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## Green Smoothies. 50+ Recipes for Nutrition, Life and Health

*Nadia Joyner*

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#1075468 in Books Nadia Joyner 2013-10-04Original language:EnglishPDF # 1 9.00 x .36 x 6.00l, .48 #File Name: 1492886769156 pagesGreen Smoothies 50 Recipes for Nutrition Life and Health | File size: 64.Mb

**Nadia Joyner : Green Smoothies. 50+ Recipes for Nutrition, Life and Health** before purchasing it in order to gage whether or not it would be worth my time, and all praised Green Smoothies. 50+ Recipes for Nutrition, Life and Health:

0 of 0 people found the following review helpful. Great book for beginner to smoothies, not just recipes but a lot of great, useful information.By Angel-417Nadia Joyner's Green Smoothie Book is a first read for me. I admit it I am not much of a reader. I am not much of a "health food eater either". We normally eat good balanced meals, but I don't

concentrate on green, organic and go what I would call over board. My husband and I both needed to lose a few pounds and just eat better. Time in the mornings is short but I like a good breakfast that a lot of the time is on the run, and I love smoothies. I only knew of so many ways to make a smoothie, so I was searching for recipes and ran across this book. It is really more than a recipe book. This book contains a lot of useful information and interesting information on food history, preservation facts. Explains free radicals, antioxidants and how they affect us in language anyone can understand without a lot of huge scientific words and names you need a Webster's dictionary to look up. Explains, fiber, vitamins, minerals and what they do. Since I am just starting, I really liked this part of the book. Recipes are great. I have tried probably 7 or 8 of them. All use easy ingredients to obtain most anywhere. Fast, easy to make. It is easy to get your ingredients ready the night before, keep in covered container in the refrigerator. The next morning just dump it all together in a blender or your done. The Pineapple Mango Green Smoothie is wonderful. I love tropical flavors, it is sweet and kids would love it too. Many other recipes are good too. The Creamy Strawberry Green Smoothie is one of our favorites too. 0 of 0 people found the following review helpful. A positive way to get your greens on! By CornbreadnRice I really like this book, it's presented in a very positive, upbeat way. If I weren't already juicing and doing the green smoothies thing, I would definitely be doing it after reading the book. I think Nadia has an excellent way of getting her readers to "want" to start doing something healthy. And I would recommend this book for those who want to incorporate a healthy habit into their lifestyle, and for those looking for additional ways to build on an already healthy lifestyle, I think this is a great motivation. I love reading about new ways to add to my regiment and that is why I decided to get this book. 0 of 0 people found the following review helpful. Awesome recipes. I recently start my weight loss journey By Ini Ndoh Awesome recipes. I recently start my weight loss journey, and I really love the recipes. I really had no prior experience with making any type of smoothie, so this was super cool to have. So far all of the smoothies I have tried were awesome. I did a couple of modifications, and the smoothies were still awesome. This was a first for me buying apps, and it was super easy to get started. I am overall impressed, with my purchase, I would definitely purchase again. I purchased this item at a discounted rate in exchange for an unbiased review.

In my 20+ years as a personal fitness and diet coach, I've repetitively witnessed the miraculous health effects that Green Smoothies have brought into my clients' lives. Green Smoothies are very effective at preventing, treating and reversing a wide array of health conditions and diseases. This book was written to help people better understand how powerful the body can be at battling free radical damage, symptoms of disease and aging - especially when it's given regular servings of nutrient-optimized food sources, like Green Smoothies. In Green Smoothies: 50+ Recipes. Nutrition, Life and Health a variety of topics are covered besides the recipes. A history of the human diet is included along with modern health statistics. The profound importance of free radicals and antioxidants is addressed. Vitamins, minerals, water, fiber and phytonutrients (plant based nutrients) are discussed in detail. Other topics include selecting storage of fruits and vegetables, and tips for preparing and consuming Green Smoothies too. And of course, there are the 51 delicious, super-healthy Green Smoothie recipes to enjoy and experiment with as well. Enjoy!