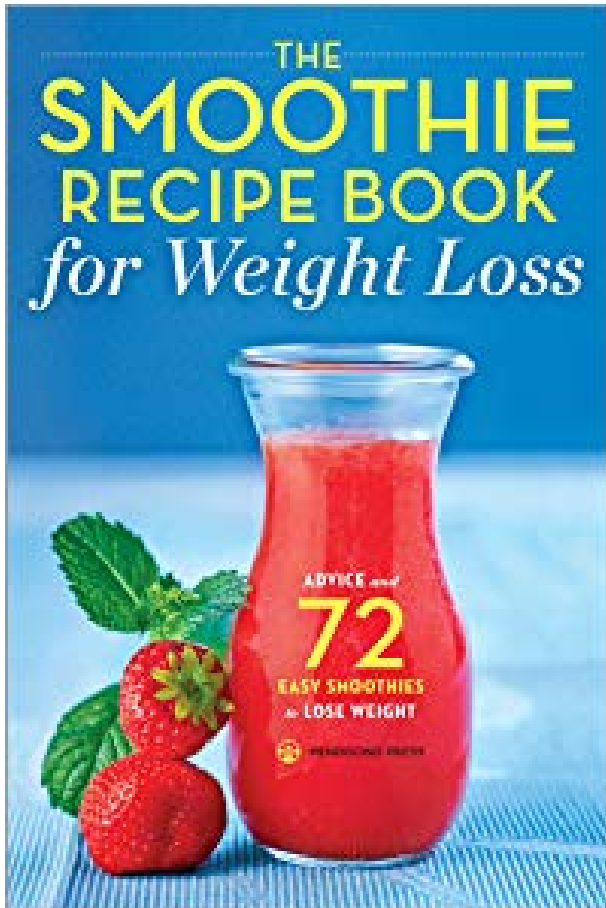


The Smoothie Recipe Book for Weight Loss: Advice and 72 Easy Smoothies to Lose Weight



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Shed pounds with healthy, delicious recipes from The Smoothie Recipe Book for Weight Loss. Packed with flavor and nutrients, smoothies are a delicious way to enjoy fresh fruits and vegetables and lose weight at the same time. The Smoothie Recipe Book for Weight Loss will show you how to make simple, delicious smoothies that can help you achieve your weight-loss goals and leave you feeling fit and nourished. With 72 vitamin-rich smoothie recipes and an easy 10-day meal plan, The Smoothie Recipe Book for Weight Loss will help you incorporate healthy and refreshing smoothies into your diet so you can lose weight permanently. The Smoothie Recipe Book for Weight Loss will help you experience the amazing health benefits of smoothies, with: *72 simple, delicious Smoothie Recipe Book recipes, including Spicy Apple Cider Smoothie, Plum Salad Smoothie, and Vanilla Banana Freeze *3-day Smoothie Recipe Book detox plan to cleanse your system *10-day Smoothie Recipe Book meal plan to incorporate smoothie recipes into your diet *Key smoothie recipe ingredients that promote weight loss *10 tips for making a great smoothie every time from the editors of The Smoothie Recipe Book With The Smoothie Recipe Book for Weight Loss, you can enjoy all the flavor and vitality of delicious smoothies while losing weight and getting fit.