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SMOOTHIE COOKBOOK 38 SMOOTHIE DETOX, SMOOTHIE SUPERFOOD SMOOTHIE DIET BLENDER RECIPES LEAN CLEAN EATING DRINKING WITH SMOOTHIES

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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 144 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.Smoothie Cookbook BONUS - Includes a FREE copy of my collection of Delicious and Healthy Smoothie Recipes that have helped me stay healthy, fit, clean and lean. Using a combination of these healthy low calorie smoothie recipes and delicious smoothies from this collection plus a daily light Yoga workout, helped me loose 40 lbs over two month. I have been able to change my lifestyle into a healthy one because I am consuming healthy smoothies on a daily basis. This compilation package includes a collection of all my proven and tested smoothie recipes that I used to achieve my results. You will get the following 2 Smoothie Cookbooks: Smoothie Book 1: 21 Amazing Weight Loss Smoothie Recipes: These are the exact same smoothies recipes for weight loss and low fat smoothie recipes that helped me lose 40 lbs over a two month period. I am so happy that I got started with changing my lifestyle from a common and unhealthy meal plan to one that includes these delicious and healthy smoothies which kind of transformed my life into a balanced, healthy, energized, clean and lean lifestyle! I am enjoying this lifestyle so much that I decided to motivate and encourage others to get started with these clean and lean smoothies, too. No matter if youd like to lose a few pounds or if youd like to tap into their health benefits, these smoothie drinks are a proven and tested solution for you, too! Depending on your own goals and preferences, you can either consume these delicious and 5 minute quick to make smoothie recipes to become a healthier you or you can apply them as a smoothie diet...

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