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## How to Lose Weight Fast with More Gorgeous Green Smoothies: 33 Paleo Recipes (Amanda Lowell's Paleo Recipes for Weight Loss) (Volume 4)

Amanda Lowell

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Amanda Lowell : How to Lose Weight Fast with More Gorgeous Green Smoothies: 33 Paleo Recipes (Amanda Lowell's Paleo Recipes for Weight Loss) (Volume 4) before purchasing it in order to gage whether or not it would be worth my time, and all praised How to Lose Weight Fast with More Gorgeous Green Smoothies: 33 Paleo Recipes

(Amanda Lowell's Paleo Recipes for Weight Loss) (Volume 4):

The 13 books in Amanda Lowell's Paleo Recipes for Weight Loss series offer an array of imaginative and fulfilling recipes, proving that healthy eating does not have to be dull and uninspiring. Each recipe comes with a nutritional breakdown listing calories, protein, fat, and carbohydrates, to help the reader make informed choices. This also means the recipes can be used as part of an intermittent fasting or calorie restriction plan for even quicker results. There are recipes for fruit salads with delicious dressings, soups for any weather, whole fish and seafood for any occasion, green smoothies for health, and salads with vegetarian and meat options. The recipes are varied to cover all culinary skill levels and can be altered to suit any preference. A simple Paleo food list is also provided in each book, to empower the reader to make the right choices. Accompanied by the right lifestyle choices, the recipes in these books will have you looking and feeling your best in no time. You will find that all of these recipes are very tasty and you will not feel deprived in the slightest. Embrace the Paleo lifestyle to easily and naturally lose the flab, and gain new energy and vitality!

About the Author Amanda Lowell is a champion of healthy eating and healthy living. She is the author of Amanda Lowell's Paleo Recipes for Weight Loss series, which comprises 13 books that will make weight loss effortless, healthy and fun. All 13 books are available from both in paperback and kindle format.