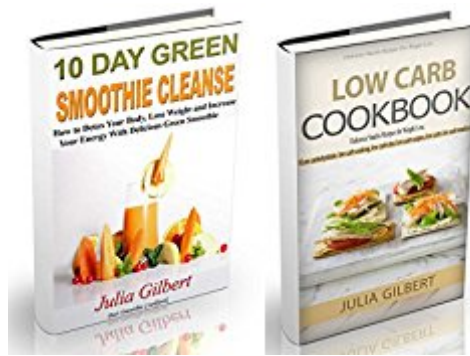


The book was found

10 Day Green Smoothie Cleanse: Detox Your Body With 10 Day Green Smoothie Cleanse And Lose Weight With Low Carb Cookbook (smoothies, Green Smoothie Recipes, ... Cookbooks, Smoothies , Sugar Detox)



Synopsis

10 Day Green Smoothie Cleanse Sale price. You will save 66% with this offer. Please hurry up! Detox Your Body with 10 Day Green Smoothie Cleanse and Lose Weight with Low Carb Cookbook (smoothies, smoothie recipes, low carb) 10 Day Green Smoothie Cleanse How To Detox Your Body, Lose Weight And Increase Your Energy With Delicious Green Smoothie. Best Smoothie Cookbook Are you tired of feeling sluggish, tired, and downright unhealthy? Would you like to try out a cleanse but you're not sure how to go about it? Then you should pick up this book on the detoxifying green smoothie diet! The green smoothie diet consists of smoothies made with green leafy vegetables and additional fruits to sweeten them up for your enjoyment. These smoothies are delicious and amazing for your body, giving you health benefits that you never thought changing your diet could give. Detoxifying diets are great for your hair, skin, nails, and your overall well-being. Here is a preview of what you'll learn: How to do a full cleanse for ten days. How to do the modified cleanse for ten days if you have health complications. How to break your cleanse. How to lose weight after the cleanse. Over ten green smoothie recipes, one for every day! The benefits of a green smoothie diet. And much more! Low Carb Cookbook Delicious Snack Recipes for Weight Loss Do you want to add some new recipes added to your cooking repertoire? Would you like to learn some unique ways of cooking low carb foods? Would you also like to know which foods are high in carbs and which ones are not? Well, you have come to the right place! This book will give you a brief synopsis of what carbohydrates are and how they affect the body. You will learn what kinds of foods are high in them and which ones are not. You will also learn what carbs can do to your body if they are consumed too much. This is an easy to read guide that is fun to evaluate for cooking fanatics. You will learn about new recipes that you never heard before and recognize old ones from your own mental kitchen. Once you hear some of these recipe ideas you will be pleasantly surprised at what can be accomplished in the kitchen! Download your copy of "10 Day Green Smoothie Cleanse" by scrolling up and clicking "Buy Now With 1-Click" button. Tags: 10 days green smoothie cleansing, detox smoothies, cleanse, detoxing, smoothies, best cookbook, Smoothie, Green Smoothies, Green Smoothie Recipes, Green Smoothie Cleanse, lose weight, detox body, lose pounds, smoothie diet, fruity green smoothie, healthy smoothie, increase energy, reduce cholesterol, The Truth about Sugar, Sugar Addiction, Understanding Sugar Detox and its Benefits, Start the 21-Days Sugar Detox, Healthy Sugar-Free Recipes, beginners, easy guide, Low carb, cookbook, low carb cookbook, low carb diet, low carb snacks, low carb recipes, low carbohydrate, low carb cooking, weight loss, snacks, recipes, snack recipes, low carbs, low carb snacks, low carb cooking, salads, side-dish, super easy, sure-to-please, easy recipe, low carb diet,

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Book Information

File Size: 4093 KB

Print Length: 120 pages

Simultaneous Device Usage: Unlimited

Publisher: smoothie (February 20, 2016)

Publication Date: February 20, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01C1NT0PY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #789,467 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #177

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Customer Reviews

I'm not overweight, but interested in a healthy lifestyle. The book is useful not only for those who want to lose weight, but in general to all, regardless of age. In particular, I would advise her youngest, who is still quite large reserves of strength in terms of health. It was written based on the scientific achievements in various fields: medicine, psychology, physical education, but it is very easy to read, because the material is presented not only competently, but is designed for people

who have no special education. The author is clearly good literary skills, plus the fact that he is a very competent doctor. And I was pleasantly surprised that in this thick book - is the lack of grammatical errors. Now it is very rare, even in fiction.

Detoxification is very beneficial to our overall wellness. And so, if you are looking for some ways to detoxify, then you've found the right book. This will provide you with smoothie recipes which you will definitely enjoy while restoring your health and lose weight at the same time. This box set also includes low carb cookbook which consists of delicious snack recipes you will surely love. This is definitely a recommendable collection everyone should have.

Very interesting book! The 10 day green smoothie cleanse book, gave me an idea of what I should start with and it also gives a tip about the changes that you'd feel during the cleanse. Reading book like this is giving me a lot of information about the alternative way of reducing weight by using and drinking smoothie and it has a great concept that you will easily learn and understand. This book is very useful!

These books are very useful for your health. Learn how to cleanse your body with a green cocktail. It consists of green leaves and fruits. This cocktail is delicious and healthy. This diet is good for your hair, skin and your overall well-being. Learn tasty recipes for weight loss. About products high in carbohydrates

Anyone who is watching their weight! I am fond of a healthy diet because it's important for me to keep up the figure and your health. Many books write about healthy food, but some do not separate food and dishes. In this book I found many easy recipes that make my life easier!

I'm a skinny person, but that's only because I play sports. I eat moderately. But my mom really wants to get rid of some pounds. And I am very happy that I found this book. My mom was surprised when I saw similar recipes. It is not exercising because it can be harmful because of the nature of health, but she believes that with the right diet she can lose weight. And I believe too. Thanks to the author for this interesting book.

The first guide, if you are planning on starting a healthy diet, then you need to download these two essentially books in one that both offer truly great and truly helpful tips to eating and drinking

healthily. The first book is an ideal guide to own with useful and helpful tips on making refreshing smoothies that taste great and will have you feeling healthy in no time, you will be truly fit and feel all the more better for it, you're life will be drastically changed, trust me, mine was and I've never looked back since. The second guide, if you are looking to go on a low carb diet but you're not sure how to do it or what's the right food to eat with low carbohydrates, then this helpful and useful guide is the essential cookbook to download. It offers great advice and insightful information with the perfect recipes for very appetizing, very tasty and most of all, very healthy snacks that will fill you up and keep the carbs down. You will be feeling fitter and healthier in no time after taking up this diet. I sure am after cutting down on the carbs and eating the natural, all good menus on offer in this great book. I'm planning on trying out every last single recipe it contains. These two great guides in one are certainly an interesting read if you are planning to go on a healthy diet. I highly recommend downloading this, you will be feeling fitter in no time

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