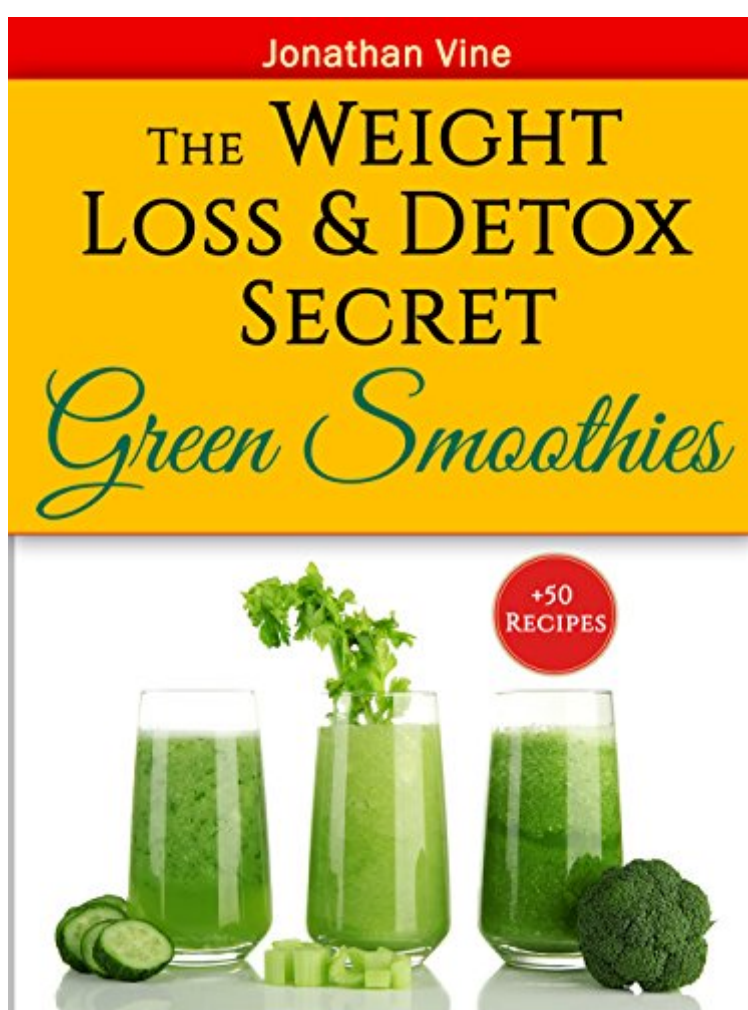


The book was found

Green Smoothies: The Weight Loss & Detox Secret: 50 Recipes For A Healthy Diet (Special Diet Cookbooks & Vegetarian Recipes Collection Book 3)



Synopsis

Want to jump-start your weight loss and improve your health? This book reveals the weight loss and detox secret. Let me introduce to you the newest fast food: the green smoothie. This mixture of sun ripened fruits and earth harvested vegetables can be made in seconds. You can say "Goodbye," to the regret that normally comes along with eating fast food. Green smoothies are nutritious, providing your body with vitamins, minerals, and anti-oxidants. Packed with nutrients used to fight diseases such as diabetes, cancer, and heart disease, you will begin to wonder why you have gone so long without enjoying green smoothies. In this book you will discover: What is a Green Smoothie? What's So Good About Green Smoothies? Nutritional Value and Health Benefits of Green Smoothies The Healthiest Weight Loss Program Methodology Types of Green Smoothies Tasty Tips 50 delicious recipes inside The book includes 50 delicious recipes that use green leafy vegetables, fruits and non-dairy milk or yogurt to create nutritious, filling drinks for your day-to-day menu. Whether you are brand new to the world of green smoothies or you've enjoyed them in the past, don't miss this great book! Each recipe offers different variations or tips and tricks so your job is truly simple: follow the recipes and enjoy a glass of pure, healthy food! Scroll up and grab a copy today.

Book Information

File Size: 1071 KB

Print Length: 80 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 12, 2014

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00M121T96

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #20,502 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #4 in Kindle

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in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Vegan & Vegetarian #19

Customer Reviews

I have been trying to minimize coffee, increase exercise, and maintain a healthy diet. One thing that I am really, really bad at is eating vegetables. I know for a fact I don't eat anywhere near to the suggested amount of vegetables daily as I should. You should eat roughly 2 1/2 cups of vegetables and 2 cups of fruit daily to maintain a healthy diet. (Based off of a 2,000 daily calorie intake.) I think I eat on average less than half a cup of veggies daily. That is simply horrible. I got the opportunity to read this Ebook *Green Smoothies: The Weight Loss & Detox Secret: 50 Recipes for a Healthy Diet* (Special Diet Cookbooks & Vegetarian Recipes Collection Book 3) by Johnathan Vine. I went into this hoping I would find an easy way to increase my vegetable intake! The first thing I loved about this book is that it wasn't just a recipe book. It explains the importance of green smoothies! He discusses the nutritional value, the weight loss value, different types, and different tips! After he goes into this detail about the smoothies he starts discussing recipes. I found this to be really helpful because I personally don't make a lot of smoothies and it was really beneficial for me to read the different values and explanations of how great these can be for me. I was also excited to see that the green smoothies weren't just vegetables but that some include fruit too! (I like fruit more than vegetables.) Some of the recipes that I am dying to try are: Apple and Spinach Smoothie, Almond and Strawberry Smoothie, Watermelon and Spinach Smoothie, Tropical Green Smoothie, & the Spiced Pumpkin Smoothie. I would be lying if I didn't say that in reality- I want to try them all!

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