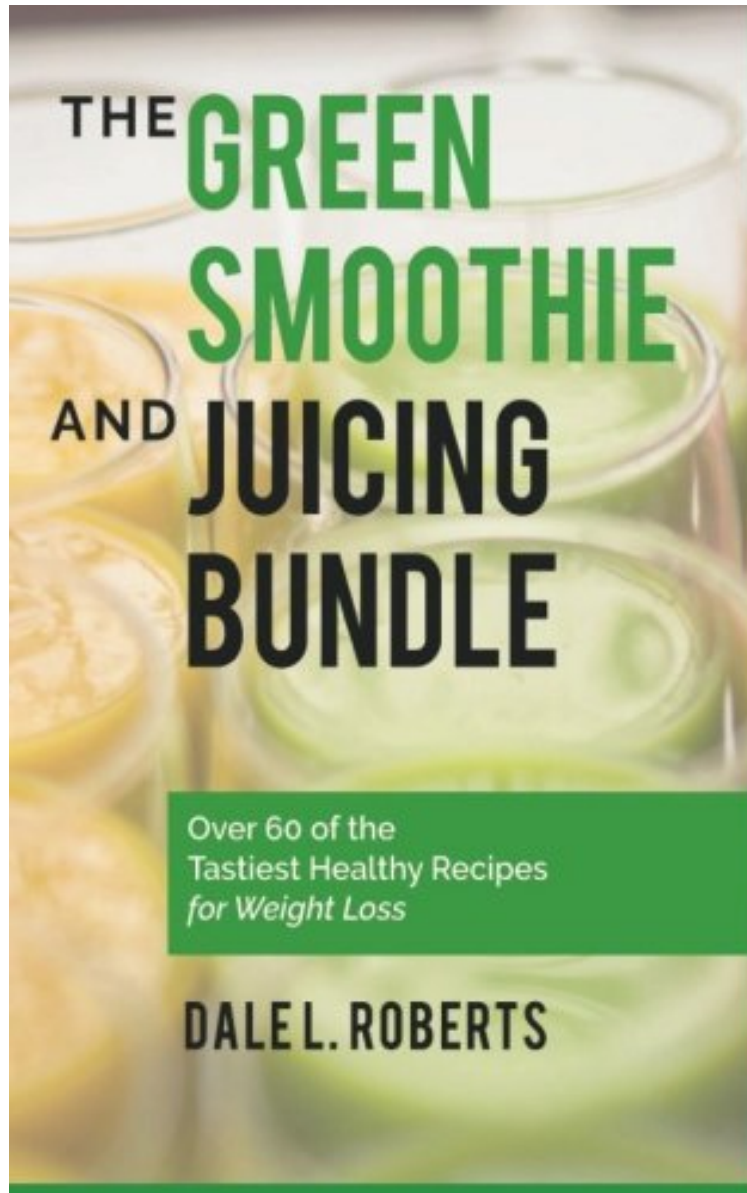


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The Green Smoothie and Juicing Bundle: Over 60 of the Tastiest Healthy Recipes for Weight Loss

Dale L. Roberts

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Over 60 Delicious Green Smoothie Juicing Recipes to Destroy Fat! Learn How Green Smoothies Juicing are the Best Kept Secrets to Losing Weight!Have you struggled to shake off that unwanted fat? Or, do you drop the weight only to have it come back time and again? Then, "The Green Smoothie Juicing Bundle" has exactly what you've needed all along!The Green Smoothie Juicing Bundle includes:Over 30 different, green smoothie recipesOver 30 different juicer recipes for fruit and vegetable blendsHow to get all of the USDA's recommended daily intake for vegetables and fruitsWhat food is ideal to make the best beverageHow to thicken a smoothie to your preferenceHow to prepare the vegetables and fruitsWhat amounts of food makes the best beverageAn understanding of why green smoothies juicing is so effective for weight lossHow to get the most from every glass for losing weightTips to alter flavors to your tasteAdvice on how to save money when juicingRecipes that will suit all dietary lifestyles - vegans, and vegetariansAnd, much more!Included in this book is a glossary of ingredients that explains the benefits and how to utilize each recipe best. This glossary of ingredients gives a better understanding of why each fruit or vegetable is ideal for losing weight and maintaining a healthy lifestyle.Borrow this book through the Kindle Unlimited Membership! This program provides the most bang for your buck, and you can view multiple books on one device. And, the best part? You don't even need to have a Kindle device to read these books. Easily download the Kindle app to any mobile device and you are GOOD!Scroll to the Top of This Page and Click the "Buy Now" Button to Start Losing Weight TODAY!

About the AuthorMy name is Dale Lewis Roberts and I'm an American Council on Exercise Personal Trainer, Certified, with an ACE specialty certification in Senior Fitness. Since beginning my personal training career in 2006, I have earned numerous certifications in personal training, yoga, nutritional coaching, among others. I have worked with hundreds of clients with a variety of health fitness goals. While my greatest passions are health fitness, writing and reading, I also love to spend time traveling with my wife, watching pro wrestling and playing guitar. I currently reside in Phoenix, Arizona, with my wife, Kelli, and our rescue cat, Izzie.