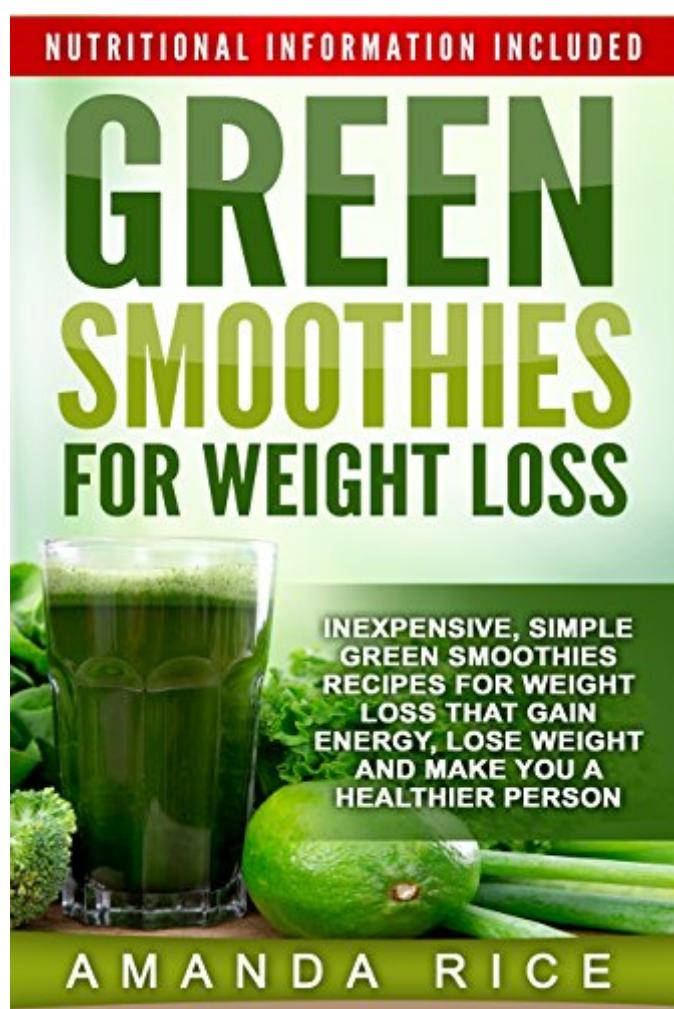


The book was found

Green Smoothies For Weight Loss: Inexpensive, Simple Green Smoothies Recipes For Weight Loss That Gain Energy, Lose Weight And Make You A Healthier Person



Synopsis

Discover How to Lose Weight, Gain Energy and Become a Healthier Person with Simple Green Smoothies! FREE Bonus includedDownload at this low price for a limited time only! Kindle Unlimited subscribers can read this book for FREE. You want health, energy, and perhaps you'd even like to lose a few pounds, but you really don't want to labor over complicated recipes for hours on end. I get it. I completely understand your desire to get out there and live, instead of hovering around the kitchen making food. But you can't compromise your health. So I've got the perfect solution. The Green Smoothies for Weight Loss with Simple and Easy to Find Ingredients book has been designed to include everything you are looking for and more. This gem of a book will help you drop that excess weight and also cleanse your body by eliminating harmful toxins. Before you know it, you'll be refreshed and feeling like your natural vibrant, energetic self again. All thanks to your amazing new green smoothies diet! Here is What You'll Get After Reading This Book! By incorporating green smoothies for weight loss into your diet you will start to drop that weight quickly and easily. You will begin to feel more energy and an overall lightness within just days of using these delicious simple green smoothies. Adding these green smoothie recipes to your diet means you will have a lot more time to do other things in life. You can be healthy and live! It's easy to get on this plan with easy to find ingredients that won't break the bank. You'll get 30 delicious green smoothie recipes that you can enjoy for breakfast, lunch, dinner and even sinful dessert. The recipes are calibrated to ensure you get essential proteins, fats, and carbohydrates to smash the weight. . If you're new to green smoothies diet, you're going to be amazed at the results you'll see within a week of going green. This book will truly transform your life. Are you ready? It's time to glow again! Pick up your copy today and watch the results take over your own life. You'll be just as amazed!

