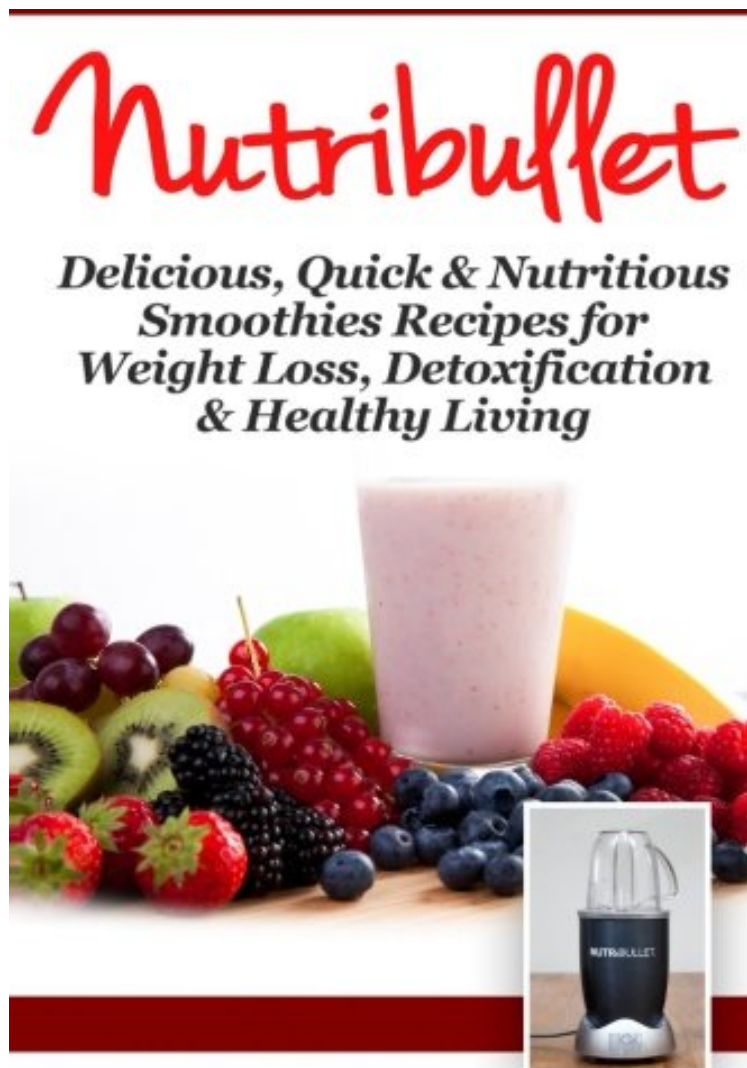


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NutriBullet: Delicious, Quick Nutritious Smoothie Recipes for Weight Loss, Detoxification Healthy Living (Diets, Vegetables, Fruits, Exercise, Low Fat)

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it would be worth my time, and all praised NutriBullet: Delicious, Quick Nutritious Smoothie Recipes for Weight Loss, Detoxification Healthy Living (Diets, Vegetables, Fruits, Exercise, Low Fat):

8 of 8 people found the following review helpful. Great alternative to healthy eating!!By Lisa BellEvery day we consume products that are toxic to our bodies and we neglect to practice healthy habits due the high demands of life, especially when it comes to eating well. What I like about this book is that it contains smoothie recipes that are quick and easy to prepare that provides a range of nutrients and health benefits. It educates the reader on the benefits of smoothies, one benefit being that it helps to reduce fatigue and tiredness. It also contains smoothie recipes that are geared towards a particular goal, for example there are smoothies for weight loss and detox. This book provides healthy and delicious recipes that have numerous benefits that can be used as alternatives to your meals. I particularly loved the tropical breakfast smoothie. I also think it's a great way to get your kids to consume healthier foods as the smoothies are quite delicious, kids maybe more willing to try and make it part of their everyday food consumption. Incorporating smoothies into your diet is a smart and easy way to ensure that you're taking care of your health and the Nutribullet smoothies recipes is the ideal way to do that.8 of 8 people found the following review helpful. Healthier DrinkBy K.B.Now it may take time to make smoothies, it is the best alternative solutions to prepare drinks in a healthier way. And with a few ingredients, time and motivation a healthier lifestyle is achievable. Many of the ingredients in this recipe book are already in my kitchen, so, I have the chance to prepare some of the smoothies. All were easy to prepare, it isn't the same as I used to think. :) I like that here are pre and post workout, and muscle builder smoothies for my husband. This can be a great reference for various needs like smoothie for breakfast, antioxidant, detoxifying smoothies, dessert (my favorite!), smoothie for insomnia, smoothies to help hormones (imagine something like that exists??), for migraine smoothies, for skin problem smoothies. Complete with smoothies intended for breakfast, strong bones, weigh loss, healthy heart, and smoothies for diabetics. This book is a keeper!6 of 6 people found the following review helpful. So many choices!By JM GreenWhat I love most about this book is the wide variety of recipes. There's a smoothie for nearly all of my moods, including when I want something sweet (chocolate smoothies), refreshing (berry and bananas), protein-packed (nuts) or my all-time favorite (tropical fruit). I appreciate that I can pick a smoothie recipe depending on how much I want to put into it. Some of the smoothies have several ingredients; others have just a few, so if I'm in a rush, I can select one of the shorter ones. The smoothies are broken up into chapters by their purpose, such as weight loss, healthy heart, diabetes, pre-workouts, etc, which makes the book easy to navigate. Lately, I've been enjoying the Berry and Banana and the Ravishing Chocolate smoothies, and I'm looking forward to trying the Walnut Smoothie next!

Learn How To Lose Weight By Drinking Delicious, Easy-to-Make Nutribullet Smoothies! Do you find yourself falling into one of these categories? -You want to lose weight, but you don't know how to get started - You've tried different diet plans but nothing seems to work -You want to lose a few pounds and stay fit in a healthy, sustainable way -You want to feel alive and energetic throughout the day If you find yourself nodding "Yes" to even one of the points above, then this book is for you! In this book, NutriBullet Smoothies, you will discover the unsurpassed benefits of a nutritious drink! The results will keep your body in a healthy state while you become slimmer and happier each day. Now, doesn't that sound nice? A smoothie is very easy to make, and this book will show you different recipes to keep you energized and always on the go. You can now enjoy your favorite fruits and vegetables with a new twist. All you have to do is mix, shake and drink and experience the benefits of all that natural goodness. What Topics Areas Are Covered in this Book? -Benefits of Smoothies -Breakfast Smoothies -Pre-workout Smoothies -Post Workout Smoothies -Smoothies to Maintain Strong Bones -Smoothies for Weight loss -Smoothies for a Healthy Heart -Smoothies for Diabetics -Antioxidant Smoothies -And so much more! Read this book NOW and prepare yourself for an amazing journey full of benefits and positive results!