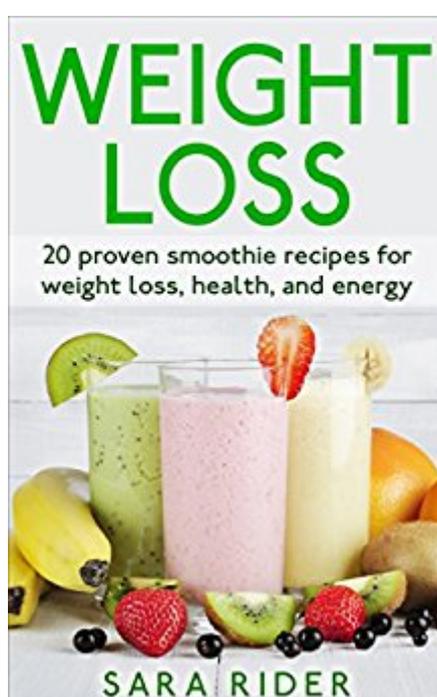


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# Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,)



## Synopsis

Have you been trying to lose weight for years with little or no success? Are you on the verge of giving up on the idea of ever shedding those unwanted pounds? If so, you're in the right place! Today only, get this Kindle book for just \$2.99. Soon to be priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. You're about to discover how to... A fast, easy, and sustainable way to lose weight and keep the pounds off. Most people struggle with losing weight. The main reason is because they don't have a plan. This book is filled more than just recipes that have been proven to help weight loss, it also can help you improve your metabolism, gain energy, and increase your overall health! There is no super secret diet to help you shed all your pounds in a week, but if you follow the recipes in this book, and add exercise to your daily regime, you will be surprised to see the pounds fall off! Here Is A Preview Of What You'll Learn... Proven and affordable smoothie recipes How to get the most out of your diet Foods to avoid when trying to lose weight Bonus tips on weight loss 20 different smoothie recipes for weight loss Smoothie recipes for more energy How to increase your overall health Much, much more! Download your copy today! Take action today and download this book for a limited time discount of only \$2.99! It's time for you to finally shed that weight while enjoying delicious, and healthy smoothies.

## Book Information

File Size: 1953 KB

Print Length: 55 pages

Simultaneous Device Usage: Unlimited

Publication Date: December 18, 2014

Sold by: Â Digital Services LLC

Language: English

ASIN: B00R8K0PQO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #102,668 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #26

in Â Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Drinks & Beverages >

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## Customer Reviews

The smoothies in this book are amazing. The main reason why I bought this book was because I was tired of eating the same old thing in order to stay healthy. I also have a huge sweet tooth and get frequent cravings for sweets. I found what I was looking for. I can satisfy my craving while still being healthy. Loved it!

Healthy Smoothies and Juicing have been the fad these days and I wanted to dip my feet in the water, so to say. And this book has nicely done it for me. It lists all the health reasons for each ingredients used. It has a weight loss plan for everyone and it has many different ingredients for weight loss and increasing metabolism. This book was perfect for those who have no idea how to start, and all the smoothies were delicious.

I have to say well done on this book! For those of you out there who love smoothies like I do, you'll love this book. I really don't have a ton of weight to lose, but I am trying to maintain my current weight and just eat more healthy in general. I loved the recipes in this book! I probably eat at least 1-2 smoothies per day. I'm more of a 6 meal a day kind of person so it's super convenient to just throw everything in the blender and have a meal ready to go. Transitioning into this healthier lifestyle I can definitely say that I feel more energy and more strength in my day to day activities. Good luck on your journey!

There is nothing worse than having a bland diet. I'm a rugby player and my diet has seriously effected me at times due to poor planning and a lack of the right minerals. I was advised to try adding smoothies in so I decided to find an eBook on them. The chapter with background information on the ingredients was a great help in deciding what sort of smoothie was most suited to my needs. Having natural sugars back in my diet should make a huge difference, I can't wait to make my first drink!

I was just recently advised by my doctor to go on a real, formal diet which I haven't been into ever so dieting is somewhat unfamiliar and a quite a scary territory for me. So, I grabbed this book just to read on the basic things I must remember and follow. I found it informative and

comforting to know that I can safely diet by keeping in mind the tips in this book. I am now ready and equipped to proceed into the my diet proper.

I've been making smoothies for a few weeks now but they were just my own concoctions. I decided to download this book to add a little flavor to my smoothie diet. This recipe book has 20 amazing and creative smoothies that I cannot wait to try! I highly recommend this for anyone looking to lose weight with smoothies or just to add some additional smoothie recipes to your repertoire.

This book has strategies for losing weight, gaining more energy, and getting healthy by drinking smoothies. This is interestingâ€”the author puts forth the argument that smoothies are useful for losing weight because you control the ingredients and you can add nutrient rich ingredients that help you feel full for longer. Ms Rider discusses the most powerful ingredients you can use in smoothies to lose weight and also ingredients you should avoid. She has healthy smoothie recipes to help boost your metabolism. This looks like a balanced diet with good advice on losing weight.

This book is full of great-tasting low-cal delicious smoothie recipes. There is no doubt that eating/drinking these will help you lose weight. They are low-cal and full of fiber and flavor that will leave you feeling full for longer. There's also nothing better than starting your day off with fresh fruit and vegetables in a smoothie. You just FEEL better. A lot more energy. I recommend this to anyone looking to start the year off right.

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