Book Information

File Size: 3173 KB

Print Length: 78 pages

Simultaneous Device Usage: Unlimited

Publication Date: January 16, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01AQNRGCA

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #482,981 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #104 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition > Macrobiotics #138 in Books > Health, Fitness & Dieting > Nutrition > Macrobiotics #173 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Drinks & Beverages > Non-Alcoholic

Customer Reviews

Author Amanda Rice is a holistic nutritionist, having successfully published her first book VEGAN RECIPES IN 30 MINUTES last year and now present her followers (and soon to be followers!) with GREEN SMOOTHIES FOR WEIGHT LOSS. She has been a happy healthy Vegan for the past 8 years, skipping on the supplements and energy drinks and turning back to nature. "I started eating all of the fruits and vegetables that mother earth has given me, and cut of the hormone-filled, cancer-causing milk and dairy. I have never felt better in my life, both physically and emotionally. I love all living creatures on earth and I believe they deserve to roam freely. After 8 years of my vegan, plant-based, colorful journey, I can honestly say that I feel happy every day." With that degree of commitment and experience, Amanda shares the world of Green Smoothies and shares in her Introduction, "The brilliance of a green smoothie is in its simplicity. It takes less than five minutes to whip up something that is more nutritious than meals that take hours to put together. Both kale and spinach are green smoothie staples and for good reason, they are chock full of a plethora of nutrients that our body absolutely needs. They contain a whack-a-mole of iron as well as vitamin a, c and k just to name a few. Additionally, they are a great source of folate which our body needs to regenerate bloods cells. Beyond kale and spinach are a produce section's worth of ingredients and flavors you can add to your smoothie for additional vitamins and minerals. Nut milks like coconut and almond provide you with wonderful fats and proteins while magic nutrient powders like goji berry powder and cacao powder add extra oomph and flavor for deliciousness you can't beat.

[Download to continue reading...](#)

Green Smoothies for Weight Loss: Inexpensive, Simple Green Smoothies Recipes for Weight Loss That Gain Energy, Lose Weight and Make You a Healthier Person Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight

Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Green Smoothies - Top 200 Green Smoothie Recipes: (Green Smoothies, Green Smoothie Recipes, Green Smoothie Cleanse, Green Smoothie Diet, Green Smoothie for Everyday, Healthy Juice) 10 Day Green Smoothie Cleanse: Lose 15lbs with 10 Day Green smoothie diet For Weight Loss. Weight loss green smoothie recipes,green smoothies: Sip Up, Slim Down ! Lose upto 15 Lbs in 10 Days! Superfoods Today Red Smoothies: Energizing, Detoxifying & Nutrient-dense Smoothies Blender Recipes: Detox Cleanse Diet, Smoothies for Weight Loss Diabetes, Detox Green Cleanse for Weight Loss Energy Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) Simple Green Smoothies: 100+ Tasty Recipes to Lose Weight, Gain Energy, and Feel Great in Your Body 10 Day Green Smoothie Cleanse: Detox Your Body with 10 Day Green Smoothie Cleanse and Lose Weight with Low Carb Cookbook (smoothies, green smoothie recipes, ... cookbooks, smoothies , sugar detox) Alkaline Smoothies: Lose Weight & Supercharge Your Health with Green Smoothies and Vegan Protein Smoothies (Nutrition, Alkaline Diet, Weight Loss Book 1) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Red Smoothies: Over 80 Blender Recipes, weight loss naturally, green smoothies for weight loss, detox smoothie recipes, sugar detox, detox cleanse juice, detox ... - detox smoothie recipes Book 260) How To Lose Weight Without Diet and Exercise: How To Lose Weight Without Moving: Rapid Weight Loss: The Lazy Person's Guide For Weight Loss Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Bulletproof Diet Cookbook For Beginners: Quick and Easy Recipes and Smoothies to Lose Fat and Increase Energy (Lose Up To A Pound A Day, Reclaim Energy and Focus, End Food Cravings) SMOOTHIES: Antioxidant Power Super Healthy Smoothie & Ice Kreme Recipes For Kids (Smoothie Recipes, Green Smoothies, Healthy Eating For Kids, Juicing, Vegan, Weight loss) Happy Gut: The Cleansing Program to Help You Lose Weight, Gain Energy, and Eliminate Pain Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) Smoothie Recipes: Ultimate Boxed Set with 100+ Smoothie Recipes: Green Smoothies, Paleo Smoothies and Juicing Pure Green: 100+ Delicious Green Smoothie Recipes For A Sexier, Healthier, More Vibrant You! Gluten Free Cookbook for Busy People on a Budget: 50 Delicious 30-Minutes-or-Less Recipes for Weight Loss, Energy & Optimum Health (Nutritious Gluten-Free Recipes for Healthier Living series 1)

[Dmca](#)