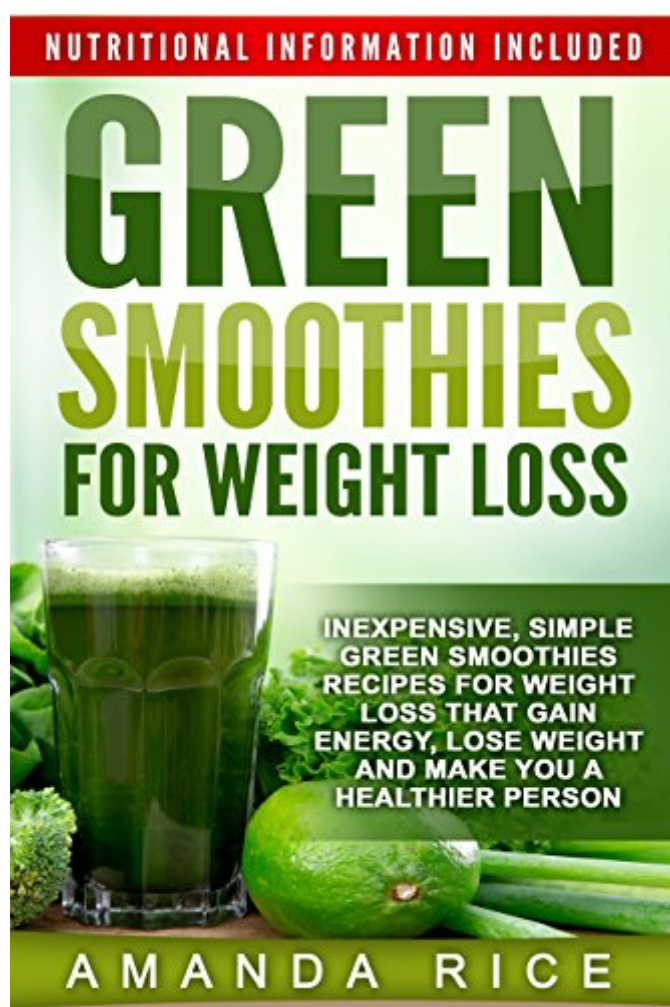


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# **Green Smoothies For Weight Loss: Inexpensive, Simple Green Smoothies Recipes For Weight Loss That Gain Energy, Lose Weight And Make You A Healthier Person**



## Synopsis

Discover How to Lose Weight, Gain Energy and Become a Healthier Person with Simple Green Smoothies! FREE Bonus includedDownload at this low price for a limited time only! Kindle Unlimited subscribers can read this book for FREE. You want health, energy, and perhaps youâ™d even like to lose a few pounds, but you really donâ™t want to labor over complicated recipes for hours on end. I get it. I completely understand your desire to get out there and live, instead of hovering around the kitchen making food. But you canâ™t compromise your health. So Iâ™ve got the perfect solution. The Green Smoothies for Weight Loss with Simple and Easy to Find Ingredients book has been designed to include everything you are looking for and more. This gem of a book will help you drop that excess weight and also cleanse your body by eliminating harmful toxins. Before you know it, youâ™ll be refreshed and feeling like your natural vibrant, energetic self again. All thanks to your amazing new green smoothies diet! Here is What You`ll Get After Reading This Book! By incorporating green smoothies for weight loss into your diet you will start to drop that weight quickly and easily. You will begin to feel more energy and an overall lightness within just days of using these delicious simple green smoothies. Adding these green smoothie recipes to your diet means you will have a lot more time to do other things in life. You can be healthy and live! Itâ™s easy to get on this plan with easy to find ingredients that wonâ™t break the bank. Youâ™ll get 30 delicious green smoothie recipes that you can enjoy for breakfast, lunch, dinner and even sinful dessert. The recipes are calibrated to ensure you get essential proteins, fats, and carbohydrates to smash the weight. If youâ™re new to green smoothies diet, youâ™re going to be amazed at the results youâ™ll see within a week of going green. This book will truly transform your life. Are you ready? Itâ™s time to glow again! Pick up your copy today and watch the results take over your own life. Youâ™ll be just as amazed!

