

Smoothie Superfood: Detox Diet Recipes Fat Burning Smoothies Recipes for Weight Loss (Paperback)



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Reviews

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(Joanie Hamill I)

SMOOTHIE SUPERFOOD: DETOX DIET RECIPES FAT BURNING SMOOTHIES RECIPES FOR WEIGHT LOSS (PAPERBACK)



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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Weight Loss Smoothie Recipes BONUS - Includes a FREE copy of Delicious Healthy Smoothie Recipes to stay healthy, fit lean. This is a compilation of 2 Smoothie Superfood books. In total you will receive 33 Detox Diet Recipes Fat Burning Smoothies Recipes For Weight Loss. Smoothie Superfood Book 1: Clean Eating - 17 Eating Clean Clean Drinking with High Speed Blender Recipes In this Clean Eating recipe book you will not only learn about eating clean, but you will also discover some amazing clean lean, detoxing fat burning drinking and eating recipes. These detox diet fat burning smoothies recipes are the perfect solution for buys people who still want to enjoy delicious, healthy, simple satisfying recipes. These toxin cleanse clean eating recipes can be made in most of the times in 5 minutes or less. Juliana will show you how she uses powerful hi-speed smoothie makers like her favorite Nutribullet (or you can use any other high speed blender like the Vitamix or a regular mixer that you like) to tear through superfoods like chard, kale, frozen berries, coconut, walnuts, almonds, chia seeds and other clean food ingredients transforms them into these heavenly tasty smoothies when she is done. With these amazing clean eating smoothie superfood drinking recipes, Juliana shows you how to keep the nutrition inside the dish the healthy pulp inside the drink and dish. She has the lifestyle of clean eating down to a science and shows you how you can go into your kitchen, make a detox diet or fat burning recipe with superfoods, clean up be out in most of the cases in about 5 minutes max. She shows you some amazing recipes...

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