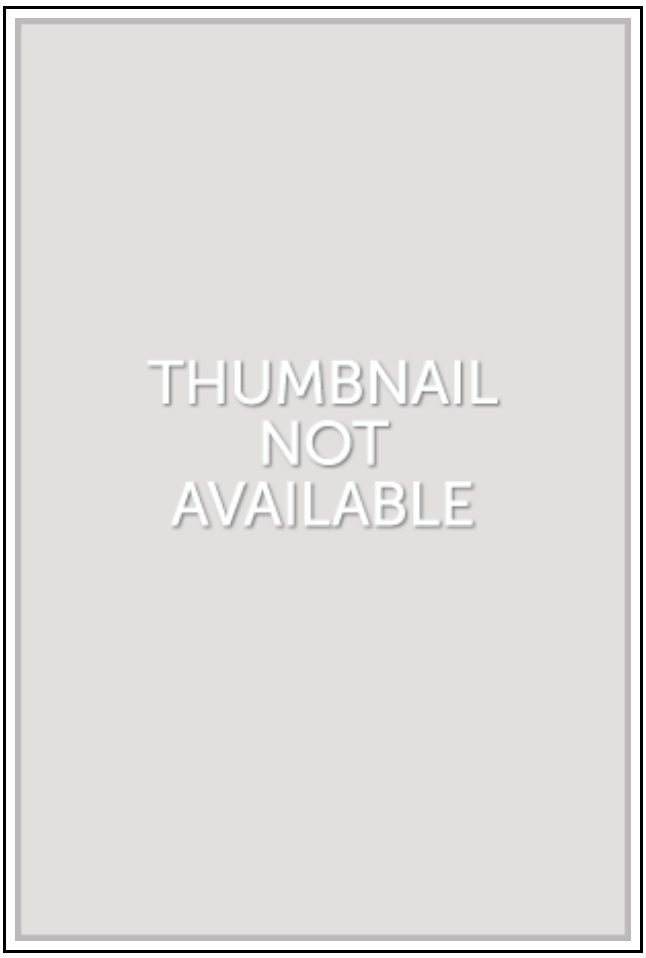
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Callisto Media Inc., United States, 2013. Paperback. Book Condition: New. 206 x 148 mm. Language: English . Brand New Book ***** Print on Demand *****.The Smoothie Recipe Book: 150 Smoothie Recipes Including Smoothies for Weight Loss and Smoothies for Optimum Health Smoothies are not only an easy and delicious way to increase your daily intake of fresh fruits and vegetables, they also provide proven health benefits for both your mind and body. The Smoothie Recipe Book serves up 150 enticing recipes for every palate. Enjoying the many advantages of smoothies has never been simpler: * 150 delicious recipes include green smoothies, protein smoothies, low-fat smoothies, weight-loss smoothies, anti-aging smoothies, smoothies for diabetics, and more. * Learn how smoothies can help you reach your weight-loss goals and keep the weight off for good without making you feel like you re starving. * Make kid-friendly smoothies that get them to eat their daily dose of fruits and vegetables without ever knowing it! The Smoothie Recipe Book is your guide to the optimum health and weight loss. Working healthful, nutritious food into busy, on-the-go lifestyles can be difficult, so let The Smoothie Recipe Book be your quick guide to detoxing and cleansing your system as well as for getting essential, natural vitamins and minerals to gain boundless energy and optimum health. Fiber-rich, low-calorie smoothies made with whole fruits and vegetables, herbs, and spices are also a tasty way to take unwanted pounds off as part of your weight-loss regimen. With The Smoothie Recipe Book: 150 Smoothie Recipes Including Smoothies for Weight Loss and Smoothies for Optimum Health, you ll experience the vitality and energy to be your best.

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