

Ridiculously Healthy Smoothies
Healthy Smoothies with the Vitamix Blender
Tasty Recipes to Lose Weight, Detoxify, Fight Disease and Feel Great in Your Body

Smoothies are not only delicious, convenient, and fun to drink, but they're also a great way to get your daily requirements of fruits and vegetables. However, not all are created equal when it comes to health—some smoothies from a popular chain weigh in at 500, 800, even 1,000 calories! Shell Harris and Elizabeth Johnson have tasted and tested hundreds. Skinny Smoothies features 101 original recipes for lighter drinks—low in fat and calories and high in nutritional value—ideal for anyone who wants to lose weight without feeling deprived.

The book includes nutritional information and tips on foods and supplements to rid the body of harmful toxins. Try a Glowing Skin Smoothie or an Apricot Energy Punch, and get started on a delicious path to a healthier life.

Your USB Blender can do more than you think, and this book can show you how! Use your portable usb blender to improve your nutrition and meet your health goals at the office or on the go! This book is a compendium of 101 simple, yet delicious smoothie recipes for a variety of health goals, including illustrated "how to" instructions. This book is applicable to any portable blender and will help you get the most out of it. INCLUDES 101 SMOOTHIE RECIPES FOR: - anti-aging - detox - weight loss - bones and joints - constipation - blood sugar - immune system - beauty - energy boost - general health - heart - mood - performance - stress - kids (Scroll up and "Look Inside" for a full table of contents) Do you own a portable usb blender, and are you interested in making delicious smoothies that can help you meet your health goals? Then this book is for you. All of our recipes and "how to" tips are designed specifically to be compatible with any portable blender, and to help you get the most out of your investment. OUR SIMPLE, 30-DAY NO-RISK GUARANTEE: Learn how to make the most delicious and nutritious smoothies you will love, or we will refund you! Ready to reach your health goals now? Then hit the "Add to Cart" button now! FREE SHIPPING for Amazon Prime members.

Smoothies For Weight Loss: Over 60 Delicious Quick & Easy Smoothie Recipes For Rapid Weight Loss, Detox, And Anti-Aging Imagine having over 60 delicious Smoothie diet recipes at your fingertips. No longer will you be aimlessly searching the internet for Smoothie recipes. We have compiled some of the best recipes in the world to make you achieve weight loss and feel great. These recipes are simple to make, and best of all compliant with the Smoothie diet. You'll be able to open up the book, go to a recipe and feel great knowing that a delicious and healthy Smoothie drink is coming right up. Are You Struggling to Stick to a Smoothie Diet? We found that the number one reason most people quit the Smoothie diet is because they get tired of drinking the same Smoothies day after day. That's why we made sure to include only our BEST recipes that take the guesswork out and let you focus on your goals while living a stress free Smoothie Lifestyle. Download: **Smoothies For Weight Loss: Over 60 Delicious Quick & Easy Smoothie Recipes For Rapid Weight Loss, Detox, And Anti-Aging.**

Inside You Will Discover... *Over 60 amazing smoothie recipes *Step by step recipe instructions *Nutritional facts of every smoothie recipe *How to reset your metabolism *Types of smoothie health plans *How to lift your immunity *Plus much, much, more! Click "BUY NOW" at the top of the page, and instantly Download the Smoothies For Weight Loss: Over 60 Delicious Quick & Easy Smoothie Recipes For Rapid Weight Loss, Detox, And Anti-Aging.

Discover Smoothie Recipe Book: 101+ Smoothie Recipes for Weight-Loss, Detox, Anti-Aging to Gain Energy and Feel Great in Your Body Here You Will Find The Ideal Recipes That Make Your Evenings So Much Easier! Today only, get this book. Read for free on Kindle Unlimited AND get a FREE BONUS e-book! This Recipe Book Is The #1 Things You Need To Make Healthy, Easy and Delicious Meals! Smoothies are a huge trend in the world of healthy eating. Why? Because they're quick, simple, healthy and fun. The healthfulness of a diet shake depends on its ingredients. Many smoothies include large servings of fruits and vegetables which are recommended in a healthful diet. For many of us it may be difficult to consume the recommended daily amounts of fruits in vegetables; however, a tall glass of meal replacement shake for breakfast or a snack can help us meet our daily requirements. Smoothies are a great way to consume vegetables in their raw and most nutritious form, and unlike juicing, the fiber content of the ingredients in the smoothie is retained, resulting in a healthier and more satisfying drink. Learn How To Make These Easy Recipes "Only in the summer" Smoothie of kiwi and banana Smoothie of melon "Every day" smoothie Smoothie of black and red currants "Bananas to the table" Do You Want To? Make Delicious Meals? Save your time? Don't delay any more seconds. Scroll Up, GRAB your copy TODAY and start cooking!

Smoothie Recipe Book: 101+ Smoothie Recipes for Weight-Loss, Detox, Anti-Aging to Gain Energy and Feel Great in Your Body
101 Superfood Smoothie Recipes for Energy, Health and Weight Loss!

Skinny Smoothies

Healthy Recipes for Weight Loss & Vitality

Smoothies Bible

Simple Green Smoothies

101 Detox Smoothies - Smoothie Recipes for Health, Weight Loss, and Diabetics

Get a quick start with your Magic Bullet NutriBullet High Speed Blender/Mixer and meet your goals for better health today! This book shows you exactly how to get the most out of your NutriBullet Blender and make 101 of the most delicious and nutritious smoothies you've ever tasted! No other book contains specific instructions and recipes for your Magic Bullet NutriBullet Blender. Combined with 101 of the best, most popular recipes, this book is the perfect companion for anyone who owns a NutriBullet! 101 SMOOTHIE RECIPES - anti-aging - detox - weight loss - bones and joints - constipation - blood sugar - immune system - beauty - energy boost - general health - heart - mood - performance - stress - kids This book is for all models of blender made by Magic Bullet, including the NutriBullet High Speed Blender/Mixer, the Magic Bullet Blender, and all others. All of our recipes and "how to" instructions are designed specifically for Magic Bullet blenders, and to help you with your lifestyle and health goals. Buy today! MONEY-BACK GUARANTEE Free shipping for Prime members

INCREASE YOUR ENERGY, LOSE WEIGHT AND FEEL AMAZING! Amazing 30 MINUTE recipes that will drastically improve your health and your weight! Although menopause is a time of change that women can't avoid, you can avoid weight gain and reduce the health risks and symptoms that may accompany menopause. From the author of several bestselling cookbooks and fitness enthusiast Alissa Noel Grey, comes a great new collection of delicious diet recipes that will help you survive and manage the Menopause through diet. The Menopause Diet: 101 Delicious Low Fat Soup, Salad, Main Dish, Breakfast and Dessert Recipes for Better Health and Natural Weight Loss is an invaluable and delicious resource of healthy plant-based recipes that will make a real difference to how you feel during the menopause, will reduce some of the symptoms, and help you avoid weight gain. If you're looking for a natural way to manage menopause symptoms and lose weight, this cookbook is for you.

Superfood Smoothies

Lose Up to 15 Pounds in 10 Days!

Smoothie Recipes