



The Green Smoothie Recipe Book Delicious, Green Smoothies for Cleansing, Detox and Rapid Weight Loss Smoothie Recipe Series Volume 2

By Kasia Roberts Rn

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 40 pages. Dimensions: 9.0in. x 5.8in. x 0.2in. Are you looking to discover all of the benefits of incorporating green smoothies into your lifestyle Look no further!!! Lose Weight Detoxify the Body Boost Your Immune System Get Radiant Hair, Skin and Nails Increase Energy and Live Longer Before these delicious, simple-to-follow green smoothie recipes are introduced, youll get the chance to learn many of the fundamental factors as to why these elixirs are important for your health. Youll discover how green smoothies can help with weight loss, detoxification, and even beautification! All recipes included consist of a wide range of plant-based foods such as fruits, vegetables, leafy greens, coconut water, coconut milk, hemp seeds, chia seeds, almond butter, almond milk and ginger root! Upon embarking on your green smoothie journey, youll discover all of the health-changing benefits such as: increased energy, a clearer mind, and a better sense of well-being! Green smoothies make consuming sufficient amounts of fruits and vegetables seamless and enjoyable. For those who cringe at the thought of eating a salad, these are the perfect alternative. And best of all, they need not...



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