



Smoothie Recipes: Tasty Recipes to Lose Weight, Detox and Cleanse, and Other Great Benefits to Make You Feel Awesome (Volume 1)

Emma Mason

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Discover a collection of smoothies that are nutrient-rich!

This book provides a number of smoothie recipes with detailed instructions and ingredients needed to give you the best results. It also offers advice on the main ingredients chosen. The book is not only filled with recipes but also packs information to make the right choices for your health.

Here Is What You Get From This Book...

- Learn healthier lifestyle choices
- Discover natural protein that will help you in your workout
- Tasty smoothie recipes
- Discover nutritional benefits smoothies have to your body
- How easy it is to prepare a smoothie
- Alternative choices of food for diabetics
- Recipes to detox and cleanse your body
- ...much, much more!

Let's start our healthy journey with tasty smoothie recipes!

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