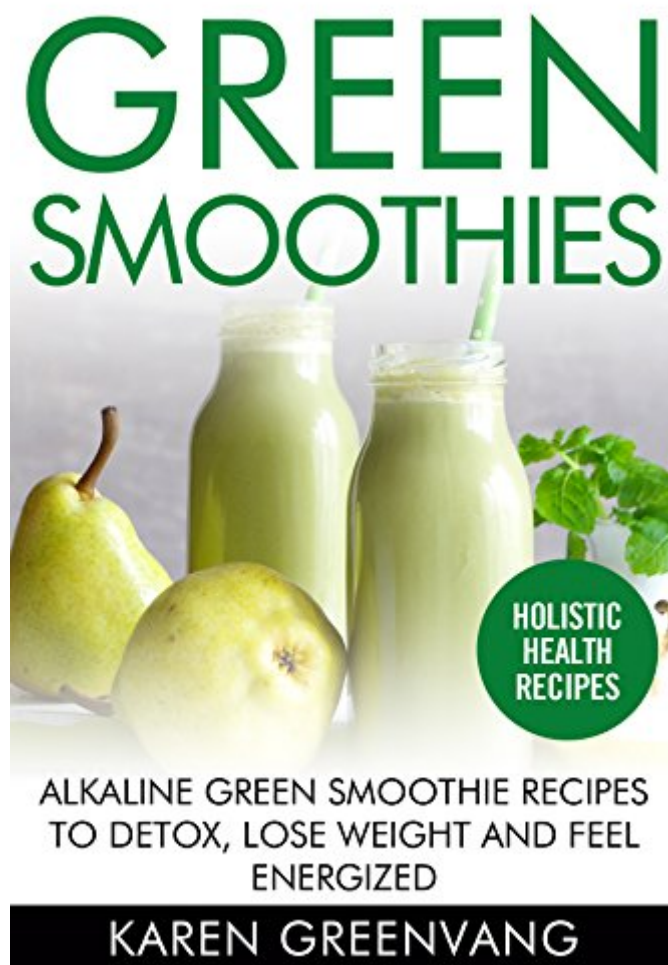




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Green Smoothies: Alkaline Green Smoothie Recipes To Detox, Lose Weight, And Feel Energized



Synopsis

Revolutionize Your Health with Green Smoothies! It's not about deprivation. It's not about going hungry. It's about abundance and indulging in holistically healthy, delicious smoothies that help you THRIVE. You are just about to unleash the power of a mind and body nourishing, alkaline, green superfoods that will help you have beautiful skin, nails & hair, and (if desired) lose weight! Are you sick of not being able to lose weight or keep it off...or are you tired of having digestive issues that leave you uncomfortable, in pain and unable to lead your normal life...or perhaps it's feeling chronically fatigued, with no energy to live life to the fullest...Whatever your goal or challenge, green smoothies are here to change that for you - right now...The good news? Green Smoothies are: -easy to make (and clean)-quick to consume-great as take away snacks-naturally vegan, paleo, and gluten free Here's What You Are Just About to Discover: Kale and Cashew Smoothie Cabbage Coconut Chia Smoothie Banana Broccoli Smoothie Apple Carrot Kale Smoothie Spirulina Mango Coconut Smoothie Avocado Blueberry Cherry Smoothie Cocoa Kale Almond Smoothie Orange Coconut Maca Smoothie Barley Grass Lime Smoothie Chia Seed Milk Beet Smoothie Apricot and Cashew Green Smoothie Papaya Cherry Smoothie Watermelon Smoothie Honeydew Smoothie Very Berry Smoothie Pear Smoothie Ginger Smoothie Cocoa Mint Smoothie Chamomile and Kale Smoothie Olive Oil Green Smoothie Lavender Strawberry Smoothie Vanilla Smoothie Cinnamon Smoothie Ashwagandha Coconut Smoothie Grape Smoothie Cucumber Beet Smoothie Celery Green Smoothie Lime Smoothie Arugula Smoothie Ayurvedic Pitta Avocado and Coconut Smoothie Ayurvedic Vatta Berry Almond Smoothie Kapha Apricot and Fig Smoothie Hemp Oil Smoothie Cherry Mint Smoothie Coconut Oil Smoothie Pea and Carrot Smoothie BONUS-Breakfast Jars-Vegan Gluten Free Recipes for Optimal Wellness Getting to the health and vitality of your dreams can be so easy and enjoyable when you follow THIS simple health & wellness strategy and have at least 1 green smoothie a day! Take meaningful and purposeful action and take care of your body in a holistic way!

