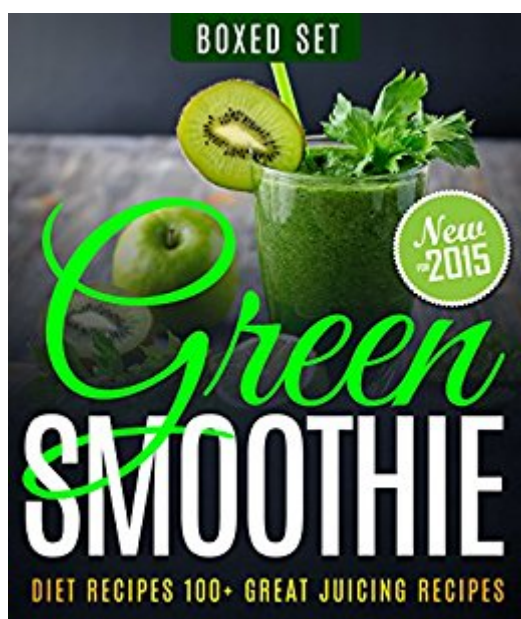


The book was found

# 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

File Size: 2749 KB

Print Length: 389 pages

Publisher: Cooking Genius (July 23, 2014)

Publication Date: July 23, 2014

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B00MAXC34Q

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #314,708 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #55

inÃ Â Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers #60 inÃ Â Kindle Store >

Kindle eBooks > Health, Fitness & Dieting > Nutrition > Macrobiotics #63 inÃ Â Kindle Store >

Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Homeopathy

## 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](#). If not, you are absolutely free to vote [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 boos 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.

[Download to continue reading...](#)

Juicing: 365 Days of Juicing Recipes (Juicing, Juicing for Weight Loss, Juicing Recipes, Juicing Books, Juicing for Health, Juicing Recipes for Weight Loss, Juicing Detox, Juicing for Beginners)  
JUICING RECIPES: The Juicing for Health Complete Guide (120 RECIPES): juicing, juicing detox, juicing for weight loss, juicing for beginners, juicing diet, juice diet, juice recipes, juicing books  
Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies

for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) Juicing: 101 Juicing Recipes For Weight Loss, Detox And Overall Health (Juicing For Weight Loss, Juicing Books, Juicing For Health) (Juicing For Beginners, Fasting and Detoxing) Green Smoothie Diet Recipes 100+ Great Juicing Recipes: Lose Up to 10 Pounds in 10 Days Smoothies: Everyday Smoothies For Beginners (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight ... Diet)) (healthy food for everyday Book 5) Green Smoothie Recipe Book: 500 Delicious Green Smoothie Recipes for Weight Loss, Better Health, Energy & Cleansing (Green Smoothies, Nutribullet Recipe ... Juicing Recipes, Fat Loss, Cleanse, Detox) Dash Diet for Weight Loss: Lose Up to 10 Pounds in 10 Days! + Lower Blood Press w/ Dash Diet Recipes and Cookbook + FREE BONUS: 35 TOP DASH DIET RECIPES ... Dash Diet Cookbook, Dash Diet Recipes) Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) Juicing For Weight Loss: 75+ Juicing Recipes for Weight Loss, Juices Recipes, Juicer Recipes Book, Juicer Books, Juicer Recipes, Juice Recipes, Juice Fasting, ... diet-juicing recipes weight loss Book 103) Juicing for Health: The Essential Guide To Healing Common Diseases with Proven Juicing Recipes and Staying Healthy For Life (Juicing Recipes, Juicing ... Foods, Cancer Cure, Diabetes Cure, Blending) Juicing for Health: The Essential Guide To Healing Common Diseases with Proven Juicing Recipes and Staying Healthy For Life (Juicing Recipes, Juicing Detox, ... Cancer Cure, Diabetes Cure, Blending) Juicing: Juicing for Weight Loss: Refreshing Juicing Recipes for Weight Loss, Health and Vitality (Over 30 Delicious Juicing Recipes for Beginners) Nutribullet Recipes: 365 Days of Smoothie Recipes for Rapid Weight Loss, Detox & Burning Fat: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So ... Loss Drinks, Anti-Aging, Juicing Recipes) Juicing Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Juice Cleanse, Juice Diet, ... Juicing Books, Juicing Recipes) (Volume 1) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weigh loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) The Fast Metabolism Diet: Lose Up to 20 Pounds in 28 Days: Eat More Food & Lose More Weight: Unleash Your Body's Natural Fat-Burning Power and Lose 20lbs in 4 Weeks by Pomroy. Haylie ( 2013 )

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)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)