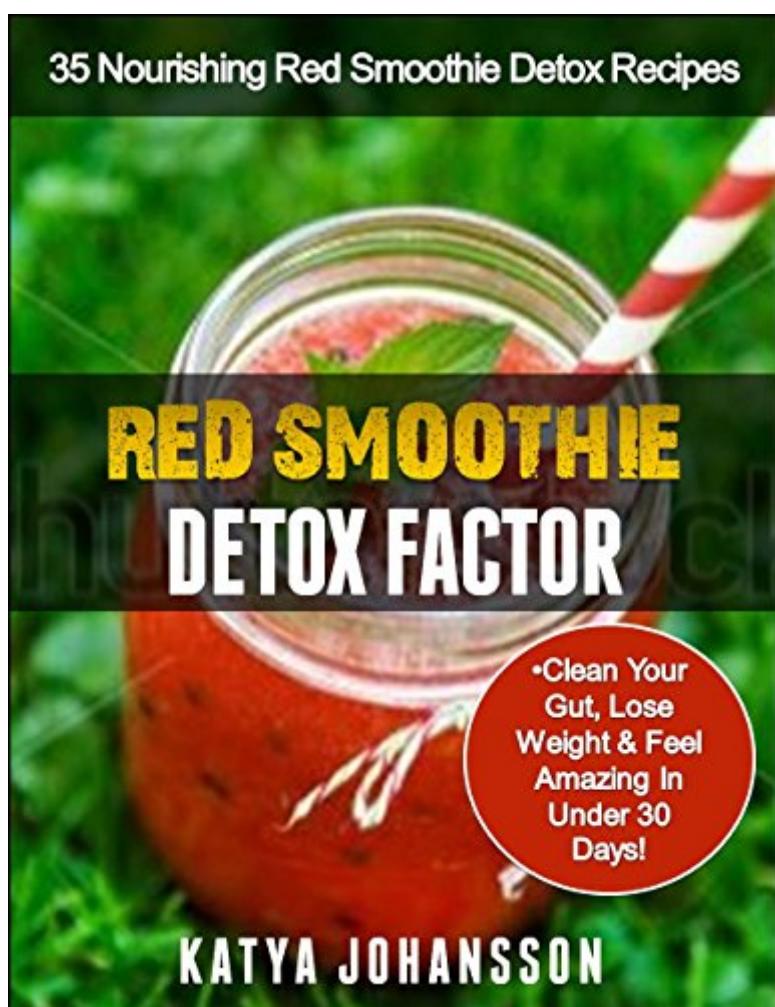


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Red Smoothie Detox Factor: 35 Nourishing Red Smoothie Detox Recipes To Clean Your Gut, Help You Lose Weight And Feel Amazing In Under 30 Days!



Synopsis

Red Smoothie Detox FactorGet 35 Nourishing Red Smoothie Detox Recipes That:Clean Your Gut`Help You Lose Weight,Â And ...Feel Amazing In Under 30 Days!Here Are Some of The Red Smoothies Inside This Recipes Book:1. Amazing Red Detox Smoothie2. Cleansing Red Smoothie3. Anti-Inflammatory Amazing Red Smoothie4. Red Fruit Smoothie5. Healthy Berry Red Smoothie6. Red Berry with Beet Smoothie7. Delicious Red Citrus Detox Smoothie8. Red Velvet Smoothie9. Red Antioxidant Tasty Smoothie10. Delicious Coco-Beet Smoothie11. Red Fruit Smoothie12. Beet Fruit Smoothie13. Amazing Spicy & Sweet Beet Smoothie14. Pink Tasty Smoothie15. Healthy Strawberry Kiwi Smoothie16. Berry Pie like Smoothie17. Creamy Red Velvet Smoothie18. Fired Red Smoothie19. Amazing Avocado Smoothie20. Beet Salad with Honey, Orange VinaigretteAnd More!Grab your copy now - For 100% Free when getting The paperback version!Hurry Up And Buy A Paperback copy to take advantage of this amazing deal!tags: red smoothie detox factor, gut health

Book Information

File Size: 329 KB

Print Length: 40 pages

Simultaneous Device Usage: Unlimited

Publisher: Red Smoothies - gut health (July 16, 2016)

Publication Date: July 16, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01IM4WYJU

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #86,461 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #31 inÂ Kindle Store > Kindle Short Reads > One hour (33-43 pages) > Cookbooks, Food & Wine #93 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Low Fat #101 inÂ Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies

Customer Reviews

I'm a big fan of smoothies whether it's for a refreshment or diet aide. This book may have a small list for red detox smoothies but I think that they are all excellent and I can drink them everyday. Katya's books are all nice so whenever I am looking for a new recipe or diet book, I just browse for anything new that she has to offer. By the way, the smoothies in this book are very easy to make.

