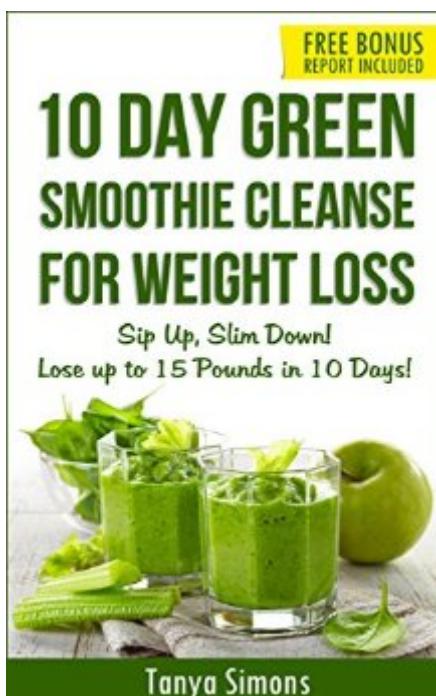


The book was found

10 Day Green Smoothie Cleanse: Lose 15lbs With 10 Day Green Smoothie Diet For Weight Loss. Weight Loss Green Smoothie Recipes,green Smoothies: Sip Up, Slim Down ! Lose Upto 15 Lbs In 10 Days!



Synopsis

You've tried a bunch of fad diets, you've tried just a *œeating healthy*, you've forced yourself to eat bland foods that were *œgood for you*, but no joy of eating at all. All you need to do is to hit a *œReset* button and have a fresh start. You do not need another fad diet; all you need to do is rethink your approach to food. You need something that will help you get your health back on the right track, boost your energy, and shed pounds without feeling hungry and deprived. Our 10-day Green Smoothie for Weight Loss Program will help you leave your chronic dieting behind for good, and embrace a healthy lifestyle that will make you look and feel better. After a few days of embracing this challenge, you will be 10 pounds lighter! You'll have so much energy that you'll actually want (yes, want!) to exercise. You will start feeling comfortable in your bathing suit and, instead of feeling self-conscious, you will feel sexy! Sure, green smoothies play an instrumental role in weight loss. The smoothies are made with fresh fruits and veggies and wholefoods that will help you undo fast food lunches, unhealthy snacking all day, and ordering takeaway. However, to be successful in your weight loss and health goals, you need a holistic approach to both your diet and lifestyle. Our 10-day Green Smoothies For Weight loss Program features over 40 delicious, easy-to-make smoothie recipes for breakfast, lunch, and dinner as well as a meal plan that makes the program easy to follow. The program will also teach you powerful strategies for embracing a healthier lifestyle that will make you look and feel good. With this book, you'll gain access to: The 10-Day Green Smoothie for Weight loss guide plus a 10-day meal plan with delicious, healthy smoothie recipes. The 10-Day Green Smoothie Program shows you exactly how to use the green smoothies to lose 15 pounds in 10 days, and dramatically turn your health around. The guide teaches you: How to holistically change your health around with simple tips for sleeping better, working out, boosting energy, and reducing stress. Budget-friendly and time saving tips for eating healthy. Inexpensive workouts that will help you lose weight. Click the Buy now button and Grab your copy today and try these Amazing Recipes.

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Customer Reviews

I had high hopes for this book but reading thru it looks like a child wrote it. There are so many errors and typos. I think the book has good intentions if written properly. For example.... author gives you a 10 day shopping list broken into 2 trips. First 5 days and then the second 5 days. One paragraph lists 12 ounces of frozen mango chunks and then on the next page it lists another 25 ounces of mango chunks for the first 5 days. Why not list it as 37 ounces and making the shopping list easier? Then on day 2 of the diet it list hemp hummus as an am snack. Well that is no where on the grocery list that she provides you. Then to make things even more confusing, I noticed at least one of the recipes is missing ingredients...the peachy berry smoothie on page 33. No where in the recipe does it include peaches or berries! Just spinach, kale, flaxseeds and water.....gross! If I spend \$17 for a thin paperback book with less than 100 pages, I expect more than what this book has. I shouldn't have to fill in so many blanks.

I love this book it is perfect for introducing juicing and blending to beginners. The recipes are easy to do and taste great and they are healthy. This is something I can definitely stick with. I'm a new vitamix owner and new to the world of smoothies attempting to eat healthier and create a better lifestyle for myself. I love this book provided good recipes on how to do so. This a great book there is also a modified cleanse for those who feel they can't do the complete 10 days cleanse. I would recommend this book to anyone who is interested in making great smoothies and improving you overall health at the same time.

Yummy smoothies - Losing Wright, too.

great book, great information, easily laid out to understand. Its dummy proof and it works.

Excellent Book!

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