

(Download free ebook) Low Carb Smoothies: 80 Delicious Low Carb Smoothies For Weight Loss, Energy and Optimal Health

## Low Carb Smoothies: 80 Delicious Low Carb Smoothies For Weight Loss, Energy and Optimal Health

*Linda Stevens*

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**Linda Stevens : Low Carb Smoothies: 80 Delicious Low Carb Smoothies For Weight Loss, Energy and Optimal Health** before purchasing it in order to gage whether or not it would be worth my time, and all praised Low Carb Smoothies: 80 Delicious Low Carb Smoothies For Weight Loss, Energy and Optimal Health:

8 of 9 people found the following review helpful. Watch the "NET" carb totalsBy TexasSpikeI am a type 2 diabetic and recently purchased a Vitamix machine. So, I was very interested in a book such as this.However, I noticed right away that the nutrition information on (at least carbs) on some are way way way off. I understand the book uses "net" carbs; which by itself is arguable how to calculate. But, at least 2 dietician's have commented "no way" to the carb totals given in this book. I personally believe some are dangerous to a diabetic if you use this as a reference.No justification on how this book calculates net carbs is given. Also, I had expected many more "single serve" receipes (was hoping they were all that way) than are in this book. To be fair, there are a good number of 1 servings, but a large number are 2-4,4-6.... Two stars were for the ingredient combinations; hopefully making a tasty smoothie. If you purchase this, research the "net" carbs !0 of 0 people found the following review helpful. Excellent BeginningBy MadeupaginI will tell you none of these are inexpensive. However, based on one coffee house coffee a day, they are doable.Please take your medication usage into consideration when making a smoothie with grapefruit. There is one Matcha tea recipe that calls for 2 Tablespoons of Matcha; this must be a mistake. This seems to be a diuretic and that much Matcha all at once may cause problems.These all sound, with the cautions above, wonderful.4 of 4 people found the following review helpful. Best Smoothie Book Ever!By MSI can't wait to try every single one of these! I eat low carb almost always and usually adhere very closely to the Paleo diet! These recipes fit the bill and are delicious. All are low carb and awesome and almost all of them are also Paleo.

ENJOY OVER 80 MOUTH WATERING LOW CARB SMOOTHIES FOR EXTREME WEIGHT LOSS STARTING TODAY! Even the healthiest smoothies can be loaded with as many as 40, 50, or 60 grams of sugar per serving. YIKES! Each smoothie in this book has been carefully designed to contain less than 15 grams net carbohydrates per serving! They are infinitely a lot healthier than buying smoothies at your local smoothie places, stores or even online. Most of these smoothies also contain some type of healthy fat, which in itself is a great addition to a typical day on the low carb diet. Introducing low carb smoothies to your routine is one of the best and versatile ways to improve your health. Not only are they quick and easy to make but they also contain vast amounts of vitamins, minerals, phytonutrients and fiber. It can be quite difficult to get all your servings of fruits and vegetables on a daily basis. Smoothies provide us with an optimal way to consume the recommended number of servings of fruits and vegetables and load up on antioxidants and other cancer fighting agents at the same time. Smoothies are not a universally healthy option. Simply blending your breakfast doesn't ensure you've made a healthy choice! Smoothies high in processed sugars and fats can be just as bad as processed bread and sweetened breakfast cereals. Many common smoothie recipes fall into this trap by including fruit juices, sweetened yogurts and processed honeys. This book describes low carb smoothies for the active and health conscious individual. They are delicious, satisfying and will provide you with energy all day long. They are also rich in various superfoods such as kale, spinach, berries, nuts and seeds. You will be amazed how different you will feel after just one week of implementing these healthy treats into your daily routine. **SCROLL UP AND CLICK BUY TO ORDER YOUR COPY INSTANTLY**