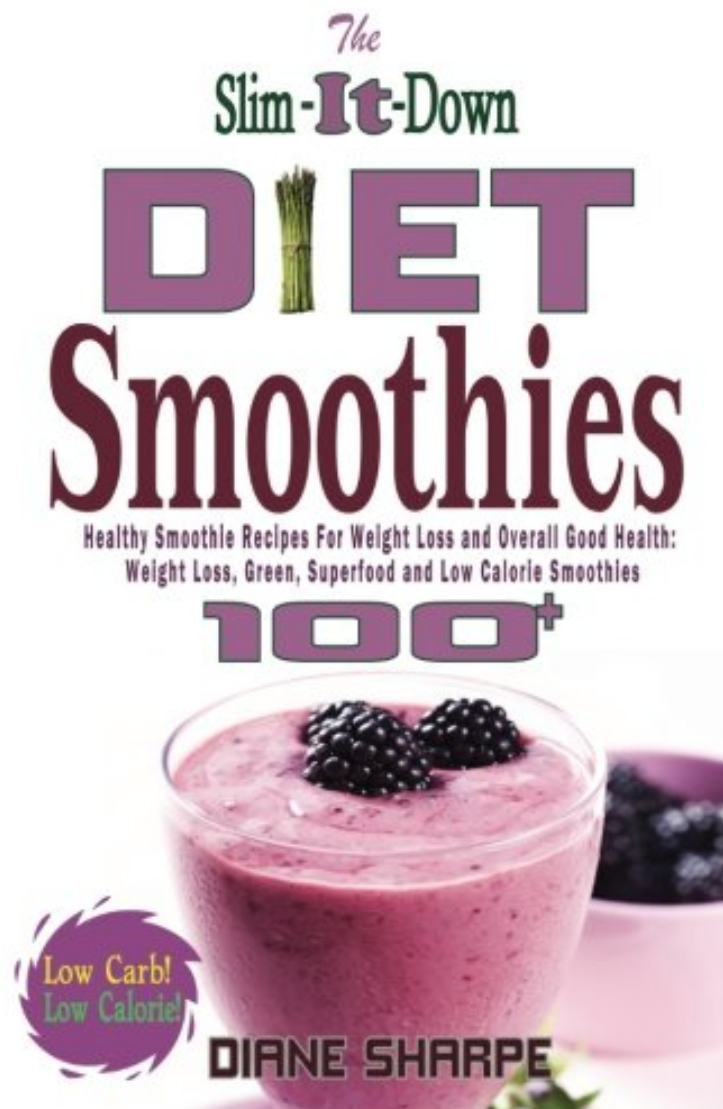


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## **The Slim-It-Down Diet Smoothies: Over 100 Healthy Smoothie Recipes For Weight Loss and Overall Good Health - Weight Loss, Green, Superfood and Low Calorie Smoothies**

*Diane Sharpe*

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**Diane Sharpe : The Slim-It-Down Diet Smoothies: Over 100 Healthy Smoothie Recipes For Weight Loss and Overall Good Health - Weight Loss, Green, Superfood and Low Calorie Smoothies**

before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Slim-It-Down Diet Smoothies: Over 100 Healthy Smoothie Recipes For Weight Loss and Overall Good Health - Weight Loss, Green, Superfood and Low Calorie Smoothies:

