



Smoothies: 20 Weight Loss Smoothie Recipes of Detox and Cleanse: Simple and Healthy Weight Loss Smoothie Recipes to Lose Weight and Detox Your Body

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The present book includes “20 delicious effective weight loss smoothies” made from highly nutritious fruits, vegetables, seeds and nuts. From natural high protein drink to low calorie and vegan options, the book contains an assortment of smoothies including body detox green smoothies and pre-workout drinks. Get started to make delicious healthy smoothies for a healthier living.

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From reader reviews:

Theodore May:

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Barbara Erickson:

Are you kind of hectic person, only have 10 or 15 minute in your day to upgrading your mind talent or thinking skill also analytical thinking? Then you are experiencing problem with the book than can satisfy your short space of time to read it because this all time you only find publication that need more time to be examine. Smoothies: 20 Weight Loss Smoothie Recipes of Detox and Cleanse: Simple and Healthy Weight Loss Smoothie Recipes to Lose Weight and Detox Your Body can be your answer as it can be read by an individual who have those short extra time problems.

Weston Brock:

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