



Weight Loss Smoothies: Delicious Recipes for Your Detox, Cleanse and Weight Loss Program (Weight Loss & Detox Program)

Johanna Thomson

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You've probably been told all your life how good green vegetables are for you. They are loaded with nutrients, vitamins, and so many good things. But let's face it, most of us don't really find eating our vegetables appealing. The Green Smoothie Diet is an excellent way to help your body get to a healthier you without all of the hassle that comes from eating fresh vegetables.

The idea of mixing your green veggies with flavorful fruits and other tasty ingredients can completely change your perspective on eating your veggies. Smoothies are not only tasty, they are filling, and the dietary benefits you can receive from them is beyond compare.

Through the pages of this book you'll learn that Green Smoothies are:

- good for your dietary health (smoothies are easier to digest than solid foods).
- great energy boosters.
- an excellent way to detox and cleanse your system.
- fast and easy to prepare.
- loaded with nutritional value.

In addition to understanding why Green Smoothie are a good choice for you, you also learn:

- How to properly prepare a Green Smoothie
- How to store a smoothie so that it will last for hours without breaking down.
- How to do a Smoothie Detox and Cleanse
- What you can expect for one of our Green Smoothie Recipes

There is great value in learning how to incorporate a Green Smoothie Recipe in your daily eating habits but if you follow our plan, you're sure to see first hand how a Smoothie cleanse could literally change your life forever.

So whether you're doing Green Smoothies for the first time in your life or this is your regular routine, there is still much to learn about why everyone should at least consider incorporating Green Smoothie Recipes in your life

Why waste any more time on all those programs that only deal with only superficial problems? If you want to clean your system, shed a few excess pounds and get your body started on a better footing it is important to start where it all begins; with your digestive system. Don't wait another minute.

Don't Delay this process a minute longer. Download This Book Now.

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