



The Best Green Smoothies for Weight Loss: Over 30 Simple Recipes for Healthy Eating

Dale L. Roberts

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Over 30 Tasty and Easy-to-Make Green Smoothie Recipes for Weight Loss

Learn How Green Smoothies are the Best Kept Secret to Losing Weight!

“Green Smoothies for Weight Loss” is a collection of 30 simple smoothie recipes for anyone looking to enhance a safe and effective weight loss. It is a great companion for dieters who want to lose a few inches and pounds while enjoying their journey to a healthy body.

The book contains over 30 different green smoothie recipes that harness the incredible power of leafy green vegetables and fruits without the use of dairy and grain-filled mixes. This collection of smoothie recipes is an indulgent yet sustainable way of losing weight. These recipes are cheap and simple to make so that the newbie can begin and sustain a healthy, effective weight loss program.

In Green Smoothies for Weight Loss, you’ll learn:

- How to get all of the USDA's recommended daily intake for vegetables and fruits
- How to prepare the vegetables and fruits
- What food is ideal to make the best beverage
- How to cut bitterness with small changes
- How to thicken a smoothie to your preference
- Over 30 different, green smoothie recipes
- Recipes that will suit vegans, vegetarians, AND meat-eaters
- And, much more!

Included in this book is a glossary of ingredients that explains the benefits and how to utilize each recipe best. This glossary of ingredients gives a better understanding of why each fruit or vegetable is ideal for losing weight and maintaining a healthy lifestyle.

“Green Smoothies for Weight Loss” is an excellent companion guide to Dale L. Roberts’ “The Best Juicing Recipes for Weight Loss.” Both work well together and will bring out the best in any weight loss program.

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Stefanie Roach:

Playing with family in a park, coming to see the sea world or hanging out with pals is thing that usually you could have done when you have spare time, in that case why you don't try point that really opposite from that. A single activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love The Best Green Smoothies for Weight Loss: Over 30 Simple Recipes for Healthy Eating, you could enjoy both. It is great combination right, you still desire to miss it? What kind of hang-out type is it? Oh seriously its mind hangout fellas. What? Still don't get it, oh come on its called reading friends.

Earnestine Marcus:

In this time globalization it is important to someone to obtain information. The information will make you to definitely understand the condition of the world. The fitness of the world makes the information simpler to share. You can find a lot of references to get information example: internet, newspaper, book, and soon. You can view that now, a lot of publisher this print many kinds of book. The book that recommended for your requirements is The Best Green Smoothies for Weight Loss: Over 30 Simple Recipes for Healthy Eating this guide consist a lot of the information on the condition of this world now. This specific book was represented so why is the world has grown up. The words styles that writer make usage of to explain it is easy to understand. Often the writer made some exploration when he makes this book. Here is why this book suitable all of you.

Reuben Beaubien:

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