



Green Smoothie Recipes For Weight Loss and Detox Book

Jenny Allan

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The book 40 Green Smoothie Recipes for Weight Loss and Detox is a collection of green smoothie recipes for those who seek an effective weight loss program that does not put a strain on their health. It is a great companion for dieters who want to lose a few inches and pounds while enjoying their journey to a healthy body.

The book contains 40 different green smoothie recipes that incorporate only greens and fruits, those that use non-dairy milk and yogurt and grain-filled mixes for an indulgent way of losing weight with green smoothies.

Each recipe also offers recipe variations and a note explaining the weight loss benefit of key ingredients used to make the reader better understand why each fruit or vegetable is ideal for losing weight and maintaining a healthy lifestyle.

Recipes are easy to follow to encourage even a smoothie newbie to begin and carry on a healthy and effective way to lose weight.

The book 40 Green Smoothie Recipes for Weight Loss is ideal for those who want to start on a juice diet and even for those who are already juicing for weight loss and want to keep it healthy all the way.

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