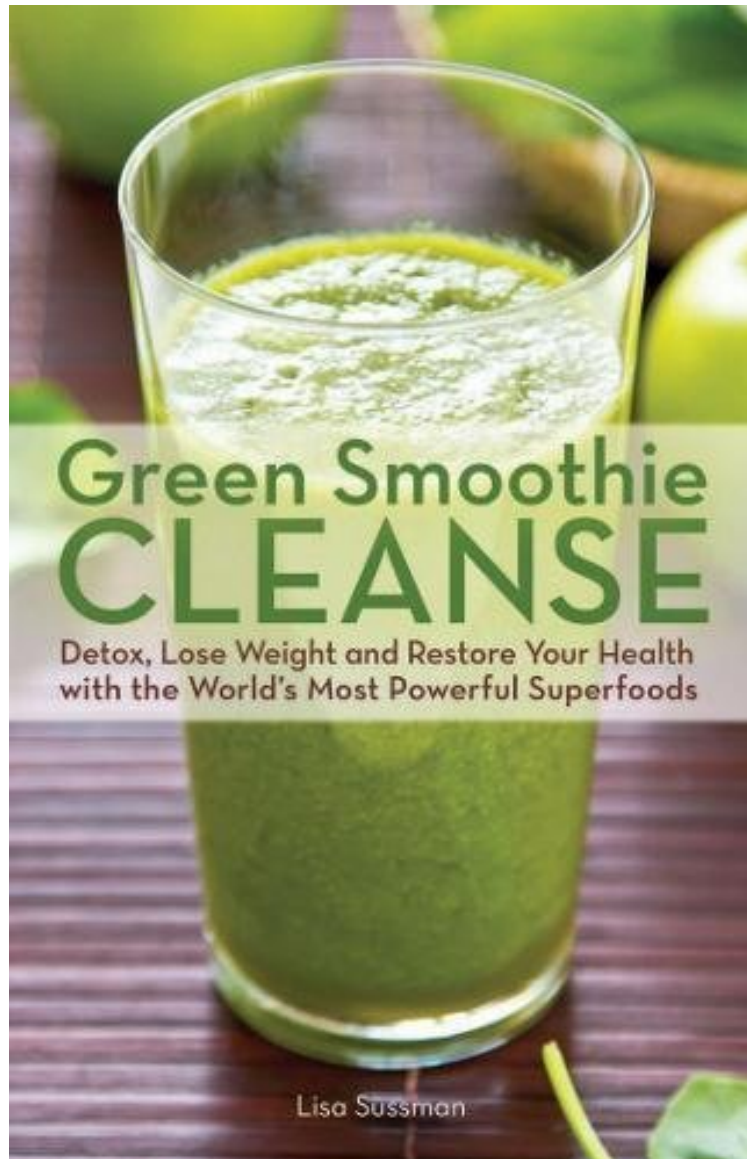


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Green Smoothie Cleanse: Detox, Lose Weight and Maximize Good Health with the World's Most Powerful Superfoods

Lisa Sussman

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Lisa Sussman : Green Smoothie Cleanse: Detox, Lose Weight and Maximize Good Health with the World's Most Powerful Superfoods before purchasing it in order to gage whether or not it would be worth my time, and all praised Green Smoothie Cleanse: Detox, Lose Weight and Maximize Good Health with the World's Most Powerful Superfoods:

1 of 1 people found the following review helpful. I really like the layout of this book
By litlckrets I really like the layout of this book. It starts with all of the why's of doing a green smoothie cleanse. Then it gives more general info and then moves on to recipes. Of the recipes I tried, I really like about half and found the rest to be pretty good. There weren't any that I couldn't drink. I did this one weekend and felt so good that I continued on a few more days. It really helped to reset my sugar junk cravings. I find green smoothies to be a great way to get in plenty of greens each day, so I've continued on with atleast a smoothie a day.
2 of 2 people found the following review helpful. LOVE IT
By Danie This book is great because it gives you recipes, instructions and is informational. I couldn't imagine a more perfect book. This is a great book for anyone looking to kick up their smoothie or cleanse intake. It's a great idea for recipes!

CLEANSE THE GREEN WAY Unleash the power of leafy greens for a one-of-a-kind cleanse that doesn't leave you starved or deprived. The easy-to-follow program in this book packs key vitamins, minerals and antioxidants into tasty and healing smoothies, including:
• Spinach and Chocolate
• Collard Waldorf Salad
• Kale Green Goddess
• Mustard Greens Curry
• Parsley Chai Latte
• Bok Choy Stir-Fry
With tips on preparing smoothies ahead of time and transitioning on and off the cleanse, this book will transform you from head to toe. By drinking ultra-nutritious, delicious superfoods, you'll feel amazing inside and out as you achieve:
• Weight loss
• Detox
• Clear skin
• Stronger immunity
• Increased energy

About the Author Lisa Sussman is a professional health and sexuality author. She lives in East Greenwich, RI.