



Smoothie Recipe Book for Beginners: Essential Smoothies to Get Healthy, Lose Weight, and Feel Great

Mendocino Press

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Dramatically change the way you look and feel with *The Smoothie Recipe Book for Beginners*.

When you have a busy life and packed schedule, it can be a challenge to get enough fresh fruits and vegetables in your diet. *The Smoothie Recipe Book for Beginners* gives you everything you need to turn nutrient-rich foods into fast and filling meals. With more than 70 easy smoothie recipes, *The Smoothie Recipe Book for Beginners* will help you lose weight, increase your energy, fight disease, and achieve the healthy glow that comes from a clean and well-balanced diet.

The Smoothie Recipe Book for Beginners will help you make healthy smoothies a part of your daily routine, with:

- More than 70 *Smoothie Recipe Book* recipes packed with vitamins and antioxidants
- Smoothie recipes for weight loss, energy, detoxing, and optimal health
- 3- and 7-day *Smoothie Recipe Book* meal plans to kickstart a full-body detox
- A produce shopping guide from the editors of *The Smoothie Recipe Book*
- *Smoothie Recipe Book* tips for reducing calories, adding superfoods into your diet, and modifying recipes to suit your taste buds

Whether you are looking to increase your daily dose of natural vitamins or lose weight, *The Smoothie Recipe Book for Beginners* is a simple path to a new and healthier you!

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Patricia Thomas:

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Beatrice Kennemer:

The book Smoothie Recipe Book for Beginners: Essential Smoothies to Get Healthy, Lose Weight, and Feel Great has a lot of knowledge on it. So when you read this book you can get a lot of profit. The book was authored by the very famous author. The author makes some research before write this book. That book very easy to read you can obtain the point easily after reading this article book.

Kristen Hancock:

People live in this new morning of lifestyle always make an effort to and must have the time or they will get lot of stress from both lifestyle and work. So , if we ask do people have time, we will say absolutely yes. People is human not only a robot. Then we question again, what kind of activity do you possess when the spare time coming to a person of course your answer will certainly unlimited right. Then do you try this one, reading publications. It can be your alternative with spending your spare time, the actual book you have read is Smoothie Recipe Book for Beginners: Essential Smoothies to Get Healthy, Lose Weight, and Feel Great.

Irene Gamino:

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