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Green Smoothies - Top 200 Green Smoothie Recipes



Synopsis

The Best Green Smoothie Recipes! Great Variety of Green Smoothies Suitable For Everyone, No Previous Experience Needed, Extremely Easy to Follow Directions! Free PDF file with photos available at the end of the book Do you make your healthy smoothies on a daily basis from habit? Do you even have a blender in your kitchen? Green smoothies are a wise and brilliant way to get a huge serving of nutrient-dense foods every day. If you do not have the time, desire or motivation to eat green veggies, especially if you are not a leafy lover, the green smoothies may be the right solution for you. Smoothies make perfect sense for the whole family, especially for busy people who tend to have healthy habits. "200 Green Smoothies" can be your handy guide in order to develop healthy eating habits. Learn how to create a healthy, varied, and tasty smoothies, by using these simple recipes. Green smoothie is definitely a healthy choice you can make every day. It's never too late to do something good for yourself and for your health. So don't hesitate to start your journey to health and happiness! Lao Tzu, philosopher and poet of ancient China, said: "Do the difficult things while they are easy and do the great things while they are small. A journey of a thousand miles must begin with a single step".

Book Information

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Customer Reviews

have already used some of the drinks

Several good ideas

Its a good book

Perfect

There are so many good recipes and ideas. Wish there was a carb and calorie listing with the recipes

There's plenty of recipes. I suggest if you want to make a smoothie in the morning, find one the night before. It takes a lot of time.

Simple smoothies... not too imaginative.

We all know that we need to eat healthy. This is the map to show you how to do it.

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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 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) Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) 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) Smoothie Recipe Book: 150 Smoothie Recipes Including Smoothies for Weight Loss and Smoothies for Optimum Health Green

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