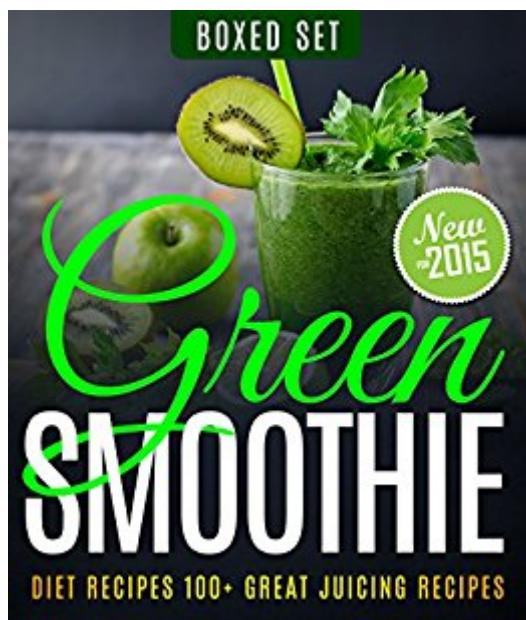


The book was found

Green Smoothie Diet Recipes 100+ Great Juicing Recipes: Lose Up To 10 Pounds In 10 Days



Synopsis

Green smoothies have loads of benefits such as,

- o Keeping the proper vitamins and minerals in the body in a simple way that even children like
- o Valuable fiber is included in green smoothies
- o Unpopular fruits and vegetables are hidden in green smoothies
- o Cost effective
- o Children are never aware of eating all the precious fruits and vegetables they say they do not like the taste
- o Has an abundance of valuable water content adding to important hydration
- o Eight, eight ounce glasses of water a day, the body require is difficult for many people to reach. This is attainable with tasteful green smoothies.

Book Information

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Customer Reviews

I am in the process of trying to lose weight and be healthy overall. Attempting to drink more green smoothies because of so many benefits I have heard. I have been juicing green drinks however- it does get boring juicing the same thing over and over again. This book allowed me to include new recipes to my juicing regimen. Once you purchase the book- there is no waiting for it to be sent in the mail it comes straight to your device. For me it's my kindle app on my phone. which I use because

its so portable and I pretty much take my phone everywhere with me. Within seconds of buying it, it was delivered to my phone. The book begins to tell you the benefits of green smoothies and how this works to ultimately lose weight and be overall healthy. It then provides you TONS of juicing/smoothie recipes. The recipes can be made by juicing or by making a smoothie, ultimately its up to the reader. Within each recipe, the ingredients are explained as to why they are important such as peanuts being good for the body and brain. Then it breaks down why and there are several reasons which I wasn't aware of. So not only is this book well written for recipes it is educational, at least for me. Plus, all the recipes are in one place. No need to search for it when it's all in the book! Another addition: the recipes are quite tasty, my favorite: coffee 'n cream cinnamon smoothie booster. Definitely recommend. I did obtain this item free of charge for my personal truthful review.

I bought a high powered bullet style blender last year and have been obsessed with making green smoothies ever since. I did a 7 day green smoothie cleanse and let me tell you that while challenging it was certainly worth it! It is amazing how much nutrition you can get from something so simple! The recipes in this book are awesome and quite tasty! A must for any green smoothie lover! *I received this product at a discount in exchange for my honest review after product testing* Thank you for reading my review. If you find my review to be helpful, please vote "yes" or "no" and hopefully, you can leave a comment stating why. I am always looking forward to improve my reviews, so that others, like you, can benefit from my experience!

This recipe ebook has many good smoothie mixtures beginning with the Glowing Green Smoothie. This vitamin powerhouse is made from romaine lettuce, spinach, pear, banana, celery, apple and lemon - all organic. The instructions provide clear guidance on how to prepare the food for optimal nutrient value from juicing. Greens provide the badly needed fiber so vital for weight loss and the discharge of toxins. The other way to discharge toxins is with a volcanic ash preparation mixed in water with a plastic spoon. The preparation is taken the first thing in the morning with a 2 hour food fasting except for drinking plenty of water. The micronutrients found in super greens provide a good supplement to the macronutrient diet of carbs and protein. Micronutrients provide supplementation like Zinc, Magnesium, Selenium, Manganese and others. Overall, Green Smoothie 100+ Great Juicing is a very helpful book for health enthusiasts and dieters everywhere.

Not a bad recipe book but we have the internet. It is hard for me to buy recipe books because if you want something you can just google it. With that being said there are some very good recipes in here. I am always looking for smoothie to mix my protein powder in. For me the best part is that i have this on my phone and have the recipes that i like bookmarked so when i am visiting family or on vacation i can sill run to the store and buy what i need to make them.

I have been making green smoothies now for almost 4-5 yrs an i am always seeking out new recipe, i was so glad i receive this with tons more smoothie recipes so i can add to my collection.Why buy my smoothies when i can make my own, plus i am fully aware of whats inside of my smoothies an its freshly made daily, i thought i already owned all the smoothies books on but i guess this one slipped right pass my nose, i am happy i came across it, because its now one of my favorite go to smoothie books, this book has recipe for every one who needs to detox, loose weight, for energyl receive this book for free for my honest review

This book is interesting. The recipes sound good, for the most part, but there are some technical errors. The actual recipes sound good and when mixed tasted nice and the mixes provided a good overall healthy opportunity for smoothies for the beginner. I tried several and they were quite easy to make and tasted good. There were several favorites that I would continue to make. I have to say though, I did make a lot of modifications to the recipes and I am not a novice at smoothie making and juicing so for me, I felt confident in my modifications. For a novice just starting out, this is a well-rounded book that is a good starter. There were many grammatical errors that I noted so editing is something the author should consider. Other than that for a quick recipe book to get one started in juicing, it's a good start. I received a kindle copy of this book free in exchange for my review. I am not sure what dollar amount one would place on this book but, for a few bucks I can see it a benefit for those starting out as smoothie and juice recipes are hard to find on the internet unless you know exactly how to search them out. If you found this review helpful in your decision, please select [yes](#) below.

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Paperback Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet)

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