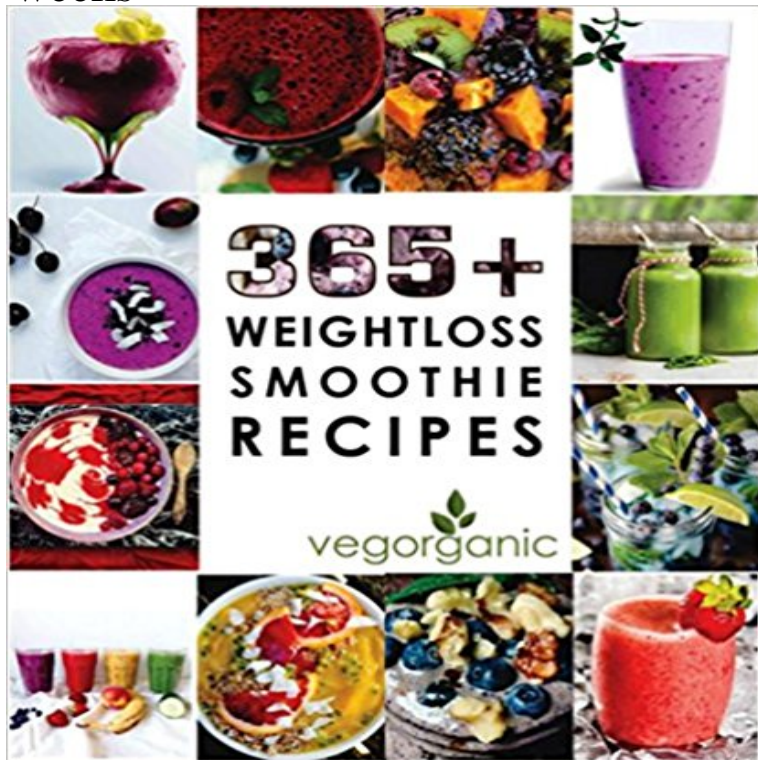


365+ WEIGHTLOSS SMOOTHIE RECIPES: Lose upto 20 lbs in 2 weeks



Losing weight can be as simple as downing a delicious smoothie! It sounds like magic but it really is just good solid science. Our team of certified weight-loss experts, nutritionists and biochemists wrote this book to help people like you lose weight, cleanse and detoxify, burn fat, reduce aging, increase their energy and brain focus and improve their health. It includes the science behind weight-loss by smoothies, overall weight-loss plan, best foods for weight-loss, healthy and unhealthy smoothie ingredients, smoothies for kids guide, best and worst sweeteners, DIY smoothie guide, smoothie mistakes that make you gain weight, what makes a smoothie unhealthy, best blender to use and more than 365 smoothie recipes. More than one recipe for each day of the year! The smoothies are divided in four categories: anytime smoothies, breakfast smoothies, lunch smoothies and evening smoothies. Get reading and lose weight fast-up to 20 lbs in just two weeks!

Reviews I love this book. Its much more than a diet or smoothie recipe book. Ive read tons of weight loss books but this one showed me how to improve my health, energy and focus. I take it with me to the grocery store so I can shop for the foods that help me get slim and healthy. Ive lost 5 pounds in one week, my digestion has improved and I am less bloated. Its just a really, really awesome book!!! My new weight-loss bible. -Jackie Williams (Womens Health Magazine)

Theres a lot of valid, helpful and interesting information in here. I lost several pounds and I feel really healthier. Another thing I noticed was that my digestion improved, less bloating, cramping and gas...much better bowel movements. I take this book everywhere I go and reference it throughout the day. Its more than I ever could have imagined. Now that I have this book nothing will stop me in my

weight-loss journey-MaryAnne Stevens I had a lot of aha moments throughout the book.I remember my boyfriend telling me my face was getting skinny and there was a glow about me.I was super motivated by that.My sleep has gotten better and more restful.This book also teaches you to be aware and make the right choices.It is worth every penny.Enjoy-Martha Anthony

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