



# **Green Smoothie Revolution: Simple Tips, Strategies and Recipes for Beginners Wanting to Create Delicious, Natural Green Smoothies for Fat Loss, Cleansing and a Healthy Body**

*Tom Soule*

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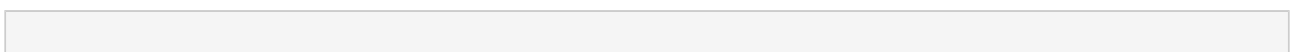
## **Green Smoothie Revolution**

, the author Tom Soule offers a complete introduction into the smoothie lifestyle. He shows how to enter the green world in baby step motion. For a nutritious lifestyle this book is for you.

- To increase nutrients intake**
- To improve immune system**
- To improve the digestive system**
- To detox the body**
- To offer a natural cleanse**

For Beginners, it is not easy to get on the Green Smoothie cleanse lifestyle. However, that should not mean you should miss out on the awesome health benefits that the Green Smoothie offers. Whether you are looking for a cleanse or wanting to work on stubborn belly fat the Green Cleanse is the way to go.

**FREE GIFT:** There is also a cool bonus. A collection of Green Smoothie to tryout Make sure to grab it :)



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