



## The Quick Easy Green Smoothie Guide 60 Healthy Recipes to Boost Your Energy, Vitality Weight Loss

By Caitlin Myers

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 104 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. The All-In-One Beginners Guide to Green Smoothies with over 60 Healthy Recipes Start Boosting Your Health and Lose Weight Today! The Quick and Easy Green Smoothie Guide Will Help You: Discover how Green Smoothies can help you lose weight and improve health, energy and more Save time, money and eliminate confusion by choosing the best type of blender for your needs Start improving your health today with over 51 simple, delicious, healthy recipes including fruit and vegetable, dairy-free, yogurt based, diary based Learn how each ingredient enhances your health with the ingredient health index PLUS use it to tailor your own recipes based on the areas of health you want to improve! Become a Green Smoothie Master! Get the maximum out of your green smoothies with easy to follow Pro Tips Bonus: 10 FREE Detox Recipes! Looking to do a cleansing detox Buy The Quick and Easy Green Smoothie Guide today and youll receive 10 BONUS Green Smoothie DETOX Recipes absolutely FREE! This guide will make smoothies easier for you. Incorporate it right into your regular daily routine...



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