



Healthy Smoothies: Complete Guide of Diet Recipes to Increase Metabolism, Weight Loss Detox - Plus Green Smoothies! (Paperback)

By Associate Professor of Sociology Amanda Lewis

Arch Publishing House, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Over 75 Delicious Quick Easy Recipes All Natural Healthy Smoothies - Plus Green Smoothies! Need to boost your energy . . Fatigue got you down . . Want to lose weight . . Improve your health . . Increase your metabolism . . Want to learn how to make Green Smoothies? Smoothies are a fantastic way to incorporate nutrition, energy, antioxidants, vitamins and delightful desserts into your daily life. This book will give you MORE than 75 enticing and scrumptious recipes for healthy snacks, meals and even desserts - Plus Green Smoothies! This book is packed with nutritional information on vitamins, proteins, fats, carbohydrates, antioxidants and a variety of food sources to give you what you need. The benefits of adding healthy smoothies to your diet can increase your energy stamina, help you lose weight, and improve your overall health and well being! ** Includes many recipes for Vegetarians Vegans - and Healthy Desserts! Five Star Reviews! Great recipes for a smoothie fan like myself! I usually get my smoothies on the road but have...



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Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Ally Reichel**

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

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