



Green Smoothie Recipe Book For Beginners: 10 Day Green Smoothie Cleanse: 51 Essential Gluten-Free, Dairy-Free Green Smoothies to Help You lose Up to 15 Lbs. in 10 Days

Jessy Smith, 10 Day Green Smoothie Cleanse, Green Smoothie Recipe Book For Beginner

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Lose weight with this Healthy green Smoothie Recipes that are Both Gluten-Free and Dairy-Free

Recommended For Those on the 10-day green Smoothie Cleanse!

It can be a challenge to get enough fresh fruits and vegetables in your diet When you have a busy life and packed schedule. The Green Smoothie Recipe Book for Beginners gives you everything you need to turn nutrient-rich foods into fast and filling meals. With more than 50 easy green smoothie recipes, The 10 day green smoothie cleanse will help you lose weight, increase your energy, fight disease, and achieve the healthy glow that comes from a clean and well-balanced diet.

Drinking green smoothies is probably the highest-impact activity that you can undertake to improve your health and well-being by spending just 10 minutes a day.

Jessy Smith has prepared some lovely and yummy green smoothies that would aid you through and after the 10 day green Smoothie Cleanse.

Here is what you'll get in this book!

- Top Health Benefit of Green Smoothies
- Getting Started with Green Smoothies- how to choose a blender, shopping guide, preparation techniques, Storing and freezing Tips
- Green Smoothie Cleanse- what is green smoothie cleanse, benefit of a cleanse, Why you should cleanse.
- Before, During, and After a Green Smoothie Cleanse: 10 Essential Tips
- More than 50 Green Smoothie recipes packed with vitamins and antioxidants, to help you lose weight fast

...and so much More!

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From reader reviews:

Samuel Lester:

This book untitled Green Smoothie Recipe Book For Beginners: 10 Day Green Smoothie Cleanse: 51 Essential Gluten-Free, Dairy-Free Green Smoothies to Help You lose Up to 15 Lbs. in 10 Days to be one of several books which best seller in this year, here is because when you read this reserve you can get a lot of benefit onto it. You will easily to buy that book in the book retailer or you can order it by means of online. The publisher on this book sells the e-book too. It makes you quickly to read this book, because you can read this book in your Mobile phone. So there is no reason to you to past this publication from your list.

Stephen Hancock:

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Andrew Nixon:

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Teresa Dawkins:

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