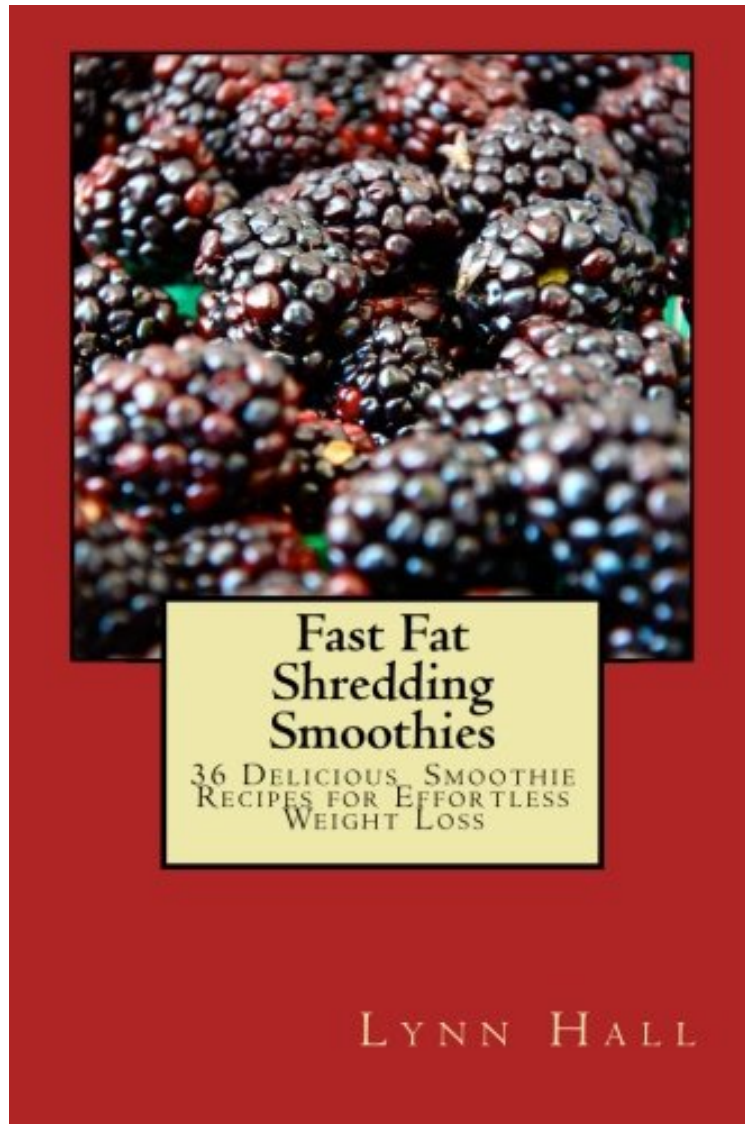


# Fast Fat Shredding Smoothies: 36 Delicious Smoothie Recipes For Effortless Weight Loss

Lynn Hall

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**Lynn Hall : Fast Fat Shredding Smoothies: 36 Delicious Smoothie Recipes For Effortless Weight Loss** before purchasing it in order to gage whether or not it would be worth my time, and all praised Fast Fat Shredding Smoothies: 36 Delicious Smoothie Recipes For Effortless Weight Loss:

3 of 3 people found the following review helpful. Quick and easyBy NicoleThis is a great starter book for

understanding and getting going in juicing. It quickly and easily goes over the benefits of juicing and some of the various ingredients that could be used and their purpose then it has tons of quick easy juice recipes. Most of the recipes are less than 5 ingredients making them very simple. I like the section that adds various proteins to the drinks to boost their "power". I am mostly looking forward to trying the Banana Blueberry Protein Surprise as I am a big fan of whey protein and love the flavors that are in the recipe! Also, if you purchase the book, at the very beginning of the book there is a link to a free resource that teaches you the different between juicing and blending and what benefits you see from them. I am so glad I got this book!!!

1 of 1 people found the following review helpful. Great Starter Guide  
By Steven M. Bohne  
The book is a little brief, but it gives you the information you need to get started using Smoothies for weight loss. I was wanting "a little more," such as nutritional information (important for diabetics) and a little more of a meal plan or nutritional guide. All in all, a good manual for introduction to Smoothies.

2 of 2 people found the following review helpful. Very practical recipes and tasty also!  
By Vlad Buculei  
I just love fruits and vegetables in general and when I found this book I decided to read it and try a couple of them every morning before I go for a run or in the afternoon when I am back from work. I must say I have more energy and feel that the delicious fruit combos have an effect not only on my body but my friends also ask me to prepare quick for them something surprising so i know where to look for help :)  
i recommend this ebook. good job

**Fast Fat Shredding Smoothies: 36 Delicious Smoothie Recipes For Effortless Weight Loss** provides an extensive collection of healthy, weight reducing and exotic recipes. This Smoothie cookbook is packed with an amazing selection of smoothie options including a wide variety of fruit, vegetable and protein choices. Juicing is a great way to obtain the nutrients that a body needs while losing weight and receiving all of the great health benefits that come from consuming more fruits and vegetables. Inside I have provided a selection of juicing recipes that include: Smoothies made with Different Fruit Combinations; Veggie Delight Juice Recipes with Lots of Green Smoothies; Juices made with Extra Protein; Juices with Unique Ideas; Smoothies that include Superfoods; A Chapter on Additions to smoothies such as frozen fruits, herbs and seeds, super foods and protein; This smoothie and juicing cookbook is meant to help you understand some of the great things that come from juicing along with many different recipes that you can try out to get started on your juicing adventure for shredding those extra pounds.