautiful everyday - this is a simple easy to follow guide to healthy radiant skin at home.

Sugar Detox, Super Immunity & Sustained Living

Superfoods: Juicer Recipes & Smoothie Blender Recipes (Best Superfoods) + Smoothies Are Like You: Smoothie Food Poetry For The Smoothie Lifestyle

Beyond Training

100 Delicious High Protein Smoothie Recipes to Build Muscle, Burn Fat & Increase Energy

500 Paleo Recipes

A Cook's Journey - Recipes and Remembrances

Smoothie Food Poetry For The Smoothie Lifestyle - Poem A Day Book (Poem For Mom & Smoothie Gift & Smoothie Diet For Beginners Guide in Rhymes, Verses & Quotes) - 4 In 1 Box Set Compilation

High-Protein Shakes: Strength-Building Recipes for Everyday Health

This compilation will give you some amazing insights into the wonderful world of Smoothies, the healthy Smoothie lifestyle, and how you can connect your diet goals with the Smoothie lifestyle in order to achieve your dream figure and a happier and healthier you without being hungry all the time. This compilation shows you a real approach to dieting the right and realistic way so that you will maximize your dieting results instead of going through the Yo-Yo dieting effect that happens with almost all diets because most diets are based on unrealistic and unnatural assumptions and goals. Juliana will show you how she did not only lose 20 pounds in 60 days and beat her nasty Asthma problem at the same time, but she shows you how she was 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 been 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 & brain while getting amazing results. Inside you will find the same recipes that helped Juliana achieve the same results: * Honeydew Kiwi Smoothie * Agave Banana Smoothie * Leefy Green Superfood Immune Booster and many more... you can choose from 46 scrumptious tasting recipes! Book 4: "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 a beginner or 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! Live a healthy and happy lifestyle... double your life today...

This is a 8 In 1 box set compilation of 8 books. This compilation includes Juliana Baldec's 8 titles: Book 1: 11 Healthy Smoothies Recipes You Wish You Knew Book 2: 21 Amazing Weight Loss Smoothie Recipes Book 3: Clean Eating: 17 Eating Clean & Drinking Clean Recipes With High Speed Blenders Book 4: 16 Blender Recipes For Smoothie Diet Weight Book 6: Juicing Recipes For Vitality & Health Book 7: Blender Recipes For The Nutribullet & Breville Juicer With Poun Dropping Results Book 8: Smoothies Are Like You! Book 1, 2, 3, 4, 5, 6 & 7: When Juliana got started with smoothies and juicing, she was able to shed 20 pounds during a period of 2 month. 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 been 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 & brain while getting amazing results. Inside you will find the same recipes that helped Juliana achieve her amazing results: * Blueberry Pecan & Vanilla Smoothie * The Peanutbutter Banana Silk * Deightful Plum & Raspberry Smoothie * Macadamia Smoothie * Vanilla Hazel Walnut Cream Smoothie and many more... you can choose from 148 scrumptious tasting recipes! Book 8: "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 Lifestyle... double your life today...

The "Cooking Light: Volume 1" Boxed Set contains three (3) titles, all geared towards helping the reader live a healthy and productive life. Upon reading this Boxed Set, the reader will become an expert at preparing quick and easy, yet healthy and tasty meals for him/herself, friends or family. This Boxed Set includes information on preparing freezer meal recipes, thawing freezer meals safely, the green juice diet, tips for dieting success, tasty green juice recipes, smoothie recipes for detox, smoothie recipes for vitality and health and many more.

The Blender Shaker Bottle Recipe BookOver 125 Protein Powder Shake Recipes Everyone Can Use for Vitality, Optimum Nutrition and Restoration-For Blender Bottle, Cup and Shaker Bottle with BallCreateSpace

Let me ask you a few quick questions... Do you find yourself struggling to build muscle? Do you want to feel energized, happy and healthy every day? Do you want a plethora of delicious protein shake recipes at your fingertips? If you answered yes to any of the above then this Protein Shake Recipe Book is a must have. Here is A Preview Of The Book Into the different types of protein Protein Shake Recipes to Build Lean Muscle Mass Protein Shake Recipes to Shred Unwanted Fat Protein Shake Recipes for Energy & Well-Being That's right, this book contains 100 unique, delicious recipes!

More than 80 Recipes with Fresh Ingredients and a Single Spirit

Hundreds of Delicious Recipes for Weight Loss and Super Health

Lose Pounds With Healthy & Scrumptious Smoothies Recipes

Paleo Smoothie Recipes: Delicious & Healthy Lose Pounds Recipes

Cooking Light Volume 1 (Complete Boxed Set): With Light Cooking, Freezer Recipes, Smoothies and Juicing

90+ Smoothies & Juices: Compilation Of 6 Blender Recipes Books

Protein Shake Recipes

Smoothie Food Poetry For Smoothie Lifestyle - 8 In 1 Set

The follow-up to Pretend Soup cooks up twenty new vegetarian recipes that kids six and under can prepare themselves with a little help from their adult assistant, and includes kitchen tips and safety rules.

