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The Best Green Smoothies for Weight Loss: Over 30 Simple Recipes for Healthy Eating

Dale L. Roberts

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Over 30 Tasty and Easy-to-Make Green Smoothie Recipes for Weight Loss

Learn How Green Smoothies are the Best Kept Secret to Losing Weight!

“Green Smoothies for Weight Loss” is a collection of 30 simple smoothie recipes for anyone looking to enhance a safe and effective weight loss. It is a great companion for dieters who want to lose a few inches and pounds while enjoying their journey to a healthy body.

The book contains over 30 different green smoothie recipes that harness the incredible power of leafy green vegetables and fruits without the use of dairy and grain-filled mixes. This collection of smoothie recipes is an indulgent yet sustainable way of losing weight. These recipes are cheap and simple to make so that the newbie can begin and sustain a healthy, effective weight loss program.

In Green Smoothies for Weight Loss, you’ll learn:

- How to get all of the USDA's recommended daily intake for vegetables and fruits
- How to prepare the vegetables and fruits
- What food is ideal to make the best beverage
- How to cut bitterness with small changes
- How to thicken a smoothie to your preference
- Over 30 different, green smoothie recipes
- Recipes that will suit vegans, vegetarians, AND meat-eaters
- And, much more!

Included in this book is a glossary of ingredients that explains the benefits and how to utilize each recipe best. This glossary of ingredients gives a better understanding of why each fruit or vegetable is ideal for losing weight and maintaining a healthy lifestyle.

“Green Smoothies for Weight Loss” is an excellent companion guide to Dale L. Roberts’ “The Best Juicing Recipes for Weight Loss.” Both work well together and will bring out the best in any weight loss program.

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