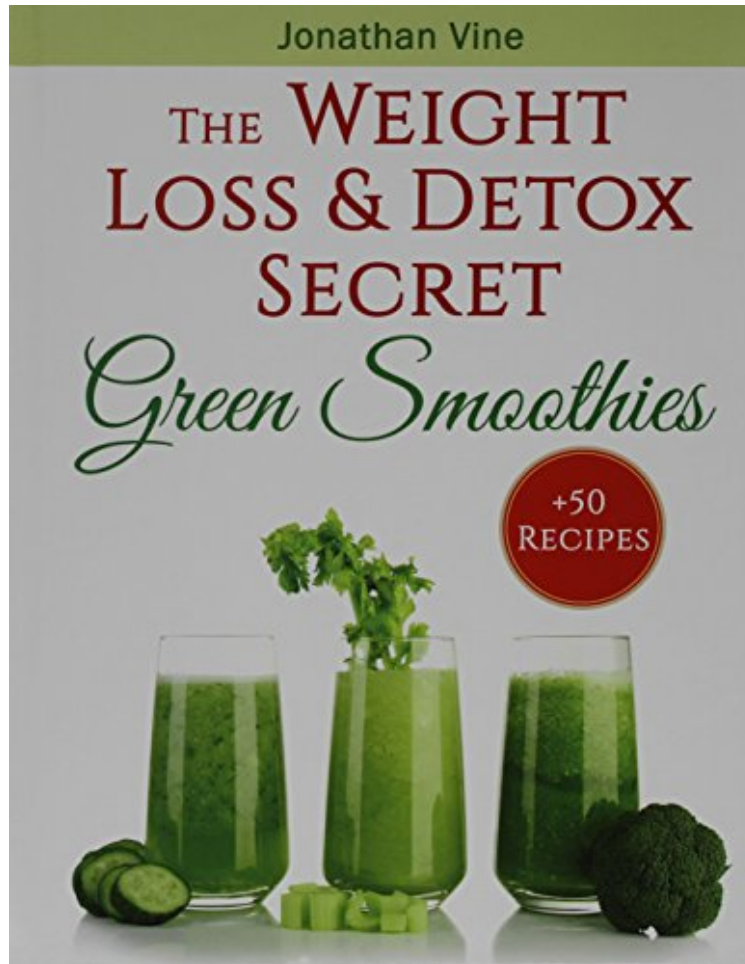


Green Smoothies: The Weight Loss Detox Secret: 50 Recipes for a Healthy Diet

Jonathan Vine

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Jonathan Vine : Green Smoothies: The Weight Loss Detox Secret: 50 Recipes for a Healthy Diet before purchasing it in order to gage whether or not it would be worth my time, and all praised Green Smoothies: The Weight Loss Detox Secret: 50 Recipes for a Healthy Diet:

2 of 2 people found the following review helpful. Green SmoothiesBy AmeliaI love smoothies, and I drink them very often. I have a nutribullet, which makes it *really* easy to make smoothies! I love it.However, my smoothies have fruit. Just fruit. Sometimes I put some peas in there, just to add a little protein. But they are mainly fruit, so I don't have any added sweeteners. In fact, I just use fruit and water usually. (Of course, I use a LOT of ginger! I love ginger.)So, the idea of a *green* smoothie to me is a little yucky. It just doesn't seem right! I eat a salad nearly every day, do I really need greens in my smoothie as well? Well, of course, I don't think you can get too many greens, so I

was willing to give it a try. I went through the cookbook and picked out quite a few recipes that looked good to me. There are a lot of recipes, and what I really liked about them is that there is a wide variety of ingredients, but they are all really common. These are ingredients that are easy to find: spinach, fruits, kale, and so on. Probably the most exotic ingredient I saw was chia seeds, which I had anyway! So it was fairly difficult to narrow down which recipes I'd like to try. So far, I have tried 3. They were all delicious. I've attached a photo of the first smoothie we tried, called "Apple and Spinach Smoothie." The ingredients are common, and it turns out to be a beautiful, bright shade of green that makes you feel healthy just looking at it! It really was a wonderful smoothie, and I was glad to find out that it was just as filling as the fruit smoothies that I usually have! I am very interested to try the smoothie called "Sweet Potato Smoothie" which actually calls for raw sweet potato! It sounds interesting - I hope my nutribullet will be able to handle it! I received this product for free in exchange for my honest and unbiased review. 5 of 5 people found the following review helpful. Green Smoothie Addict Right Here By LPNI love green smoothies. I had stopped drinking them as often as I used to, but then after reading this book, I was inspired to start doing it again. There are some really great tips and recipe ideas in here and honestly I've tried several of them already. I may add a few extra veggies or some flaxseed to them just to make them even healthier. My 6 year old has been drinking them with me every morning. (He really loves green smoothies, which I think is really great). I'm happy that I started drinking green smoothies every morning because not only are they super healthy---but they make me feel better overall. I drink one in the morning, have a snack, then another one later in the day, and then dinner. I don't really have any complaints about this book except for the fact that I wish it were just a little bit longer. :) I received a free copy of this book in exchange for my honest review. All opinions expressed are 100% my own. 3 of 3 people found the following review helpful. Convenient guidebook to keep for nutritional reference By Lucero De La Tierra I received complimentary access to this ebook for the purposes of review. Want to get more veggies into your diet? Are you looking for a healthier way to lose weight? Sometimes when searching online we have so much information that it's overwhelming. Plus, we get stuck in a rut making the same food, snacks and smoothies over and over. I find that it's nice to have a guidebook to refer to on a regular basis for my peace of mind. It offers you variety PLUS the reason why the combinations are good for you. What's even better is that in ebook format you can have it available on your PC, smartphone or tablet of choice for your convenience. I always struggle with making sure my smoothies are balanced. My husband is lactose intolerant, my daughter is gluten intolerant and I'm sensitive to soy so trying to find recipes which fit us all can be daunting. Many times I use smoothies as meal replacements. Since I tend to suffer a bit with low blood sugar all fruit and veg with no protein is not a good idea for me. So, either I end up adding milk, yogurt, almond milk and/or vegan/soy-free protein powder. That can get expensive and affect the taste of the combinations. I appreciate that the recipes have nutritional information on them so I can make sure to pick a recipe which meets my protein needs too.

Want to jump-start your weight loss and improve your health? This book reveals the weight loss and detox secret. Let me introduce to you the newest fast food: the green smoothie. This mixture of sun ripened fruits and earth harvested vegetables can be made in seconds. You can say "Goodbye," to the regret that normally comes along with eating fast food. Green smoothies are nutritious, providing your body with vitamins, minerals, and anti-oxidants. Packed with nutrients used to fight diseases such as diabetes, cancer, and heart disease, you will begin to wonder why you have gone so long without enjoying green smoothies. In this book you will discover: -What is a Green Smoothie? -What's So Good About Green Smoothies? -Nutritional Value and Health Benefits of Green Smoothies -The Healthiest Weight Loss Program Methodology -Types of Green Smoothies -Tasty Tips The book includes 50 delicious recipes that use green leafy vegetables, fruits and non-dairy milk or yogurt to create nutritious, filling drinks for your day-to-day menu. Whether you are brand new to the world of green smoothies or you've enjoyed them in the past, don't miss this great book! Each recipe offers different variations or tips and tricks so your job is truly simple: follow the recipes and enjoy a glass of pure, healthy food!