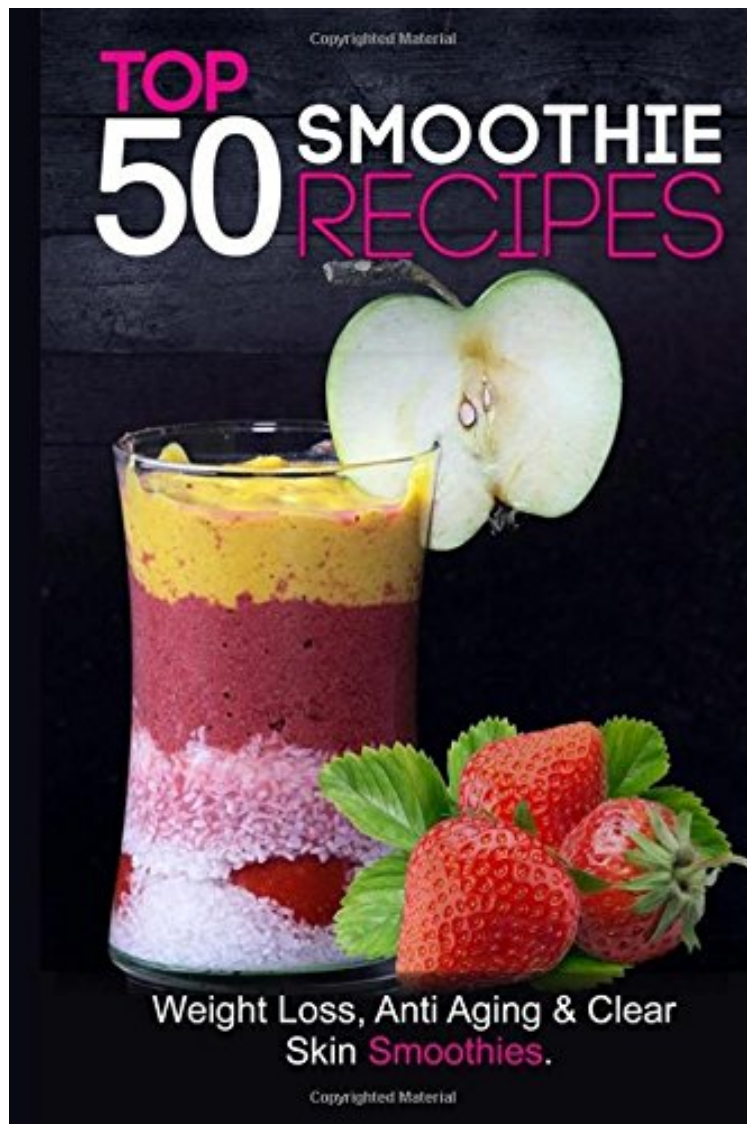


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## **Top 50 Smoothie Recipes: Smoothies for weight loss (smoothie recipe book, smoothie cleanse, green smoothie, smoothie diet, healthy smoothies, everyday smoothies, smoothie recipes with nutrition facts)**

*The Healer*

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before purchasing it in order to gauge whether or not it would be worth my time, and all praised Top 50 Smoothie Recipes: Smoothies for weight loss (smoothie recipe book, smoothie cleanse, green smoothie, smoothie diet, healthy smoothies, everyday smoothies, smoothie recipes with nutrition facts):

3 of 3 people found the following review helpful. Useful recipesBy J. GrahamThere are so many different recipes in this book. Some recipes with as little as 24 calories to some with 2,600+ calories. Not sure how a 2,600 caloric smoothie is for weight loss unless you are a serious body builder and need that many calories. Just looking at the recipe for that #10 smoothie, this is similar to a smoothie I make all the time, and I didn't think it had that many calories, unless this was a typo. I loved the wide variety. All nutritional data is included which is really nice to know. It seems like all the recipes use basic ingredients. I was surprised when I saw that there is one recipe that uses a whole lemon blended with water and blueberries. Not lemon juice, but the whole lemon! I am definitely going to try this one. It is the #12 smoothie. Lemon and Blueberry and only 24 calories. Nice to have something like this on hand for smoothie ideas. I received this kindle book as a sample for review purposes. I wish there were photo's to go along with the recipes. My opinions are my own and I was not compensated in any way. 2 of 2 people found the following review helpful. I love this recipe book and all the great ideas it ...By Lmrf10I love this recipe book and all the great ideas it offers. I received this product for free for my honest opinion. 1 of 1 people found the following review helpful. I like the ideas of this book I am trying to ...By PrettyJM I like the ideas of this book I am trying to lose some weight and trying this smoothies helps a lot. great recipes.. I got this book on a discount price for my honest review...

Top 50 delicious smoothies for weight loss with nutrition facts and nutritional analysis Introduction In today's fast world, we barely get a time for ourselves. It becomes quite easy to forget to eat healthy food, because of this unhealthy habit we experience lot of immunity issues like weakness, skin problems, weight problems and allergies etc. To overcome these problems, our body needs nutrients. So question is that how will we get these nutrients easily? Answer to this question is smoothies. Smoothies are fantastic not just for their taste but also for the healthy reasons, they are very rich in nutrients and minerals. They are also easy to make. This book provides simple yet powerful smoothie recipes for healthy body, so enjoy these delicious and healthy smoothie recipes. Reasons to buy this book This book will give you top 50 delicious smoothie recipes. (green smoothies, fat destroyer smoothie, smoothie for clear skin and many more delicious smoothies) You will get detail nutrition facts and nutritional analysis for each smoothie recipe. You will get access to specially created online store, where we have added Important ingredients of all these recipes. (for this option, please check out ebook sample of this paperback book) Don't be late, order your copy and start your healthy lifestyle. Order your Copy Now!!