## Book Information

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## Customer Reviews

Author Amanda Rice is a holistic nutritionist, having successfully published her first book VEGAN RECIPES IN 30 MINUTES last year and now present her followers (and soon to be followers!) with GREEN SMOOTHIES FOR WEIGHT LOSS. She has been a happy healthy Vegan for the past 8 years, skipping on the supplements and energy drinks and turning back to nature. "I started eating all of the fruits and vegetables that mother earth has given me, and cut of the hormone-filled, cancer-causing milk and dairy. I have never felt better in my life, both physically and emotionally. I love all living creatures on earth and I believe they deserve to roam freely. After 8 years of my vegan, plant-based, colorful journey, I can honestly say that I feel happy every day."™With that degree of commitment and experience, Amanda shares the world of Green Smoothies and shares in her Introduction, "The brilliance of a green smoothie is in its simplicity. It takes less than five minutes to whip up something that is more nutritious than meals that take hours to put together. Both kale and spinach are green smoothie staples and for good reason, they are chock full of a plethora of nutrients that our body absolutely needs. They contain a whack-a-mole of iron as well as vitamin a, c and k just to name a few. Additionally, they are a great source of folate which our body needs to regenerate bloods cells. Beyond kale and spinach are a produce section's worth of ingredients and flavors you can add to your smoothie for additional vitamins and minerals. Nut milks like coconut and almond provide you with wonderful fats and proteins while magic nutrient powders like goji berry powder and cacao powder add extra oomph and flavor for deliciousness you can't beat.

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Green Smoothies for Weight Loss: Inexpensive, Simple Green Smoothies Recipes for Weight Loss That Gain Energy, Lose Weight and Make You a Healthier Person Alkaline Smoothies: Lose Weight & Supercharge Your Health with Green Smoothies and Vegan Protein Smoothies (Nutrition, Alkaline

Diet, Weight Loss Book 1) 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 Super Shakes and Smoothies: 25 Sugar Free Dairy Free Shakes and Smoothies Recipes (Here's the DEAL - Healthy Weight Loss and Fat Burning Book 3) Eat Fat and Get Thin, Fit, and Healthier Than Ever Before!: Easy Diet and Delicious Cookbook: Recipes for Dramatic and Sustainable Weight Loss (Includes 21 Day Meal Plan) Positive Thinking: How to Eliminate Negative Thinking and Gain Success, Health and Happiness Through Positive Thinking and Self-empowering Affirmations (Positive Thinking Everyday Book 1) How To Lose Weight Without Diet and Exercise: How To Lose Weight Without Moving: Rapid Weight Loss: The Lazy Person's Guide For Weight Loss Cheating Father Time: 77 Anti-Aging Hacks to Stop the Clock and Live a Longer, Healthier and More Fulfilling Life: (Build the Habits to Age with Grace and Become Sharper & Stronger by the Year!) Hot Coals: 25 Best Backyard Barbecue Recipes For An Easy & Inexpensive Feast (Rory's Meat Kitchen) 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) The Power Paradox: How We Gain and Lose Influence If It Fits Your Macros: The Ultimate Guide to IIFYM Flexible Diet: Burn Fat, Gain Energy and Build Muscle, While Eating the Foods You Love (Eat Your Way Lean & Healthy) SMOOTHIES: Antioxidant Power Super Healthy Smoothie & Ice Kreme Recipes For Kids (Smoothie Recipes, Green Smoothies, Healthy Eating For Kids, Juicing, Vegan, Weight loss) How to Lose Weight with Minimal Effort: Leaner, Sexier, Healthier, and Happier, Using Self-Hypnosis (Weight Loss Book 1) Get Unstuck Now: How Smart People Gain Clarity and Solve a Problem Fast, And How You Can Too Zero Belly Fat: Smoothies, Juices, Salads and Many Other Healthy Recipes to Lose Weight and Maintain Flat Belly (Weight Loss, Zero Belly Diet, Flat Belly Diet, Healthy Diet) Empath: How To Thrive And Survive As An Empath And Empower Yourself Against Negative Energies, Psychopaths, Sociopaths And Narcissists By Understanding ... Person, Empath, Psychic, Intuitive) Alkaline Diet: How to Lose Weight, Get Fit, Detox Naturally, Balance Your pH, and Be Healthy For Life with the Alkaline Diet (Cookbook, Recipes, and Smoothies) Self-Discipline: Become A Greek Spartan: Everything You Need to Know to Transform Your Life into A Modern Day Spartan & Gain More Confidence, Hunger and ... (Greek Spartan Mindset, Spartan Discipline)