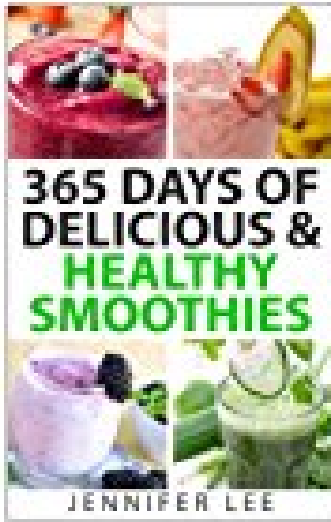


365 Days of Delicious & Healthy Smoothies 365 Smoothie Recipes To Last You For A Year



BOOK DETAILS

- Author : Ms. Jennifer Y. Lee
- Pages : 402 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1502408821

 [DOWNLOAD](#)

BOOK SYNOPSIS

Smoothies TODAY SPECIAL PRICE - 365 Days of Smoothie Recipes (Limited Time Offer) 365 Days of Smoothie Recipes is about feeling great, having more energy, stabilizing your mood, and keeping yourself as healthy as possible. These things can be achieved by learning some nutrition basics and using them in a way that works for you. A whole hearted effort has been made by the author in compiling her book on 365 days of smoothie recipes to provide all the ingredients to help you stay healthy while enjoying award winning smoothies packed with nutrients to start the day on a winning note. There are recipes for yummy and delicious low-calorie drinks blended with perfection to enjoy during seasonal changes. There are also innovative smoothie recipes that are perfect for welcoming your guests either for breakfast, lunch or as mid day snacks. You will find recipes on a wide range of blends with fruits and vegetables, dairy products and green ingredients that not only serve as refreshing drinks but also help you to fulfill your goals of staying healthy and fit. Many of them are so quick and easy, and also very delicious. In Smoothie 365 Healthy Recipes, the author provides 365 healthy recipes for people who are searching for a healthier life. Smoothies offer several advantages: * High amounts of fruit * Large amounts of vitamins and minerals * High in fiber. * Easy to make * Help in weight loss * Improve muscle strength and athletic performance * Strengthen immune system In addition to mouthwatering recipes like: Classic green detox smoothie with kale Ruby red grapefruit smoothie Pineapple smoothie with chocolate wafers Blue delicacy with cherry topping There are many others that will make you hearty and satisfied. Get your copy today and enjoy 365 days of delicious, healthy and mouth watering Smoothie recipes. Get your copy today and enjoy 365 days of delicious, healthy and mouth watering smoothie recipes.

365 DAYS OF DELICIOUS & HEALTHY SMOOTHIES 365 SMOOTHIE

RECIPES TO LAST YOU FOR A YEAR - Are you looking for Ebook 365 Days Of Delicious & Healthy Smoothies 365 Smoothie Recipes To Last You For A Year? You will be glad to know that right now 365 Days Of Delicious & Healthy Smoothies 365 Smoothie Recipes To Last You For A Year is available on our online library. With our online resources, you can find Applied Numerical Methods With Matlab Solution Manual 3rd Edition or just about any type of ebooks, for any type of product. Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. 365 Days Of Delicious & Healthy Smoothies 365 Smoothie Recipes To Last You For A Year may not make exciting reading, but Applied Numerical Methods With Matlab Solution Manual 3rd Edition is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with 365 Days Of Delicious & Healthy Smoothies 365 Smoothie Recipes To Last You For A Year and many other ebooks.

We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with 365 Days Of Delicious & Healthy Smoothies 365 Smoothie Recipes To Last You For A Year. To get started finding 365 Days Of Delicious & Healthy Smoothies 365 Smoothie Recipes To Last You For A Year, you are right to find our website which has a comprehensive collection of manuals listed.