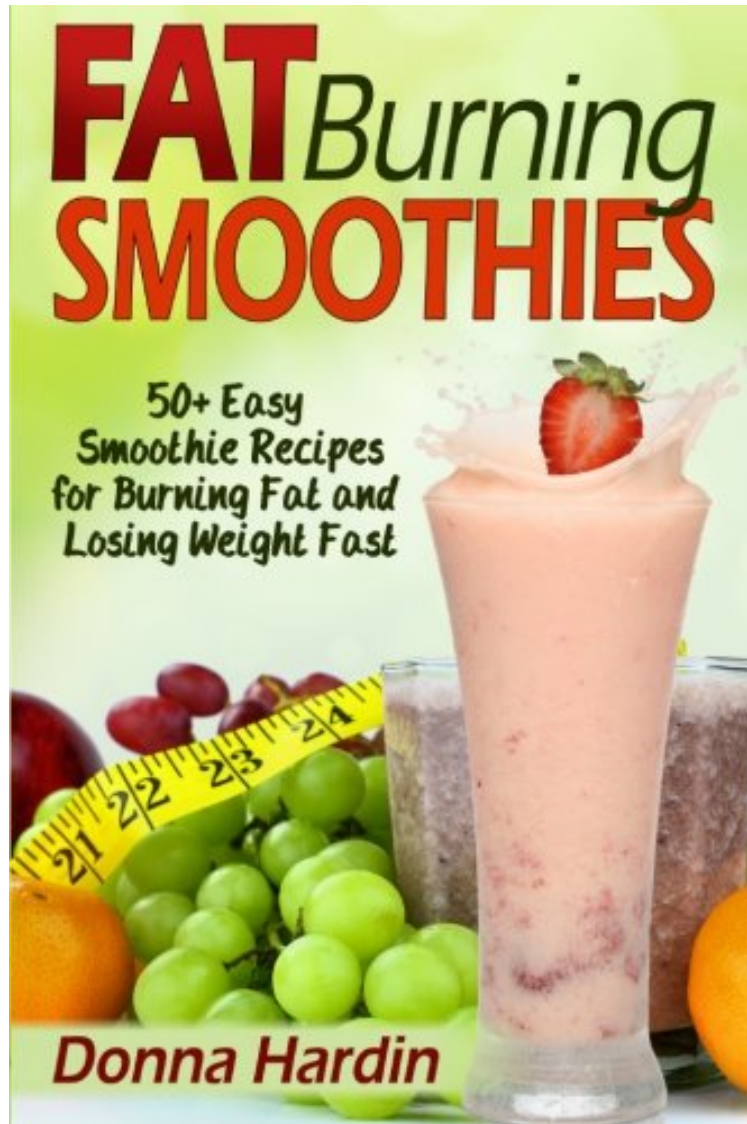


# Fat Burning Smoothies: Easy Smoothie Recipes for Burning Fat and Losing Weight Fast

Donna Hardin

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before purchasing it in order to gage whether or not it would be worth my time, and all praised Fat Burning Smoothies: Easy Smoothie Recipes for Burning Fat and Losing Weight Fast:

11 of 12 people found the following review helpful. Smoothie recipe book full of valuable infoBy Aidan BoothAfter buying the book and reading from start to finish, this is what I think of it:1) It starts with listing some of the benefits of

smoothies, which are always good to know. I knew some of them, but the author goes into details and explains why smoothies actually have these benefits. Very helpful.2) Then the author goes on and explains the difference between burning fat and losing weight. There was a lot of info here that I didn't know. Don't think I read this in other books. Very useful3) It also talks about how should you start a fat burning diet based on smoothies, which was ok. Things like how fast can you see results, how to start the diet, how to transition from a whole foods diet to a smoothie diet and so on. More advanced smoothies might already know this stuff, but those who are just starting out with smoothies will surely find this helpful. But the part I liked the most was the recipes chapter.4) The recipes...well, I think there is one for everyone, no matter their preferences or their taste. I specifically liked that the author provides the total calorie count for every recipe. An important piece of information when trying to lose weight. Could've the author included more recipes in it? Maybe. But the ones that were included sound delicious, and easy to make (a few of them do require some special ingredients)A good read with lots of useful information in it. Good for both beginners and advanced smoothie dieters.8 of 9 people found the following review helpful. Delicious RecipesBy KimI love to read books about weight loss as I'm always trying to better my health. I'm not overweight, but I do everything I can to remain at the weight that I am at, which is why I constantly read books about health and weight loss. The recipes that are included in this book for smoothies are not only beneficial to your health, but also delicious. I include smoothies in my diet as much as possible for the incredible health benefit and cannot wait to try more of these. This is more than your standard recipe book; it is a book with very valuable information too and is definitely worth buying.0 of 0 people found the following review helpful. Five StarsBy Laura GriffinGreat book!

Special Discount Price Available for Limited Time! Grab Your Copy Now! If you are looking for easy-to-make, delicious smoothie recipes to help you burn fat and lose weight fast, then this is the right book for you. Smoothies are one of the fastest and easy ways to lose the unwanted fat while getting the healthy benefits of organic, fresh fruits and vegetables. Instead of spending an hour in the kitchen preparing ingredients and cooking your healthy lunch, you could prepare a great-tasting smoothie that takes only 5 minutes and provides much more vitamins and minerals than the cooked meal. While some diets can be very time-consuming and take a lot of energy and money, the Fat Burning Smoothies book offers an affordable, easy and time-saving way to achieve your weight loss goals by providing very useful tips and advice on how to burn fat as well as over 50 delicious, easy-to-make smoothie recipes. You will discover - over 50 easy smoothie recipes including fruit smoothies, vegetable smoothies, green smoothies and a mix of all the above (caloric value included for each recipe) - what is the difference between burning fat and losing weight and why this is very important for you - the easy way to start your fat burning smoothie diet - how fast do you see results and how to make them last - daily plan and smoothie recipes suggestions for breakfast, lunch and dinner - tips and tricks for burning fat and losing weight fast Let your family and friends be amazed by how good you look and how much weight you lost in a short period of time! Start your smoothie diet today. Grab your copy of the [Fat Burning Smoothies](#) book today!