



## Green Smoothie Recipes Bible 39 Of The Best Green Smoothie Recipes, Juicing Rec

By Michael Chung

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 46 pages. Dimensions: 8.9in. x 6.0in. x 0.6in. Green smoothie recipes Huh What are those Well, if you're like millions out there who KNOW they need to get more fruits and veggies into their diet, but don't know how this is the way to get it! This book- Green Smoothie Recipes Bible: 39 Of The Best Green Smoothie Recipes, Juicing Recipes and Detox Smoothies You Will Ever Find, will take you by the hand, lead you to your blender, and deliver you from the scourge of the modern world- obesity and cancer. In fact, green smoothie recipes are so effective, that by substituting just one meal daily with one of these delicious smoothie recipes, you can expect to lose as much as 10 pounds in your first month- and that's being quite modest to say the least. The fact is, our bodies were built to consume wholesome foods; the closer to the sun, the better it is for us (with plants being just one step away). Green smoothies are chock full of vitamins and minerals, fiber and super botanical anti-oxidants, to keep you full of energy and...



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