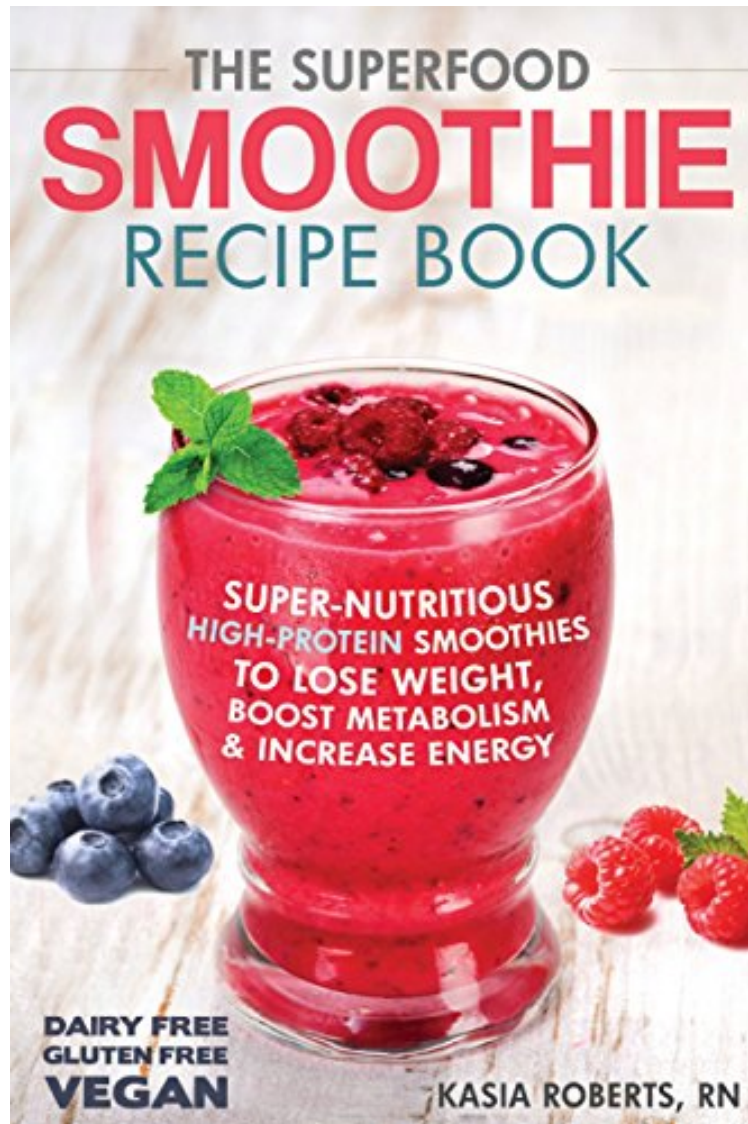


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## The Superfood Smoothie Recipe Book: Super-Nutritious, High-Protein Smoothies to Lose Weight, Boost Metabolism and Increase Energy (Smoothie Recipe Book Series) (Volume 3)

*Kasia Roberts RN*

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**Kasia Roberts RN : The Superfood Smoothie Recipe Book: Super-Nutritious, High-Protein Smoothies to Lose Weight, Boost Metabolism and Increase Energy (Smoothie Recipe Book Series) (Volume 3)** before purchasing it

in order to gauge whether or not it would be worth my time, and all praised *The Superfood Smoothie Recipe Book: Super-Nutritious, High-Protein Smoothies to Lose Weight, Boost Metabolism and Increase Energy* (Smoothie Recipe Book Series) (Volume 3):

6 of 6 people found the following review helpful. Great book with LOTS of creative and healthy smoothie recipes..By Philip Zeal  
This is not your ordinary smoothie book. It's also a health resource. The author, who is also a Registered Nurse, knows what she's talking about! Kasia not only shares delicious recipes, but also teaches the importance of eating healthy. I really like how she explains the "glycemic index" (which is important for monitoring sugar levels). Also the list of SUPERFOODS is a great list to have. I also liked how she organized her recipes for "post workouts", this is perfect for me because after the gym. I can just go right to that section and quickly blend up a super healthy smoothie! Great resource if your looking to eat healthy and stay fit!  
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Are you tired of the same old milk and cereal sloshing around in your belly all morning??? Research shows that Americans who start their day off with milk and cereal on average consume 1 pound of sugar per week! Yikes!!! Start your day off right with a high-protein, nutritious smoothie that will keep you full and satisfied till lunchtime, regulate your blood sugar level and help you loose weight! Dairy-Free, Gluten-free, Vegan and Paleo Approved!!! Traditional cereal grain-based breakfasts are high in sugars and other simple carbohydrates, contributing to obesity, diabetes and sugar cravings. They also present problems for people with dietary requirements, such as gluten, lactose or egg allergies. This book explores the breakfast smoothie as an alternative source of high protein nutrition; making it an ideal meal replacement for people with Celiac disease as well as those who are lactose intolerant and/or vegan. The smoothies in this book are also made with superfoods such as chia and hemp seeds, kale and other goodies designed to give you the ultimate nutrition boost! Smoothies are easy to customize for a range of dietary restrictions, and allow for a precise approach to nutrition. Additionally, with these recipes they can be made to taste delicious! With these 21 superfood smoothie recipes it's easy to pack in the protein and low-GI carbs you need to feel energetic and full throughout a busy morning! Included in this guide are breakfast smoothies for Post Workout Recovery, Fat Fighters and Metabolism Boosters as well as Anti-aging, Cancer Protection and much more! **SCROLL UP AND GET YOUR COPY TODAY!!!**

About the Author  
Kasia Roberts, RN, BScN, BASc, BA is a Registered Nurse and Nutritionist in Ontario, Canada. Kasia is a firm believer in the body's own natural ability to heal itself with daily meditation and whole, natural, organic food and herbs. Kasia is passionate about health and healing and can personally identify with many of her clients as she has overcome a host of her own health challenges. Kasia specializes in weight loss and maintenance, food allergies, health promotion and disease prevention. Besides writing about food and well-being, Kasia works and has extensive experience in the field of Mental Health specifically in the areas of eating disorders, addiction, depression and anxiety. Kasia is passionate about cooking, horseback riding, reading, travel and outdoor sports.