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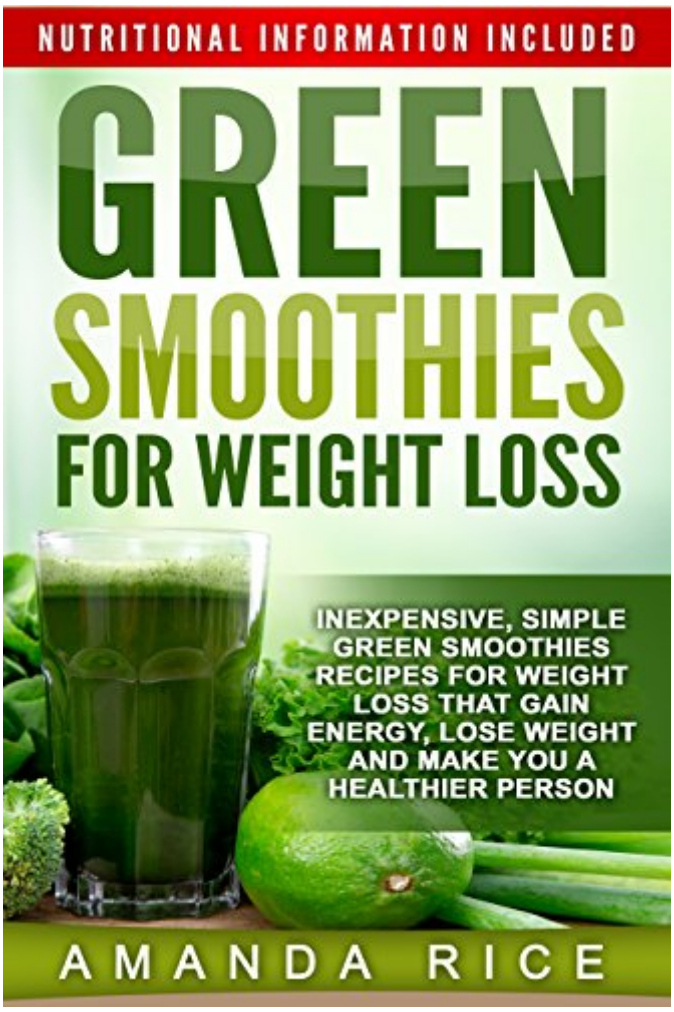

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Synopsis

Discover How to Lose Weight, Gain Energy and Become a Healthier Person with Simple Green Smoothies! FREE Bonus includedDownload at this low price for a limited time only! Kindle Unlimited subscribers can read this book for FREE. You want health, energy, and perhaps youâ ™d even like to lose a few pounds, but you really donâ ™t want to labor over complicated recipes for hours on end. I get it. I completely understand your desire to get out there and live, instead of hovering around the kitchen making food.But you canâ ™t compromise your health. So Iâ ™ve got the perfect solution. The Green Smoothies for Weight Loss with Simple and Easy to Find Ingredients book has been designed to include everything you are looking for and more.This gem of a book will help you drop that excess weight and also cleanse your body by eliminating harmful toxins. Before you know it, youâ ™ll be refreshed and feeling like your natural vibrant, energetic self again. All thanks to your amazing new green smoothies diet!Here is What You`ll Get After Reading This Book!By incorporating green smoothies for weight loss into your diet you will start to drop that weight quickly and easily.You will begin to feel more energy and an overall lightness within just days of using these delicious simple green smoothies.Adding these green smoothie recipes to your diet means you will have a lot more time to do other things in life. You can be healthy and live!Itâ ™s easy to get on this plan with easy to find ingredients that wonâ ™t break the bank.Youâ ™ll get 30 delicious green smoothie recipes that you can enjoy for breakfast, lunch, dinner and even sinful dessert.The recipes are calibrated to ensure you get essential proteins, fats, and carbohydrates to smash the weight. .If youâ ™re new to green smoothies diet, youâ ™re going to be amazed at the results youâ ™ll see within a week of going green. This book will truly transform your life. Are you ready?Itâ ™s time to glow again!Pick up your copy today and watch the results take over your own life. Youâ ™ll be just as amazed!

Book Information

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Customer Reviews

Author Amanda Rice is a holistic nutritionist, having successfully published her first book VEGAN RECIPES IN 30 MINUTES last year and now present her followers (and soon to be followers!) with GREEN SMOOTHIES FOR WEIGHT LOSS. She has been a happy healthy Vegan for the past 8 years, skipping on the supplements and energy drinks and turning back to nature. â ˆI started eating all of the fruits and vegetables that mother earth has given me, and cut of the hormone-filled, cancer-causing milk and dairy. I have never felt better in my life, both physically and emotionally. I love all living creatures on earth and I believe they deserve to roam freely. After 8 years of my vegan, plant-based, colorful journey, I can honestly say that I feel happy every day.â ™With that degree of commitment and experience, Amanda shares the world of Green Smoothies and shares in her Introduction, â ˆThe brilliance of a green smoothie is in its simplicity. It takes less than five minutes to whip up something that is more nutritious than meals that take hours to put together. Both kale and spinach are green smoothie staples and for good reason, they are chock full of a plethora of nutrients that our body absolutely needs. They contain a whack-a-mole of iron as well as vitamin a, c and k just to name a few. Additionally, they are a great source of folate which our body needs to regenerate bloods cells. Beyond kale and spinach are a produce sectionâ ™s worth of ingredients and flavors you can add to your smoothie for additional vitamins and minerals. Nut milks like coconut and almond provide you with wonderful fats and proteins while magic nutrient powders like goji berry powder and cacao powder add extra oomph and flavor for deliciousness you canâ ™t beat.

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