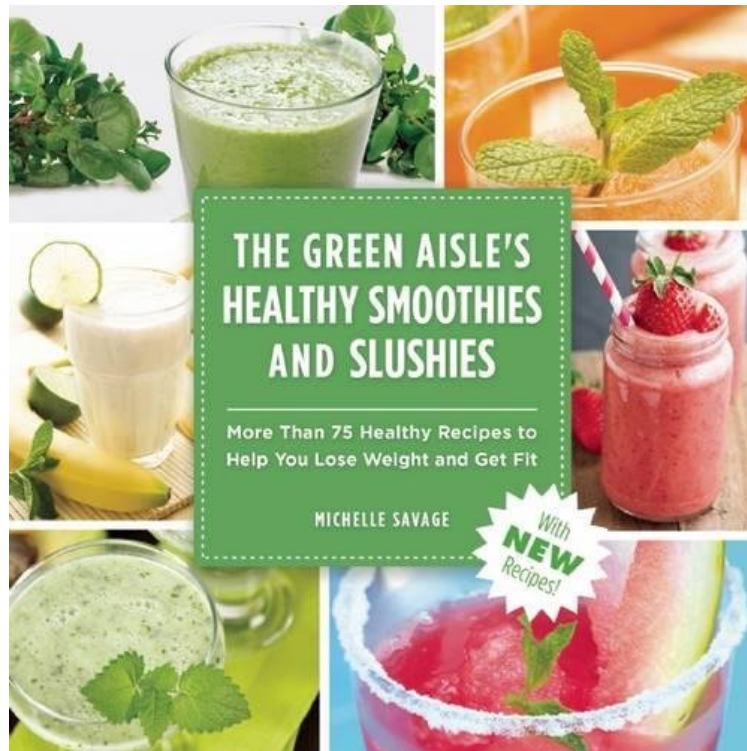


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## The Green Aisle's Healthy Smoothies Slushies: More Than Seventy-Five Healthy Recipes to Help You Lose Weight and Get Fit

Michelle Savage

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0 of 0 people found the following review helpful. Sooooo happy!!!By Lauren GBeautifully written. Ingredients listed for most contained ingredients I would have around my kitchen and or very inexpensive. Some recipes require chocolate or vanilla protein powder. Little blurbs informing what type of benefits each smoothie offers. Beautiful colorful photos of every drink. A few basic recipies that are not smoothies or slushies in the introduction. Extremely happy with this purchase.0 of 0 people found the following review helpful. Okay, rather have a book to give instructions on ...By CustomerOkay, rather have a book to give instructions on which to make for breakfast, lunch and dinner. Also snack juices.0 of 0 people found the following review helpful. Healthy way to drop poundsBy N. BruceThis is a good book for helping myself get started on loosing weight. No carbs and no processed sugar. Take those away and the pounds start falling off.

Chocolate cheesecake, mango tango, and peanut butter cinnamon toast . . . Broccoli boost, zucchini nut bread, and sweet and spicy apple . . . These are just a few of the energizing and nutritious drink recipes you can find in Michelle Savage's *The Green Aisle's Healthy Smoothies and Slushies*. The drinks Savage has concocted are sure to help you lose weight and maintain a healthy lifestyle, no matter your individual or personalized diet—every single drink featured is all natural, dairy-free, soy-free, sugar-free, and gluten-free. As Savage explains throughout the book, practicing a raw lifestyle is simply the best way to give your body the enzymes, vitamins, minerals, natural probiotics, and nutrition it needs to thrive in this toxic environment. To help readers better understand why this approach to dieting is beneficial, Savage also includes information on the following topics: Protein powders, Milk alternatives, Meat dangers, Superfoods, And much more! This book is full of beverages that are tasty, healthy, and easy to make—all you need is a blender. All featured ingredients are easily found in grocery stores, at farmers' markets, or in specialty food stores—and some are even available on Savage's blog and website, [BrowseTheGreenAisle.com](http://BrowseTheGreenAisle.com). Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

"Loving the smoothie recipes in Michelle's book, and I'm always inspired by her story of transformation." —Drew Canole, nutritional and transformation specialist, [FitLife.tv](http://FitLife.tv)