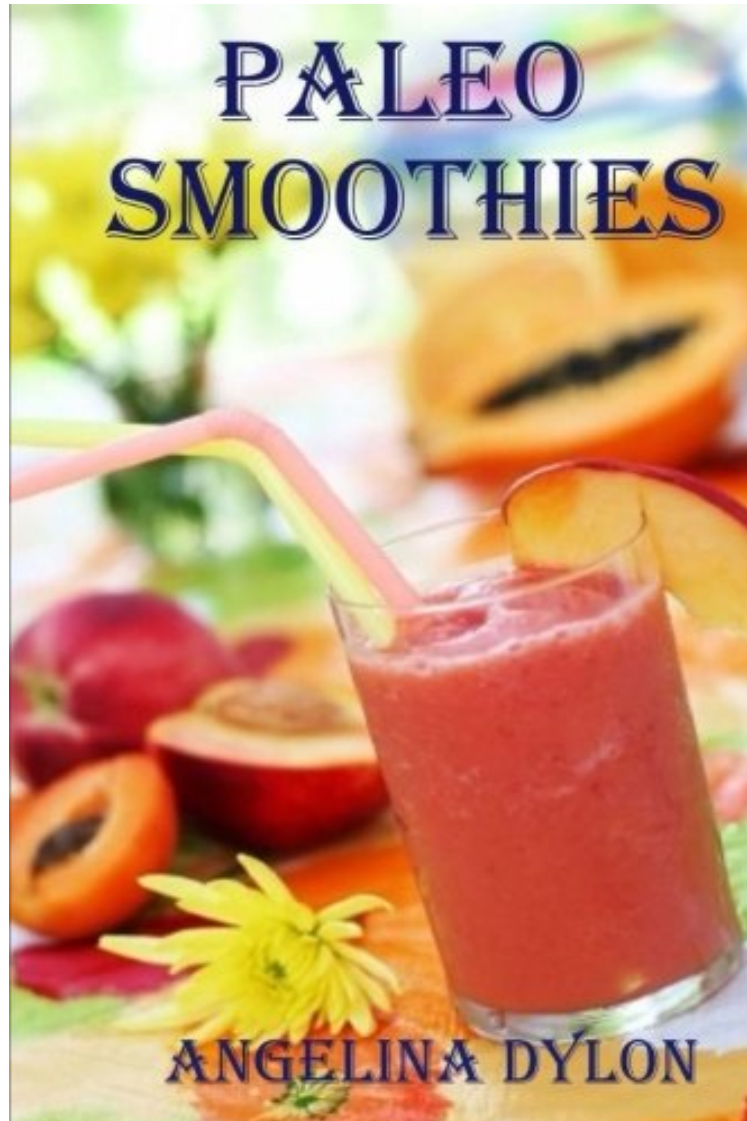


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## Paleo Smoothies: Recipes to Energize And For Weight Loss

*Angelina Dylan*

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This was great. They were easy to make, great tasting and some of them felt like I had a little desert. Not only did my energy stay up throughout the day I am down 6 pounds. This is great. I can't thank you enough. Looking forward to your next book. This one is a keeper. I especially love the Spinach Peach!9 of 9 people found the following review helpful. Overpriced tiny paperback but OK as a free Kindle PrimeBy Clay AdamsOnly 27 recipes. I suppose OK if you get it free with Kindle Prime.But the little pamphlet is way overpriced compared to smoothie books.Clever to mash up the trendy Paleo title with the popular smoothie craze.Smart marketing combo in need of a better book.7 of 7 people found the following review helpful. Love it -simple and easy recipes!By Beverly A. ButlerI'm so glad to have a simple and easy recipe book for healthy foods/smoothies. This will help tremendously as I work on improving my eating habits as I must do to improve my health. This recipe book will make it so much easier and fun to eat healthy. I also like the nutrition facts Angelina shares and the helpful info she includes. It just adds to the recipe book and makes it more interesting.Beverly B.

Delicious smoothie recipe book which is quick easy to make for weight loss and Healthy!The Paleo diet may seem restricting but with this cook book, the reader can find a variety of smoothie recipes that are acceptable meals or snacks in the paleo diet. Recipes for the following smoothies are included: Vegetable and green smoothies, fruit smoothies including strawberry, banana, rhubarb, coconut, and pineapple, detox smoothies.Also included in the book are: Nutritional facts for each recipe and some fun and interesting facts on ingredients used in the recipes. Book helpful for those following the Paleo diet, but it also provides variety for anyone who is interested in eating healthy. Ingredients used in these smoothies are not uncommon, but are easily obtained ingredients; this makes creating these smoothies enjoyable, easy and delicious.Scroll Up To Grab A Copy!!

The recipes in this book look pretty easy to follow and create within minutes... I love and enjoy quick, nutritious and delicious smoothie meals on the go! Thank you!