



Mindful Eating: Healthy Fruit & Herbal Recipes For The Holiday & Beyond: Delicious Juicing, Smoothie & Herbal Recipes & Mindful Eating Ideas To Add To ... Favorite Diet To Maximize Your Diet Results

Juliana Baldec

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Red Hot New "Mindful Eating: Healthy Fruit & Herbal Recipes For The Holiday & Beyond" Release!!!
Book 1: Clean Eating: 17 Eating Clean & Drinking Clean Recipes With High Speed Blenders Book 2: Blender Recipes For Weight Loss: 16 Blender Recipes For Smoothie Diet & Detox Diet Book 3: Juicing To Lose Weight Book 4: Juicing Recipes For Vitality & Health Book 5: Paleo Is Like You Book 6: Smoothie Are Like You! This compilation will give you some amazing insights into the wonderful world of Smoothies, the healthy Smoothie lifestyle, and how you can connect your diet goals with the Smoothie lifestyle in order to achieve your dream figure and a happier and healthier you without being hungry all the time. This compilation shows you a real approach to dieting the right and realistic way so that you will maximize your dieting results instead of going through the Yo-Yo dieting effect that happens with almost all diets because most diets are based on unrealistic and unnatural assumptions and goals. Juliana will show you how she did not only lose 20 pounds in 60 days and beat her nasty Asthma problem at the same time, but she shows you how she was able to keep off her weight via the power of the smoothie lifestyle that is more an exciting way of life that everyone is able to follow (even if you only have 5 minutes and are very busy) than a boring and unrealistic diet that no one is able to maintain because most diets contain too many hurdles to jump through. The smoothie lifestyle provides you with lean and clean nutrition all the time and you never feel hungry, tired, frustrated, out of energy and vitality. The vitamin and mineral enriched smoothies keep your body nourished with all the vital elements that your body needs. You'll soon notice your improved skin and your rejuvenated body and looks. These health elixirs are going to beautify and rejuvenate your whole system, body, brain and skin. All your body functions are working in a healthy and balanced manner. Most diets ask a lot of sacrifices from you, but once you master the Smoothie lifestyle you'll appreciate what it does for your waistline (very effective pound dropper), your beauty (very effective detox) and your health (very effective vitality and energy booster). Using speedy methods like this is bringing your diet results to the next level of success in terms of productivity and time management. Inside you'll see how you can not only maximize your dieting results by adding Smoothies to your diet, but you'll also learn how to speed up the whole process and become more productive and result oriented so that you do not only maximize your dieting results by adding smoothies to your diet plan, but you will ultimately double your time and your life because of these productivity hacks that you will discover inside. Inside this Smoothie lifestyle compilation you'll also find drink recipes that you can add to your diet in order to improve your diet results like: * Secret Morning Elixir To Start Your Day With Vitality & Energy * Exotic Coconut & Green Superpower Ginger Smoothie * Double Melon Elixir * Natural Purple Energy Miracle * Blueberry Coconut Veggie Detoxer * Beet & Black Radish Liver Cleanser * Green Gold Juice much more... (60 clean & lean recipes in total) The power of combining your diet with smoothies will help you tap into new powers of dieting and to finally get results! By applying the knowledge of the Smoothie lifestyle, you will become healthier, happier, leaner and cleaner by default. This compilation will be inspiring and you will find your true YOU because you will be motivated to start taking the steps toward making the smoothie lifestyle your reality that you want to live everyday and for the rest of your life! Soon you will experience the beneficial and empowering outcomes for yourself and your family! You will be thankful that you stumbled upon this powerful information.

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