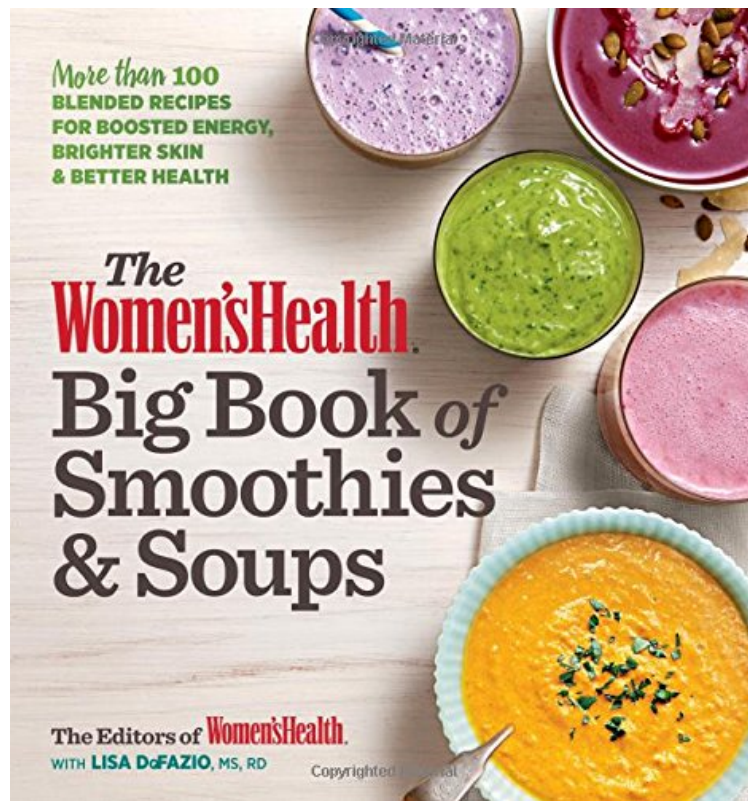


[Download pdf] The Women's Health Big Book of Smoothies Soups: More than 100 Blended Recipes for Boosted Energy, Brighter Skin Better Health

The Women's Health Big Book of Smoothies Soups: More than 100 Blended Recipes for Boosted Energy, Brighter Skin Better Health

Editors of Women's Health, Lisa De Fazio
ebooks | Download PDF | *ePub | DOC | audiobook



[Download](#)

[Read Online](#)

#280187 in Books imusti 2016-11-08 2016-11-08Original language:EnglishPDF # 1 8.27 x .80 x 7.87l, .0
#File Name: 1623367875320 pagesRodale Books | File size: 33.Mb

Editors of Women's Health, Lisa De Fazio : The Women's Health Big Book of Smoothies Soups: More than 100 Blended Recipes for Boosted Energy, Brighter Skin Better Health before purchasing it in order to gage whether or not it would be worth my time, and all praised The Women's Health Big Book of Smoothies Soups: More than 100 Blended Recipes for Boosted Energy, Brighter Skin Better Health:

3 of 3 people found the following review helpful. I love all the ideas for healthy smoothiesBy Janice BergerI love all the ideas for healthy smoothies. I tend to get stuck with a couple standard recipes. This has broadened my horizons!0 of 0 people found the following review helpful. Smoothies and soupBy reviewGood book but all soups are blended.0 of 0 people found the following review helpful. Exceeded expectations!By FExcellent source of information and great recipes!

Cure any ailment, from PMS to the common cold, with delicious smoothies and soups.It's easy to explain the craze for soups and smoothies: They're fast, super simple, extremely good for you, and don't leave a lot of dishes to clean up?plus they are an easy way to get in power foods that keep your body energized and your mind sharp. With one

appliance and 5 minutes, you can get all the benefits of whole foods and home cooking, minus the stress and mess. In *The Women's Health Big Book of Smoothies Soups*, nutritionist Lisa DeFazio shares more than 100 blended recipes specifically formulated with the nutrients you need to fuel up and take on the world, one tasty gulp at a time. Having a stressful day? You can find smoothies to help you unwind. Battling a stubborn winter cold? Try an immunity-boosting soup. You'll reap all the benefits of eating more fresh fruits and veggies, from glowing skin to off-the-charts energy. Just grab your blender and eat your way to better health!

About the Author **WOMEN'S HEALTH** is the leading women's healthy lifestyle brand in the US with a total readership of more than 1.5 million in print and 15 million online. **LISA DEFAZIO, MS, RD**, is a healthy lifestyle expert, nutritionist and Certified Registered Dietician. She received her Masters of Science in Nutritional Science at California State University Los Angeles and is a member of The Academy of Nutrition and Dietetics. Lisa has been featured in a variety of TV and print publications such as *Men's Health*, *Shape*, *Everyday Health*, *Well + Good*, among others. She lives in Los Angeles, CA.