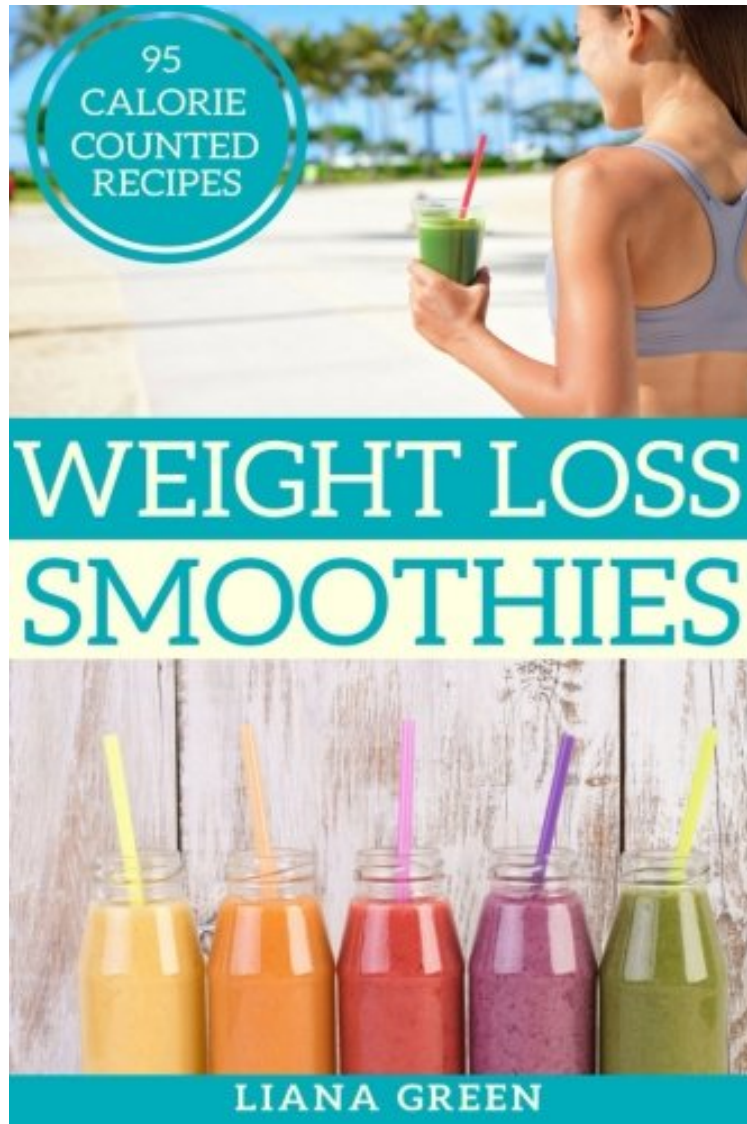


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Weight Loss Smoothies: 95 Calorie Counted Smoothie Recipes For Weight Loss Better Health

Liana Green

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Liana Green : Weight Loss Smoothies: 95 Calorie Counted Smoothie Recipes For Weight Loss Better Health before purchasing it in order to gage whether or not it would be worth my time, and all praised Weight Loss Smoothies: 95 Calorie Counted Smoothie Recipes For Weight Loss Better Health:

0 of 0 people found the following review helpful. Three StarsBy PudgeIt's ok.0 of 0 people found the following review helpful. Flat Stomach..well getting there!By Emma SturridgeAfter a very busy summer with friends and family, I have

been indulging rather relentlessly in sugary and starchy foods! I totally needed to break my sugar cravings! I have already started on Liana's book and gone for 2 smoothies a day!! My cravings for naughty foods are virtually gone, plus my stomach is flatter! I have probably lost a good 4 lbs in 4 days! I no longer feel bloated and my skin isn't as blotchy..its onward and upward for me with the help of this great book, there are so many choices!! Love it - Determined to hit my target weight too now!!Emma S

Weight Loss Smoothie Making and consuming smoothies is an excellent way of ensuring your body receives all the nutrients it requires to operate at optimum health levels. Although smoothies are both tasty and vitamin rich, if you are trying to lose weight it is useful to know how many calories you are taking in each day. Some smoothies can really bump up the calories. Weight Loss Smoothies is a collection of tasty and low calorie smoothies with recipes to suit all taste buds. Each recipe lists the calorie content as well as the main health benefits. The smoothies are simple to make and can be made in any high speed blender including the Nutri Ninja, Nutribullet and Breville Blend Active. The following are a small taster of the 95 smoothie recipes included in the Weight Loss Smoothies book; Minty Beetroot Cherry and Peach Chocco Avocado and Strawberries Fig and Banana Easy Green Smoothie Plum and Banana Peach and Passion Grapefruit and Mandarin Raspberry Coconut Tropical Brazilian