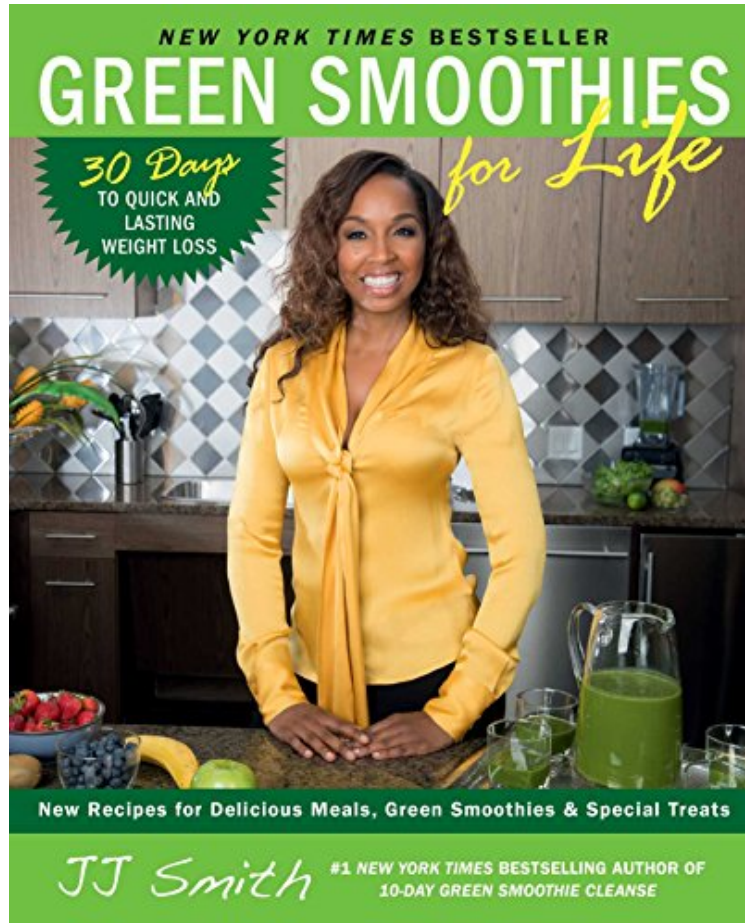


(Free download) Green Smoothies for Life

Green Smoothies for Life

JJ Smith

ePub | *DOC | audiobook | ebooks | Download PDF



[Download](#)

[Read Online](#)

#442 in Books Ingramcontent 2016-12-27 2016-12-27Original language:EnglishPDF # 1 9.13 x .60 x 7.37L, .0 #File Name: 1501100653256 pagesGreen Smoothies for Life | File size: 69.Mb

JJ Smith : Green Smoothies for Life before purchasing it in order to gage whether or not it would be worth my time, and all praised Green Smoothies for Life:

143 of 143 people found the following review helpful. It works...if you work it!By Najsma1I completed JJ Smith's 10 day cleanse successfully. I then segued into this book--30 day Green Smoothies for Life and pretty much followed it to the letter. My advice to the critics is, before you embark upon this plan, know and understand what you are doing and what it means to you. Number one--it is not a diet!! The 10 day book is meant to cleanse/detox--to rid your body of all the gunk, the junk, the cravings and be a re-setting of a new way of eating--for life! The 30 day book is to get you in the habit of making and incorporating the green smoothies as part of a new healthy way of living. So when you start out you need to have goals for yourself-- for when you get to "the other side." If you have no purpose--or at least a clear understanding of one, you will become frustrated, make excuses, cheat, falter and fail. The expectations can't come from the book or the author --it must come from within. For me, I am a student of the healthy lifestyle, but being human--I have backslid. I used the book to re-set, re-think and re-establish the healthy way I want to look, feel and be.

The 40 days gave me time to assess how my body felt without eating the bad stuff and the difference and changes I began to experience with consuming only the good stuff. What does my body want? What is it asking for? What does it need?? I learned that my body feels and looks best when I am eating a majority plant-based diet. I have not yet committed to being either vegan or vegetarian, but I'm going to start with at least a 90% plant-based diet. I will give my body what it needs and what it asks for---not what my eyes want. As I approach the last few days of the 30 day book, I am looking forward to adopting one green smoothie as a meal replacement per day indefinitely. I've made it work for me and it fits my lifestyle. I hope this is helpful to those who are considering this plan as well as for those who may have tried it and did not find success. It can work--but only if You work it! 166 of 182 people found the following review helpful. Great information. By Connie Great information on how to live and lead a sustainable, healthy lifestyle provided in a concise format. However, if you are a part of JJ's VIP group, or purchased her 30 day challenge prior, it is the same information and recipes presented in book form. 1 of 1 people found the following review helpful. Very useful and applicable information. By Addict Very useful and applicable information.

A brand-new meal plan that will assist readers with incorporating green smoothies into their everyday routine while developing healthier long-term eating habits and improving their overall health. More than a weight loss plan, the 10-Day Green Smoothie Cleanse, designed by nutritionist and certified weight-loss expert JJ Smith, became a way of life. Readers reported that they not only shed pounds but they also slept better, thought more clearly, and were in better over-all health, with some adherents, in consultation with their doctor, even moving off medication. As delicious as her green smoothies are, however, the cleanse was designed only to jumpstart a detox and a new approach to eating---it's not a permanent solution. In her new book, *Green Smoothies for Life*, the highly anticipated follow up to the #1 New York Times bestseller *10-Day Green Smoothie Cleanse*, Smith presents a way that green smoothies can be incorporated into your daily regimen. With over thirty recipes for everything from hot dinners to desserts and snacks, sixty thoughtfully composed green smoothie recipes, a thirty-day meal plan and the corresponding shopping lists, the book provides you with a step-by-step prescriptive daily regimen that shows you how to eat mindfully and healthily. In addition to green smoothies and color photographs of select recipes, the book includes more than twenty effective methods to detox (which helps fuel weight loss), information on Smith's DHEMM (Detox, Hormonal Balance, Eat, Move and Mental Mastery) weight loss system, and testimonials from dieters who've change their approach to not just food but also life since while following her advice. Whether you are just starting out on your weight loss journey or already a smoothie convert, *Green Smoothies for Life* is the essential next step in continuing your pursuit of a healthier lifestyle.

About the Author JJ Smith is the author of the New York Times bestseller, *The 10-Day Green Smoothie Cleanse*, and the #1 national bestseller and USA TODAY bestseller *Lose Weight Without Dieting or Working Out!* She is a nutritionist and certified weight-loss expert who has been featured on *The Steve Harvey Show*, *The Montel Williams Show*, and *The Jamie Foxx Show* and on the NBC, FOX, and CW Network television stations, as well as in the pages of *Glamour*, *Essence*, and *Ladies Home Journal*. Since reclaiming her health, losing weight, and discovering a "second youth" in her forties, JJ has become the voice of inspiration to those who want to lose weight, be healthy, and get their sexy back! To learn more, check out www.JJSmithOnline.com.