



Top 50 Smoothie Recipes: Smoothies for weight loss (smoothie recipe book, smoothie cleanse, green smoothie, smoothie diet, healthy smoothies, everyday smoothies, smoothie recipes with nutrition facts)

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Top 50 delicious smoothies for weight loss with nutrition facts and nutritional analysis

Introduction

In today's fast world, we barely get a time for ourselves. It becomes quite easy to forget to eat healthy food, because of this unhealthy habit we experience lot of immunity issues like weakness, skin problems, weight problems and allergies etc... To overcome these problems, our body needs nutrients. So question is that how will we get these nutrients easily? Answer to this question is smoothies. Smoothies are fantastic not just for their taste but also for the healthy reasons, they are very rich in nutrients and minerals. They are also easy to make. This book provides simple yet powerful smoothie recipes for healthy body, so enjoy these delicious and healthy smoothie recipes.

Reasons to buy this book

- This book will give you top 50 delicious smoothie recipes. (green smoothies, fat destroyer smoothie, smoothie for clear skin and many more delicious smoothies)
- You will get detail nutrition facts and nutritional analysis for each smoothie recipe.
- You will get access to specially created online store, where we have added Important ingredients of all these recipes. (for this option, please check out ebook sample of this paperback book)

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Christopher Mueller:

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Nathan Weaver:

Is it anyone who having spare time after that spend it whole day by means of watching television programs or just laying on the bed? Do you need something new? This Top 50 Smoothie Recipes: Smoothies for weight loss (smoothie recipe book, smoothie cleanse, green smoothie, smoothie diet, healthy smoothies, everyday smoothies, smoothie recipes with nutrition facts) can be the answer, oh how comes? It's a book you know. You are therefore out of date, spending your spare time by reading in this brand new era is common not a geek activity. So what these publications have than the others?

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