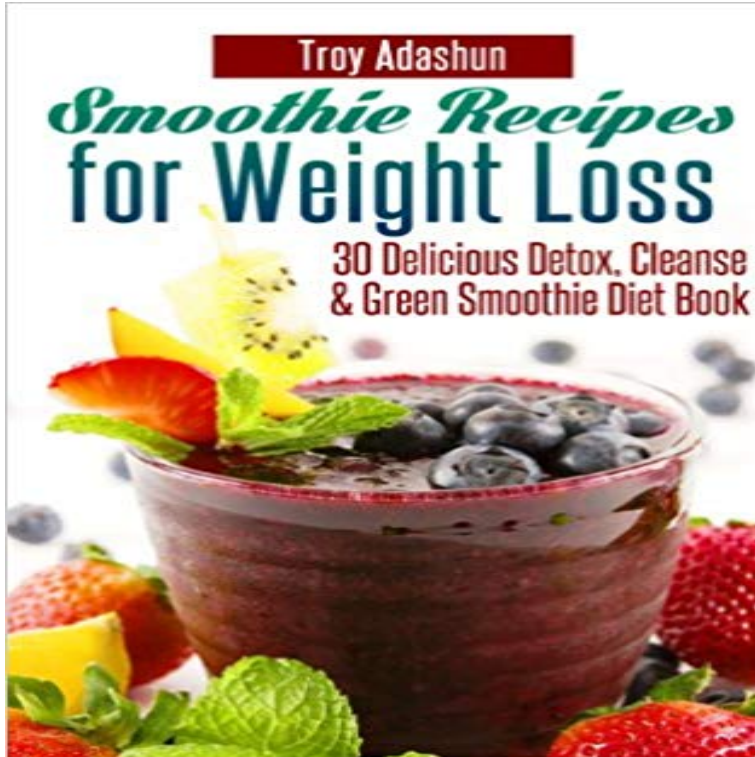


## Smoothie Recipes for Weight Loss - 30 Delicious Detox, Cleanse and Green Smoothie Diet Book



Hi, my name is Troy Adashun. Im a fitness model, health freak, and long time Smoothie Enthusiast. I am passionate to share some of my favorite smoothie recipes of all time in this book. Smoothies are one of the easiest and most convenient ways to get an abundance of vitamins, minerals and nutrients that will help you become the healthiest and most energetic you possible! The great thing about these smoothie recipes is that many contain both fruits and vegetables. This should not scare you, as the recipes are all tried and tested and blend deliciously - even for the person who doesnt enjoy vegetables by themselves. Enjoying one of these smoothies daily is a giant leap forward to fat loss and optimal health. In todays day and age, many of us are consuming to many calories but are actually nutrient deficient. Enjoying one of the delicious smoothies every day in this recipe book will not only help you lose weight, but increase your overall health and energy levels. Once you feel the amazing health benefits of smoothies, you will not want to go one day without one. Happy Blending and Good Luck to you all!

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The Green Smoothie Cleanse is a ten-day detox/cleanse made up of green leafy Weight loss (most lose 1015 pounds when they stick to the regimen) Page 30 **I Tried the 10-Day Green Smoothie Cleanse and This Is What** Smoothie Recipes for Weight Loss - 30 Delicious Detox, Cleanse and Green Smoothie Diet Book Troy Adashun Before you continue are you on a diet or 2. Did you enjoy the 10 Day Green Smoothie Cleanse? Here are 30 more exciting and delicious green smoothie recipes for your weight loss goals, as wellas for healthy and nutritious living. \$0.99. 50+ Smoothie Recipes for Weight Loss, Detox & Better Overall Health I love the green smoothie diet and I follow it today. **40 Green Smoothie Recipes For Weight Loss and Detox Book** by Aug 21, 2016 - 32 sec - Uploaded by ClipAdvise CookbooksBlack Friday Deals in Books now live! 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