This is in essence your book. Or, to put it more accurately, it is the cookbook you would have undoubtedly compiled if only you had time for the project. It is a treasury of every recipe you've ever seen on the backs of boxes, bottles, cans, and jars. Crafted from goods found in your own kitchen, this cookbook compiles all the recipes you meant to cut out and save from the supermarket. Homage to their time, these classic recipes with easy to follow instructions are from the people who know the ingredients like the back of their hand. There's a morsel from every generation and the origin of each kitchen cupboard favorite. Traditional family recipes such as green bean casserole, scalloped potatoes, and marshmallow treats will make your friends drool. Whether you're entertaining one or many, Best Recipes from the Backs of Boxes, Bottles, Cans, and Jars is a staple for every pantry.

A collection of more than 80 wonderfully creative, fresh, and delicious cocktails that only require a bottle of your favorite spirit, plus fresh ingredients you can easily find at the market. In The One-Bottle Cocktail, Maggie Hoffman brings fancy drinking to the masses by making cocktails approachable enough for those with a tiny home bar. Conversational and authoritative, this book puts simple, delicious, and inventive drinks into your hands wherever you are, with ingredients you can easily source and no more than one spirit. Organized by spirit--vodka, gin, agave, rum, brandy, and whiskey--each chapter offers fresh, eye-opening cocktails like the Garden Gnome (vodka, green tomato, basil, and lime), Night of the Hunter (gin, figs, thyme, and grapefruit soda), and the Bluest Chai (rye whiskey, chai tea, and balsamic vinegar). These recipes won't break the bank, won't require an emergency run to the liquor store, and (best of all!) will delight cocktail lovers of all stripes.

Her secret: She turned these nutritious and satisfying drinks into a way of life. Combining smoothies, juices, her secret morning elixir, that she is going to share with you inside, and a light meal plan has helped her not only lose 20 pounds within 60 days. Consuming a combination of these fruit smoothies, vegetable smoothies and juicing recipes will help your body get rid of sick making toxins, boost your vitality and energy, get rid of nasty body conditions like Asthma, rejuvenate your body, provide your body with a natural immune system, detoxify and clean your body, turn your body into a lean body, shed pounds, and more. People are reporting that fad diets never worked on them, but when sticking to this lifestyle of smoothies and juices they were able to lose weight and never gain the weight back afterwards unlike it happens with many of these fad diets. This is not a fad diet were you gain weight after you are done because this is a healthy and natural lifestyle choice and this is the reason why it also works for weight loss and keeping the weight off. People who have achieved similar results like Baldec by consuming smoothies, juices, and her secret morning apple cider vinegar elixir in combination with a light daily meal plan all agree. This is the most natural and nutritious way to nourish your body and brain while getting amazing weight results as a side benefit. The recipes are 5 minute quick and easy to make no matter if you use the best juicer or blender or if you use your regular hand held kitchen supply. From her fruity smoothies and juices to her leafy green, raw, vegetable, and vegetable/fruit combined smoothies and juices such as her vitally boosting blender drinks like the: * Coconut Kale Sweetness * Lavender Maca Vanilla Delight * Papaya Ginger Smoothie * Bee Pollen * Honey-Nut Peach Smoothie and many more... you can choose from 23 scrumptious & unique 5 minute quick & no-fail recipes...

This blender recipes for weight loss can be made with your favorite high speed blender like the Ninja Blender, Nutribullet, Vitamix or any similar high power blender. Juliana will show you how she uses powerful hi-speed smoothie makers like the Nutribullet (use any other high speed blender like the Vitamix, or a plain blender bottle or shaker bottle) to tear through chard, kale, frozen berries, coconut, walnuts, almonds, chia seeds, broccoli, papaya, avocado, pecan nuts, hazel nuts, peanut butter, kefir, coffee, mango, coconut water, blueberries & other lean & clean detox and weight loss food ingredients and transforms them into these heavenly tasty smoothies when she is done. With these amazing blender recipes for weight loss, Juliana shows you how to keep the nutrition inside the dish and the healthy pulp inside the drink. She has the lifestyle of clean and lean smoothie drinks down to a science and shows you how you can go into your kitchen, make a high speed blender recipe, clean up and be out in most of the cases in about 5 minutes max. Preparing her clean & lean drinking recipes takes her most of the times only 5 minutes of prep time then another 5 minutes or so of cleanup. She shows you some amazing recipes that are helping you lose weigh forever, detoxing & boosting your immune system, restoring your body's natural ability to heal itself, energizing and regulating your hormones, helping neutralize free radicals in our body and brain, satisfying your daily supply of the cancer fighting mineral selenium, treating fungal bacteria in the body like candida, boosting your energy level to fight against fatigue and illnesses, losing some weight and become lean, burning fat, and many health benefits! If you are looking for some amazing lean & clean high-speed blender recipes that you can make with your favorite blender like the Nutribullet or the Vitamix to boost a healthy living free from calories, fats, and other unhealthy ingredients, check out Juliana's collection of her 16 amazing high-speed blender recipes. With these recipes, Juliana was able to achieve her own health and weight loss goals. She used many different diets that did not work before she discovered the smoothie diet. With the smoothie she not only achieved a lean, clean and healthy body and lost 40 lbs, but until this day she has been enjoying these effortless, delicious and satisfying lean and clean smoothie diet blender recipes. If you, too, want to replace these common and sick making fat food options with these amazing Smoothie Diet Blender Recipes & Detox Blender Recipes For Smoothies that are tasty, 5 minute easy to make and that are going to make your body lean and clean, then you owe it to yourself and your family to test out these 16 high-speed blender smoothie diet & detox diet recipes! Here are just some of the smoothie recipes for weight loss that you can make with your favorite blender: * Exotic Coconut & Green Superpower Ginger Smoothie * Kefir Peanut Butter Breakfast Smoothie * Hazel Banana Vanilla Walnut Cream Smoothie * The Coffee'n Cream Cinnamon Smoothie Booster * The Peanutbutter Banana Silk * and many many more... See you inside Blender Recipes For Weight Loss where your Smoothie Diet begins...

