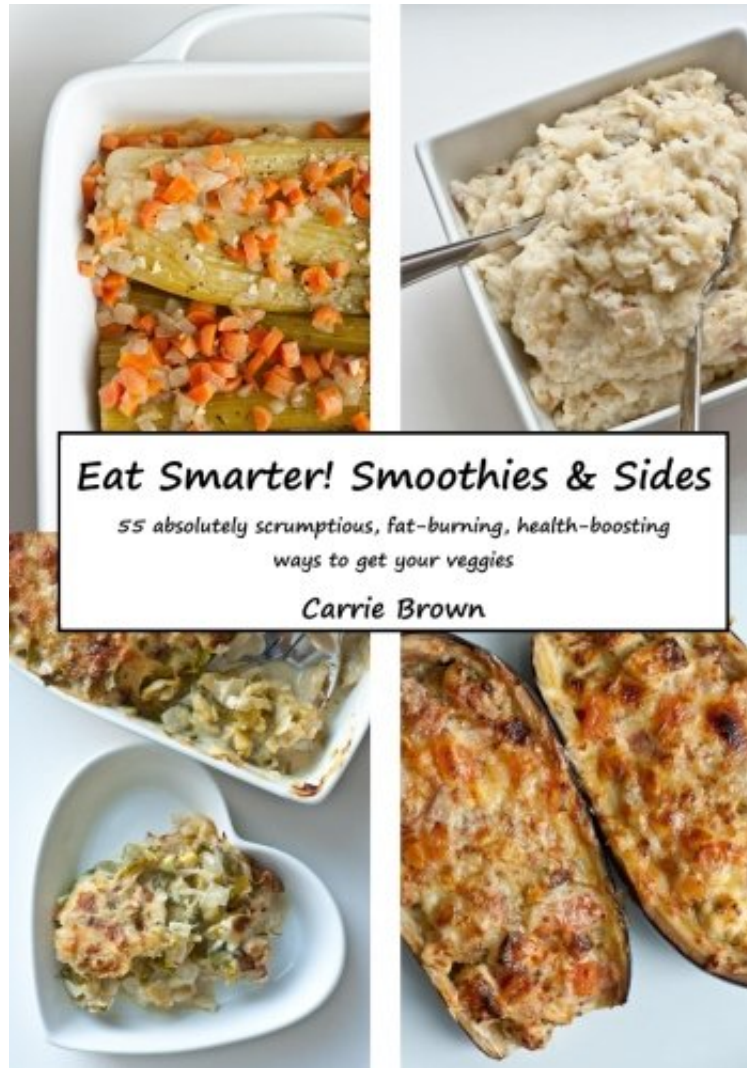


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Eat Smarter! Smoothies and Sides

Carrie Brown

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Carrie Brown : Eat Smarter! Smoothies and Sides before purchasing it in order to gage whether or not it would be worth my time, and all praised Eat Smarter! Smoothies and Sides:

7 of 7 people found the following review helpful. Expensive book full of bland recipesBy Just a MomThis is a pricey Kindle book for the small number of recipes that you get. If you buy Carrie's other book, then you will quickly see that she has copied and pasted some sections of the book from one to the other. I've made a number of the smoothies and some of the vegetable dishes and so far, I find them bland and disappointing. For instance, I made the spinach dish last night that Carrie raves about and my family found it tasteless. (I weighed and measured ingredients carefully and followed the instructions to the letter.) The range of vegetables in her dishes is also quite limited. She admits in the

book that she doesn't like spicy food, which makes me wonder if she thought about what her readers might want when she was coming up with the recipes for this book. 0 of 0 people found the following review helpful. Inferior product
By Diane Fisk
I bought this book and found the first 1/2 of the book was written not by Carrie Brown but by a totally different person--Kristen Espanisse. It was called "First French Essais." WHAT THE HECK IS THIS ANYWAY? THERE WERE NO SMOOTHIE RECIPES AT ALL! It was an essay about her French vacation...and I am not interested! The paperback book jumped from page 44 to page 55 where the sides recipes finally started. What a rip off! I should have gotten a refund and another book with the smoothie recipes included but I got nothing! The sides look good and I would love to see the smoothie recipes but this book is too expensive to buy twice! Be careful if you do decide to buy this book--you might get ripped off!
0 of 0 people found the following review helpful. Tasty Low Carb Recipes!
By R. A. Metcalf
If you are looking for tasty low carb recipes you will love Carrie Brown's books. Smoothies and sides has some great recipes, the pages are well laid out and the instructions clear. Just wish the nutritional information for each recipe was included. I understand that it could vary depending on brands of ingredients but even having a rough idea would be nice.

For anyone wanting to feel fantastic without giving up taste, improve their health dramatically, and lose body-fat, this cookbook is crammed with scrumptious smoothies and vegetable sides recipes to create 55 fat-burning, health-boosting, ways to get your veggies in that will help in the quest for improved health and increased fat-loss goals. Add more veggies to your life than you thought possible! Developed for people who are following any of the following lifestyles: SANE, KETO, LCHF, LowCarb, Paleo, Wheat Belly, Vegetarian, Vegan (with slight modification), Primal, Wild Diet, weight-loss, gluten-free, grain-free, sugar-free, diabetic, dairy-free (with slight modification), and egg-free. All recipes are free of sugar, grains, gluten, and soy. Many are free of dairy - and / or eggs or can be easily modified to accommodate. Safe for Diabetics. Recipes are simple, quick and easy. Foreword by Jonathan Bailor, Author The Calorie Myth