



Green Smoothies: 30 Easy and Delicious Green Smoothie Recipes to Boost Your Energy, Lose Weight and Revitalize Your Life (Paperback)

By Sara Elliott Price

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Green Smoothies Have The Power To Revitalize Your Life! Would you like to feel what it s like to have unlimited energy? How about living in a body that actually looks and feels younger? Maybe you just want to easily lose weight and keep it off--being lean, fit and sexy! If this sounds like you then keep reading. I m about to show you how to unleash the healing power of green smoothies. No matter where you re at in your life or what health problems you may have, green smoothies can give you more nutrition that just about anything else. Whether you have a serious disease, are seeking pain relief, trying to regain your youth or simply just want to lose some weight, green smoothies have a place in your diet. No Matter What Your Health Goals Green Smoothies Will Get You There. Now you may be thinking, Why would I ruin the taste of a perfectly delicious smoothie? Well, the good news is you don t have to! Adding greens to your daily...



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