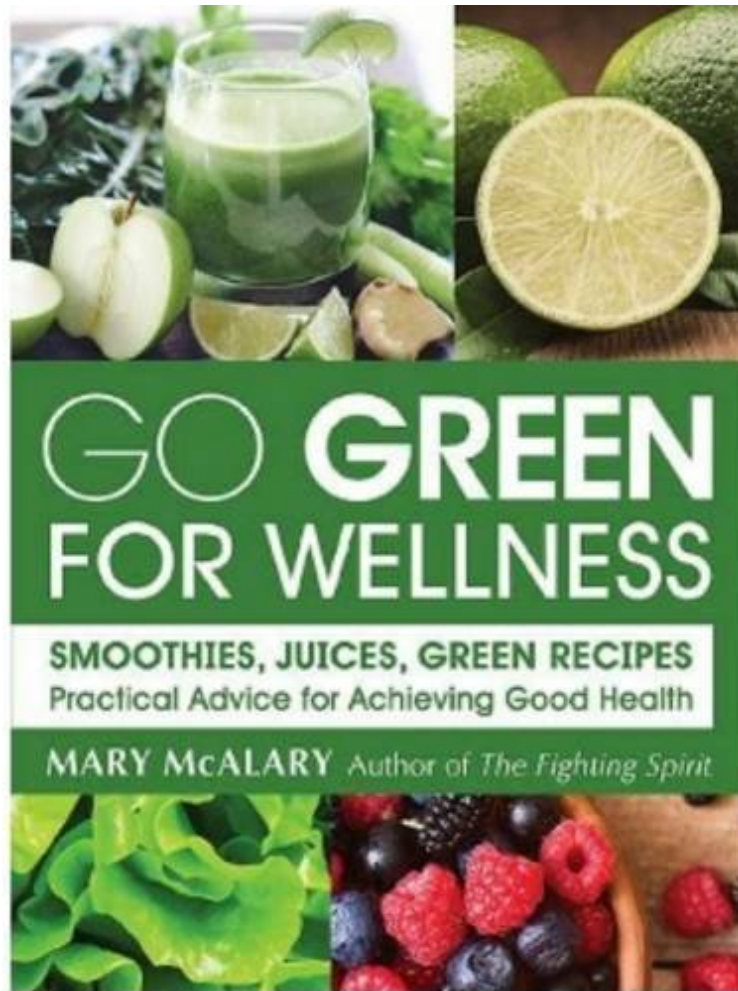


[Read and download] Go Green For Wellness: Smoothies, Juices Green Recipes Practical Advice for Achieving Good Health

## Go Green For Wellness: Smoothies, Juices Green Recipes Practical Advice for Achieving Good Health

Mary McAlary

audiobook / \*ebooks / Download PDF / ePub / DOC



[Download](#)

[Read Online](#)

#1834326 in Books Mary McAlary 2016-05-10 2016-05-10 Original language: English PDF # 1 8.57 x .33 x 5.491, .0 #File Name: 0990942430144 pages Go Green for Wellness Smoothies Juices and Green Recipes for Optimal Health | File size: 66.Mb

**Mary McAlary : Go Green For Wellness: Smoothies, Juices Green Recipes Practical Advice for Achieving Good Health** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Go Green For Wellness: Smoothies, Juices Green Recipes Practical Advice for Achieving Good Health:

Each recipe offers a recipe variation and a note explaining the benefits of key ingredients used to make the reader better understand why each fruit or vegetable is ideal for maintaining a healthy lifestyle. Recipes are easy to follow to

encourage even a smoothie newbie to begin.

About the Author Mary McAlary is a certified holistic health coach and an organic health food specialist, founder of New Day One Life Nutrition, a healer, a mother and grandmother and an inspiration. Mary is many wonderful things to so many people because of one simple fact: She is a Fighter --an "Everyday Fighter." Mary lives the ideology of "paying it forward" every day and does so by sharing her story and the knowledge she has learned on her path. A former realtor, Mary McAlary lives in Andover, MA. She loves spending time with her family, cooking and expanding her knowledge of healthy foods and lifestyles