After witnessing the results of this detox diet on my mother-in-law (she'd lost weight and felt great), I decided to give it a shot. I'm on Day 12 and feel fantastic! I've lost about a pound a day and have oodles of energy, and I've lost my craving for coffee (Haven't missed it at all. Neither did my mother-in-law). This is the first diet that I've ever tried that wasn't complete drudgery. The smoothies are satisfying and overall delicious (There were a few I didn't care for, but that's to be expected). I haven't been hungry, and if I do get hungry, the diet allows veggie and seed snacks, or a hard-boiled egg. Plenty of protein. I look forward to launching into the 21-Day Meal Plan after the detox. Can't wait to see and experience the results!

I'm sorry, that should NOT be styled or sold as a book. There is nothing vaguely bookie about that. That is a collection of unusually worded recipes, which don't tell you what the ingredients do or why that combination is significant. Perhaps the reader only showed me the recipes. I will explore more and change my opinion if need be.

Great resource! This book comes with recipes and antioxidant-containing ingredients that boost immune system towards optimum health. Actually I am not really a health conscious, I just got this because I really love smoothies. I find interesting recipes here that really strikes my palate. It just not fulfill my starvings it also offers maximum health benefits.

Are you a smoothie fan yet? Grab this book. I discovered something that quickly changed my lifeâ ª red smoothies. This blended drink of fresh fruits gave me energy, a fast healthy meal and transformed our bodies from the inside out. This book really lays a solid groundwork to understand using smoothies as an important tool in long and healthy living.

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Red Smoothie Detox Factor: 35 Nourishing Red Smoothie Detox Recipes To Clean Your Gut, Help You Lose Weight And Feel Amazing In Under 30 Days! Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) Red Smoothies: 2

Manuscripts - Red Smoothie Detox Factor (Vol.1) + Red Smoothie Detox Factor (Vol. 2 - Superfoods Red Smoothies) Good Gut: The Next Thing You Should Do If You Want to Heal Your Gut and Improve Your Intestinal Health (good gut guide, gut health, good gut diet) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book Red Smoothies: Over 80 Blender Recipes, weight loss naturally, green smoothies for weight loss, detox smoothie recipes, sugar detox, detox cleanse juice, detox ... - detox smoothie recipes Book 260) 10 Day Green Smoothie Cleanse: Detox Your Body with 10 Day Green Smoothie Cleanse and Lose Weight with Low Carb Cookbook (smoothies, green smoothie recipes, ... cookbooks, smoothies, sugar detox) 10 Day Green Smoothie Cleanse: Lose 15lbs with 10 Day Green smoothie diet For Weight Loss. Weight loss green smoothie recipes, green smoothies: Sip Up, Slim Down ! Lose upto 15 Lbs in 10 Days! Healthy Gut: How to Restore Gut Balance, Boost Metabolism, and Heal Your Gut The Gut Balance Revolution: Complete Digestive Health Program for a Healthy and Clean Gut (Abdominal Health Book 6) Electric Pressure Cooker: Perfect Recipes To Get Meals On The Table In No Time (Clean Eating, Paleo, AIP, Gluten Free, Vegan, Healthy Diets, Nourishing, Cookbook) 30 Days Grain-Free: A Day-by-Day Guide and Meal Plan for Beginning a Grain-Free Diet - Improve Your Digestion, Heal Your Gut, Increase Your Energy, Lose Weight, and More! Pressure Cooker Cookbook: 370 Quick, Easy, and Healthy Pressure Cooker Recipes for Amazingly Tasty and Nourishing Meals (Pressure Cooker, Eletric Pressure Cooker Cookbook) The Leaky Gut Report: How to heal your gut naturally - The ultimate guide for fighting anxiety, autoimmune disease, heart palpitations, food allergies, fatigue and more Souping: The New Juicing - Detox, Cleanse & Weight Loss (Detox, Cleanse, Weight Loss, Juicing, Gluten Free, Gut Health, Souping) Juice It to Lose It: Lose Weight and Feel Great in Just 5 Days Resistant Starch Cookbook: Restore Your Health, Heal Your Gut, and Lose Weight Fast While Eating the Foods You Love! (dozens of recipes with pictures and a 28 day meal plan) DETOX SECRET & WEIGHT LOSS SMOOTHIES: Detox Secret & Weight Loss Smoothie Recipes for Everyone Who Want to Be Slim Eat Pretty Live Well: A Guided Journal for Nourishing Beauty, Inside and Out Ketogenic Diet: Ketogenic Diet Weight Loss Mistakes to Avoid: Step by Step Strategies to Lose Weight and Feel Amazing (Ketogenic Diet, Ketogenic Diet Beginners Guide, Low Carb diet, Paleo diet)

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