Book Information

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Customer Reviews

I have always loved smoothies. They're inexpensive, delicious, healthy and they give me an energy boost to start my day. The thing about smoothies though is that there's only so many recipes you can choose from. I sometimes end up just using the same ingredients for weeks. It can get a little boring. I am glad that I got the chance to download Karen's book. She has given me more than I thought I could get for my smoothies. I especially loved her Watermelon Smoothie, Honeydew Smoothie and Very Berry Smoothie!

Good book!

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Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) Smoothies: Everyday Smoothies For Beginners (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight ... Diet)) (healthy food for everyday Book 5) Green Smoothies: Alkaline Green Smoothie Recipes to Detox, Lose Weight, and Feel Energized Alkaline Drinks: Original Alkaline Smoothies, Juices and Teas- Rebalance your pH in 7 Days or Less (Alkaline Diet, Alkaline Recipes, Alkaline Smoothies, Plant Based Book 5) Alkaline Smoothies: High Alkaline Smoothie Cleanse Recipes; 30 Day Acid Alkaline Diet Challenge to Balance your pH, Lose Weight, and Feel Great; Photos and Nutrition Info for Every Recipe Alkaline Smoothies: Drink Your Way to Vibrant Health, Massive Energy and Natural Weight Loss (Alkaline Diet Lifestyle: Alkaline Recipes, Alkaline Foods) (Volume 6) Alkaline Diet

Cookbook: Get The Health Benefits of Alkaline Diet & Balance Your Acidity Levels...: 40 Amazing Alkaline Diet Recipes (Alkaline Diet, Health, ... Eating, Optimal Health, Lose Weight Book 2) Green Smoothie Recipe Book: 500 Delicious Green Smoothie Recipes for Weight Loss, Better Health, Energy & Cleansing (Green Smoothies, Nutribullet Recipe ... Juicing Recipes, Fat Loss, Cleanse, Detox) Alkaline diet: Step By Step Guide to adopt Alkaline Diet immediately & Keep Your Acidity Levels balanced: A Complete List of Alkaline Foods (Alkaline Diet, ... Health Living, Alkaline Chart Book 1) Alkaline Diet: 2 manuscripts: A Complete Guide For Alkaline Diet, Alkaline Diet Cookbook: Balance Your Acidity Levels & Learn 40 New Amazing Alkaline Diet ... Eating, Optimal Health, Lose Weight Book 3) Alkaline Cookbook: 50+ Delicious Alkaline Diet Recipes to Kick-Start Your Weight Loss Success and Keep Your Belly Happy! (Plant Based, Alkaline Recipes, Alkaline Foods Book 2) Nutribullet Recipes: 365 Days of Smoothie Recipes for Rapid Weight Loss, Detox & Burning Fat: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So ... Loss Drinks, Anti-Aging, Juicing Recipes) Alkaline Foods: 100% Raw: Easy and Tasty Raw Food Recipes Including Alkaline Salads, Smoothies and Treats! (Weight Loss, Clean Eating, Alkaline Diet Book 2) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) The Alkaline Diet Cookbook: Get the Advantage of Alkaline Food List and 25 Alkaline Recipes - Easy Acid Alkaline Diet Cookbook Red Smoothie Detox Factor: Red Smoothie Detox Factor (Vol. 2) - Healthy Red Smoothies with Superfoods That Detoxify Your System 14-day Zero Sugar detox diet: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight. Alkaline Diet Cookbook: Dinner Recipes: Delicious Alkaline Plant-Based Recipes for Health & Massive Weight Loss (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 3) Alkaline Diet Cookbook: Dinner Recipes: Delicious Alkaline Plant-Based Recipes for Health & Massive Weight Loss (Alkaline Recipes, Plant Based Cookbook, Nutrition Book 3) Ninja Blender Recipe Bible: 50+ Delicious Recipes for your High Powered Blender (Ninja Recipes, Ninja Recipe Book, Green Smoothies, Weight Loss Smoothies, ... Protein Shake Diet, Green Smoothie)

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