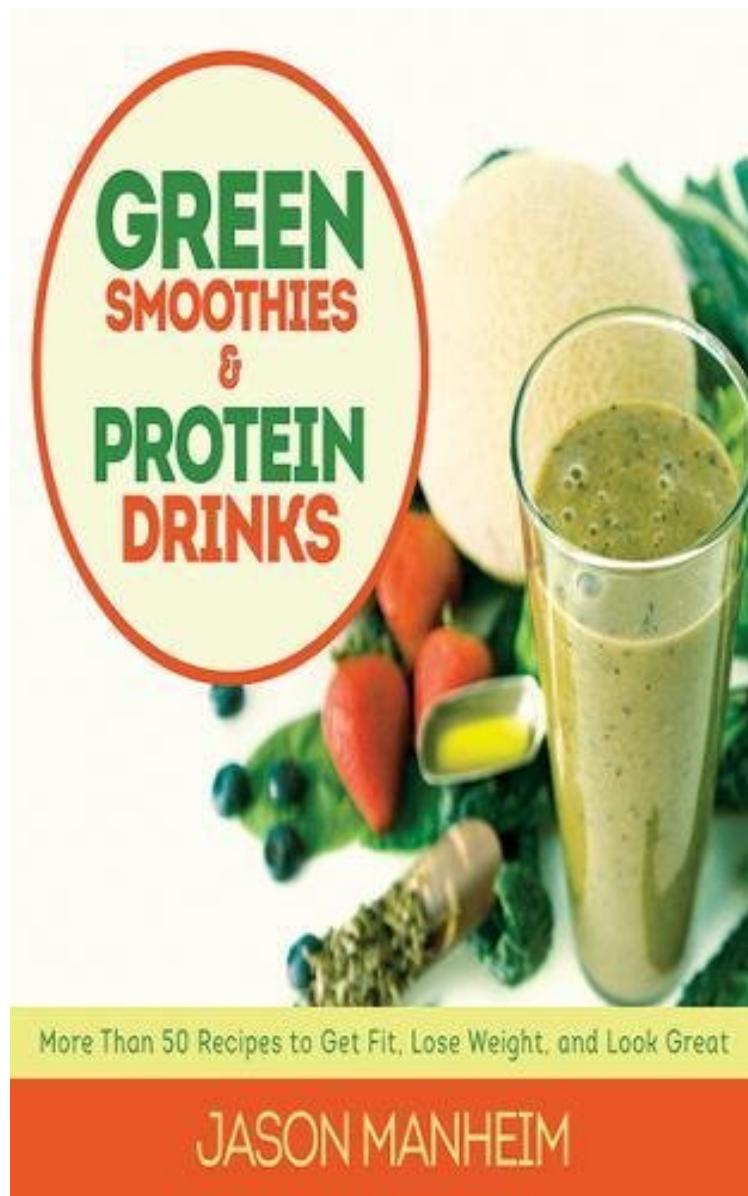


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Green Smoothies and Protein Drinks: More Than 50 Recipes to Get Fit, Lose Weight, and Look Great

Jason Manheim

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Jason Manheim : Green Smoothies and Protein Drinks: More Than 50 Recipes to Get Fit, Lose Weight, and Look Great before purchasing it in order to gage whether or not it would be worth my time, and all praised Green Smoothies and Protein Drinks: More Than 50 Recipes to Get Fit, Lose Weight, and Look Great:

0 of 0 people found the following review helpful. No nutrition info!
By Rachel S. The recipes seem okay but flipping through the book it is tacky and frustrating that many of the pages are just blown up images of food. I paid for a recipe book not a picture book. Also, this is filled with recipes to "get fit, lose weight, and look great" but there are no nutrition information for the recipes, not even calories per serving!
7 of 8 people found the following review helpful. Great Book--Thank you Jason!
By LH Thank you Jason for this follow-up book with protein. I really enjoyed being introduced to healthy green drinks when I received the gift of your first book, "The Healthy Green Drink Diet." The recipes were great (the Strawberry Patch is a favorite) and easy to make. I was actually wondering how I could make the drinks even healthier since my days at work are busy and I know that there are many empty calories in much of the food we eat. I like knowing that the nutrient-packed drinks I have learned to make are guaranteeing that I am getting the "healthy stuff" everyday. The additional fiber and protein ingredients as well as all of the good information Jason lays out in this new book's recipes are just what I was hoping for. I bought the Kindle version for myself so I have it when I am on the go and purchased the hard cover for my Dad as a gift since he is also a fan.
0 of 0 people found the following review helpful. Absolutely fabulous!
By tnc I enjoy a more natural way to better health, so this book was fabulous in the whys and how's to move forward in this journey. The recipes were also excellent!

The green smoothie is hands down the best supplement to any diet. With at least one green smoothie a day, your body will not only receive an extra boost of nutrients, but will eventually crave these healthier foods naturally. Slowly but surely, unhealthy foods will be replaced by healthier counterparts, and your overall diet and well-being will benefit from the change. With fifty delicious and nutritious healthy green smoothie recipes, advice and information on digestion, food combining, detoxing, fighting disease, weight loss, and diet, this guide really packs a punch. You'll learn why it's vital to cycle your greens regularly, why smoothies are superior to juicing, why eating local and food sustainability are important to the ecological integrity of our entire planet, and tips for getting your kids to enjoy green smoothies, too. This book also answers the most-asked questions people have about green smoothies such as: How long do green smoothies keep? Should I be concerned about oxalic acid in spinach? I'm a vegetarian/vegan, what protein options do I have? And much more! While the recipes are fantastic on their own, they can easily be used as templates with the useful preparation tips within. Learn about adding healthy fats such as virgin olive oil, avocado, and coconut oil, and get advice on eliminating separation and foam. Everything you need to energize, look good, and feel great with green smoothies is packed within.

About the Author Jason Manheim created and runs the website healthygreendrink.com. A website developer and designer, he began making green drinks six years ago and has felt great ever since. Manheim lives in Los Angeles, California.