



Healthy Green Smoothies & More: (Juicing for weight loss) Weight Loss Motivation (Green Smoothies Detox) Healthy Diet (Diets that Work) Diets (Health, Fitness & Dieting) (Cookbooks Book 11)

Ruby Cooper

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Are you tired of your unhealthy diet and lifestyle? Do you want some revolutionary changes in your life? Do you want to add some healthy vegetables and fruits in your diet in a delicious way? If yes then this book is like heaven for you. This recipe book contains some amazing ideas of how the green vegetables and fruits can be combined together in these healthy drinks. You do not have to be worried after having this book. This book features all of the great smoothie recipes which are easy to make and have lot of health benefits. These smoothies contain the whole fruits and vegetables blended together, so they are enough to fulfil your hunger. These green smoothies are greatly helpful for weight loss because they will reduce your intake of fats. You get your maximum nutrients from the vegetables and fruits in these smoothies. These drinks use fresh and raw fruits and vegetables to get the maximum benefits out of them. These amazing smoothies are rich in vitamins, minerals and antioxidants. These antioxidants are very helpful in the freshness and healthiness of our body. With the cleansing effects of these antioxidants, these smoothies are effective for healthy hair growth and glowing skin. These smoothies will change your entire lifestyle after being a regular part of your diet. All of the recipes contain the ingredients which are easily available and manageable. This book features the recipes having ingredients based on plants; therefore this book is equally good and beneficial for the people following the vegetarian diet. Once you start following this track of healthy eating, it will soon become your habit.

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