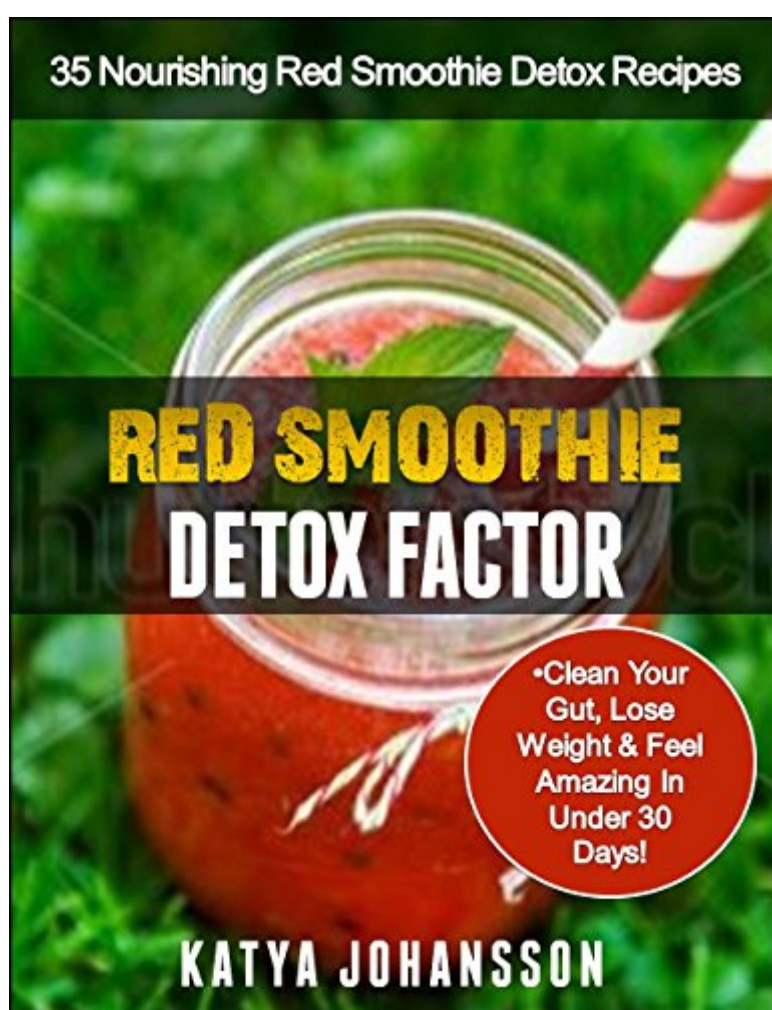


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Red Smoothie Detox Factor: 35 Nourishing Red Smoothie Detox Recipes To Clean Your Gut, Help You Lose Weight And Feel Amazing In Under 30 Days!



Synopsis

Red Smoothie Detox Factor Get 35 Nourishing Red Smoothie Detox Recipes That: Clean Your Gut` Help You Lose Weight, And ... Feel Amazing In Under 30 Days! Here Are Some of The Red Smoothies Inside This Recipes Book: 1. Amazing Red Detox Smoothie 2. Cleansing Red Smoothie 3. Anti-Inflammatory Amazing Red Smoothie 4. Red Fruit Smoothie 5. Healthy Berry Red Smoothie 6. Red Berry with Beet Smoothie 7. Delicious Red Citrus Detox Smoothie 8. Red Velvet Smoothie 9. Red Antioxidant Tasty Smoothie 10. Delicious Coco-Beet Smoothie 11. Red Fruit Smoothie 12. Beet Fruit Smoothie 13. Amazing Spicy & Sweet Beet Smoothie 14. Pink Tasty Smoothie 15. Healthy Strawberry Kiwi Smoothie 16. Berry Pie like Smoothie 17. Creamy Red Velvet Smoothie 18. Fired Red Smoothie 19. Amazing Avocado Smoothie 20. Beet Salad with Honey, Orange Vinaigrette And More! Grab your copy now - For 100% Free when getting The paperback version! Hurry Up And Buy A Paperback copy to take advantage of this amazing deal! tags: red smoothie detox factor, gut health

Book Information

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Customer Reviews

I'm a big fan of smoothies whether it's for a refreshment or diet aide. This book may have a small list for red detox smoothies but I think that they are all excellent and I can drink them everyday. Katya's books are all nice so whenever I am looking for a new recipe or diet book, I just browse for anything new that she has to offer. By the way, the smoothies in this book are very easy to make.

After witnessing the results of this detox diet on my mother-in-law (she'd lost weight and felt great), I decided to give it a shot. I'm on Day 12 and feel fantastic! I've lost about a pound a day and have oodles of energy, and I've lost my craving for coffee (Haven't missed it at all. Neither did my mother-in-law). This is the first diet that I've ever tried that wasn't complete drudgery. The smoothies are satisfying and overall delicious (There were a few I didn't care for, but that's to be expected). I haven't been hungry, and if I do get hungry, the diet allows veggie and seed snacks, or a hard-boiled egg. Plenty of protein. I look forward to launching into the 21-Day Meal Plan after the detox. Can't wait to see and experience the results!

I'm sorry, that should NOT be styled or sold as a book. There is nothing vaguely bookie about that. That is a collection of unusually worded recipes, which don't tell you what the ingredients do or why that combination is significant. Perhaps the reader only showed me the recipes. I will explore more and change my opinion if need be.

Great resource! This book comes with recipes and antioxidant-containing ingredients that boost immune system towards optimum health. Actually I am not really a health conscious, I just got this because I really love smoothies. I find interesting recipes here that really strikes my palate. It just not fulfill my starvings it also offers maximum health benefits.

Are you a smoothie fan yet? Grab this book. I discovered something that quickly changed my lifeâ ” red smoothies. This blended drink of fresh fruits gave me energy, a fast healthy meal and transformed our bodies from the inside out. This book really lays a solid groundwork to understand using smoothies as an important tool in long and healthy living.

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