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## **Pegan Smoothies: Better Health, High Energy, and Weight Loss (Pegan Pantry Diet Cookbooks) (Volume 3)**

*Rae Lynde*

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# Smoothies

Better Health, High Energy, and Weight Loss



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Smoothies: Better Health, High Energy, and Weight Loss (Pegan Pantry Diet Cookbooks) (Volume 3):

45 delicious Pegan Diet smoothie recipes for better health, increased energy, and weight loss -- Plus get your FREE Pegan Pantry Food List, too. The PEGAN diet is NOT a diet of gimmicks but a lifestyle that works. LOWER BLOOD PRESSURE -- LOWER BLOOD SUGAR LEVELS -- LOWER CHOLESTEROL -- LOSE WEIGHT With high blood pressure, high cholesterol, high blood sugar, heart problems, allergies, being overweight and many more health issues affecting Americans, the PEGAN diet offers positive steps to take in order to bring health back to balance. With a strong emphasis on fruit and vegetables, this dietary plan, and PEGAN SMOOTHIES recipe book, offer a great way to increase your your fruit and vegetable intake. Nutritious, delicious and guaranteed to delight your taste buds, you'll return again and again to these recipes. Get your copy of PEGAN SMOOTHIES today and make sure you take advantage of the FREE offer for the Pegan Pantry Quick Food List.