The One-Bottle Cocktail

148+ Healthy Green Recipes, Vegetable & Fruit Blender Recipes

3 Books In 1 Boxed Set

Rejuvenating Renewing Masks & Treatments for Beautiful Skin

A New Cookbook for Preschoolers & Up

101 Entirely Plant-based, Mostly Gluten-Free, Easy and Delicious Recipes

Powerful Super Foods Fat Burning Smoothies & Healthy Blender Recipes - Boxed Set

The Lost Supper Club Recipes and Cookbook

"This book begins by telling the story of a great Supper Club, the River Inn, which was located in Wisconsin Dells, Wisconsin and about my tenure there"-- page 2.

Whether you are looking to improve your current health, or, looking to build on an existing, healthy, lifestyle, juicing is a fantastic way to go for both. While, it can be quite intimidating, juicing has fantastic benefits such as: clearer skin, better eyesight, and a more effective way to ensure proper ingestion of your daily fruit and vegetable quota. By investing in something, like a three book set of juicing recipes, you can avoid the hours of endless internet searching and trial and error recipes. If investing in your health is a priority ,then, invest in this invaluable book set.

Beauty doesn't have to be costly, nor does it need to negatively affect the environment. You can be beautiful while keeping your body healthy. There are beauty recipes that utilize all-organic ingredients. That's one of the lessons included in this collection of three books. Other topics discussed are herbal remedies and natural beauty care guide.

Do you want to lose weight and keep it off? Increase your energy levels? Why Low GI Not all carbohydrate foods are created equal, in fact they behave quite differently in our bodies. The glycemic index or GI describes this difference by ranking carbohydrates according to their effect on our blood glucose levels. The low GI diet is the secret to long-term health reducing your risk of heart disease and diabetes and is the key to sustainable weight loss. Why Vegetarian? Consumption of meat & meat products have been established to be among the TOP cause of heart disease, hypertension and many types of cancers. You can stop the onslaught of these deadly diseases in their tracks by consuming more vegetables or by turning vegetarian. All the recipes also include detailed information on Calories, Fat, Saturated fat, Sodium, Carbohydrates, Total sugars, Dietary fiber and Protein as well as serving sizes.

This is a 3 In 1 box set compilation of 3 books. This compilation includes Juliana Baldec's 3 titles: Book 1: 11 Healthy Smoothies Book 2: Blender Recipes For Weight Loss 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 month. 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 & a light meal plan has helped her not only lose 20 pounds within 60 days, but she was also been 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 in combination with a light daily meal plan all agree. This is the most natural and nutritious way to nourish your body & brain while getting amazing weight results as a side benefit. The recipes are 5 minute quick and easy to make no matter if you use the best blender or if you use your regular hand held kitchen supply. Inside you will find the same recipes that helped Juliana achieve these results: * Green Romaine Kale Smoothie * Coconut Macadamia Nut Smoothie * Pumpkin Pineapple Mango Smoothie * Kefir Peanut Butter Smoothie * Strawberry n'Creams and many more... you can choose from 27 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! Live a happy & healthy lifestyle and double your life today...

Smoothie Cleanse: Super Immunity Blender Recipes

Salad People and More Real Recipes

Lose Pounds & Beat Sugar Addiction, Anxiety & Depression - Box Set

Best Protein Recipes

Liver Detox: Healthy Herbal Blender Recipes

Natural Home Made Skin Care Recipes

Low Gi Diabetic Friendly Vegetarian Recipes Cookbook

Quick and 5 Minute Easy Lose Pounds Blender and Shaker Recipes You Can Add to Your Keto Diet and Paleo Diet for Beginners

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Clean Gut: 49 Clean Eats Recipes For Blenders & Juicers

30 Clean Eating Snacks You Can Make With Your Smoothie Blender

Juicer Recipes For Different Juicers

Body Detox Blender Recipes For Maximum Detoxification Benefits

Juice Cleanse & Smoothie Blender Recipes (Best Healthy Smoothies & Juices)

Mastering Endurance, Health & Life

16 Blender Recipes for the Smoothie Diet & Detox Diet

Best Juicer Recipes: Fruit & Vegetable Juicer & Smoothie Blender Recipes Book