11 of 11 people found the following review helpful. Sound Proposal for Weight Loss with Calorie-Counted Recipes  
By Brian  
The author starts out by sharing her own success with this diet and making it clear that combining the smoothies with a particular simple regime will produce lasting weight loss results. There are tons of recipes in the book and they all appear to be healthy based on my experience in healthcare. Firstly, this diet uses a "Smoothie Fasting Day" approach for dieting and wellness. They are all calorie-counted (love it) so you will know how many calories you will be filled with. This makes it very easy for anyone to keep a lid on their daily calorie intake on their designated "Smoothie Fasting Day" followed by a regular 5 or 6 days of regular healthy eating without counting calories. Secondly, the recipes do seem to truly low calorie, low carb, low fat, high-protein, dairy-free and vegetarian friendly. Needless to say, this is also clean and healthy eating and even more so, better dieting. What makes this even more interesting is the approach the author takes in cleverly including enough protein in some of the smoothie recipes. This I'm sure will keep it even more balanced where dieting is concern. Can't see enough or any reasons why this diet can't work because the method sounds workable and scientifically sound. No wonder she claims great results for family, friends and herself. It goes to show that dieting doesn't have to get too complicated. I hate when diet books have too much information overload and you find yourself bored and frustrated before you even start the process. There is enough in this book to be a good read for almost anyone and not get you bored on a diet. I like that! I believe this weight loss method might just work wonders for many failed dieters. Another thing that is good is that the book shows you how to use the method just for optimum health. Therefore, it is quite fitting for others who just wish to maintain good health. I really would recommend anyone to try this diet. Thirdly, I appreciated the fact that I wasn't promised or told that I'm going to lose 2lbs, 5lbs or 10lbs by tomorrow morning. There are too many of those right now. The book presents a realistic forecast for my weight loss. Now, I can believe! My conclusion is that this diet is worth trying, especially since it takes a very healthy approach. 1 of 1 people found the following review helpful.  
Gaining favor with me, but it took a while  
By Joanne  
I just started making smoothies as a meal replacement regime for lunch. I bought another book and this one. I use the other one a lot more but I find myself using this one the more I open it. The problem was that the first smoothie I made from this book was terrible, threw it out. But I didn't give up and tried others and they are good. Luckily this book didn't set me back too much cash, but it is lacking in a few ways...there are only calories listed, nothing else. I need to know how much carbs, sugar, and protein are in this, fiber too for that matter. It's a big miss. Then, there is no index. If you have a cantaloupe you want to use for smoothies, a normal book would allow you to look in the back of book and reference "cantaloupes" to find the pages that this ingredient is used. No such thing with this book. You have to leaf through each and every page to find what you want. As I make more and more smoothies from all my books, I find now that I can instinctively add protein powder, hemp seeds, or ground flaxseed powder and guesstimate my added ingredients as to how much protein and calories I'm adding, but at first I didn't. As a beginner, you need a bit of guidance to get you jump started. So I add my own protein often to these recipes bc the protein is lacking in many of them. Today I made a green smoothie that was delish and I added 1 TBS of ground flaxseed and a TBS of protein powder to it. So I'd say if you are not a beginner, and need more guidance to get going, do not start with this one, but come back to it later on. 14 of 15 people found the following review helpful. Great taste and low calorie!  
By Chris G.  
After having a few children for me it is very hard to keep the weight off, I tried many diets and so many gimmicks trying to help me along the way. I am really set on eating healthier more than anything and a friend got me on a smoothie kick lately, so I decided to give this book a try so I could save some money making my own smoothies. I am using these smoothie idea as a meal replacement and following all the information provided by the author. I've only tried a few of these recipes but so far what I did are delicious. So far my favorite recipes are the Go Slim Raspberry Smoothie and the Sizzling Watermelon Smoothie. This book would be great for anyone that plans on using smoothies as for weight loss and or meal replacement. I highly recommend this book for the healthy ideas and great tasting recipes.

Over 100 Tasty and Nutrient-dense Smoothies for Overall Good Health and Weight Loss. Recipes include: Smoothies For Weight Loss--Superfood Smoothies--Green Smoothies--Protein Smoothies--Low Calorie Weight Loss Smoothies And More This smoothie recipe book works well with - Philips Blender, Nutribullet, Blend Active, Kenwood, VonShef, Vitamix, Nutri Ninja, Hamilton Beach, Ninja Master Prep and other smoothie makers This revolutionary smoothie diet book serves up over 100 healthy and proven recipes to help people lose weight and overcome various diseases. THE SLIM-IT-DOWN DIET SMOOTHIES came to life when the author discovered that genetic obesity doesn't have to be a life sentence of uncontrollable weight gain and adverse health effects--ranging from high cholesterol and high blood pressure to the buildup of stubborn body fat. After witnessing family and friends regain their health and lose weight after routinely drinking the Slim-It-Down Diet Smoothies, the author, Diane Sharpe proved that obesity could be gone forever with this one simple approach: THE SLIM-IT-DOWN DIET SMOOTHIES

. Moreover, these diet smoothies takes you to the next health level with over 100 healthy, life-changing and nutrient-rich smoothie recipes, including a wholesome variety that are: Low Fat, Low Calorie, Low Carb, High Protein, Sugar-Free, Dairy-Free, Vegan and Paleo friendly. Recipes include: Berry Blast Fat-Burner Smoothie, Flat Belly Blueberry Smoothie, Go Slim Raspberry Smoothie, Blackberry Tropics Smoothie, Comforting Raspberry Smoothie and other surprising healthy smoothie hits like Chocolate Dream Smoothie, Healthy Low Carb Smoothie, Blueberry Almond Smoothie and Watermelon Ginger Smoothie. THE SLIM-IT-DOWN DIET SMOOTHIES has been proven safe and effective. It is the ideal healthy smoothie diet through which dieters will both be able to: Burn fat faster and lose weight while you boost your metabolism Burn fat faster while you boost your metabolism Curb your appetite Lessen bloating and water retention Boost the levels of your body's natural fat fighter Surge your body's insulin sensitivity Improve your overall health while decreasing your risk of diseases such as cancer, heart disease and type 2 diabetes Have enhanced longevity With information from cutting-edge science and nutrition, along with the testimonies from family and friends who have first experienced life-changing transformations in their health after going on the Slim-It-Down Diet, this book is created to change lives.

"Diane, in the 40 days since I last wrote to you I have lost a whopping 11 pounds - all by healthy smoothies. I have indeed incorporated the smoothies into 5/2 fasting and this has taken all the pressure off what I ought to consume on those two days. I am stunned at how much energy I have and my weight loss. Many thanks for your books and the help they have been to me" - Gwen Purdie, Author "These smoothies are life-changing, just to say the least. I never would have guessed that I would have loved the taste of these healthy smoothies." - Jessica Smith, Fitness Geeks