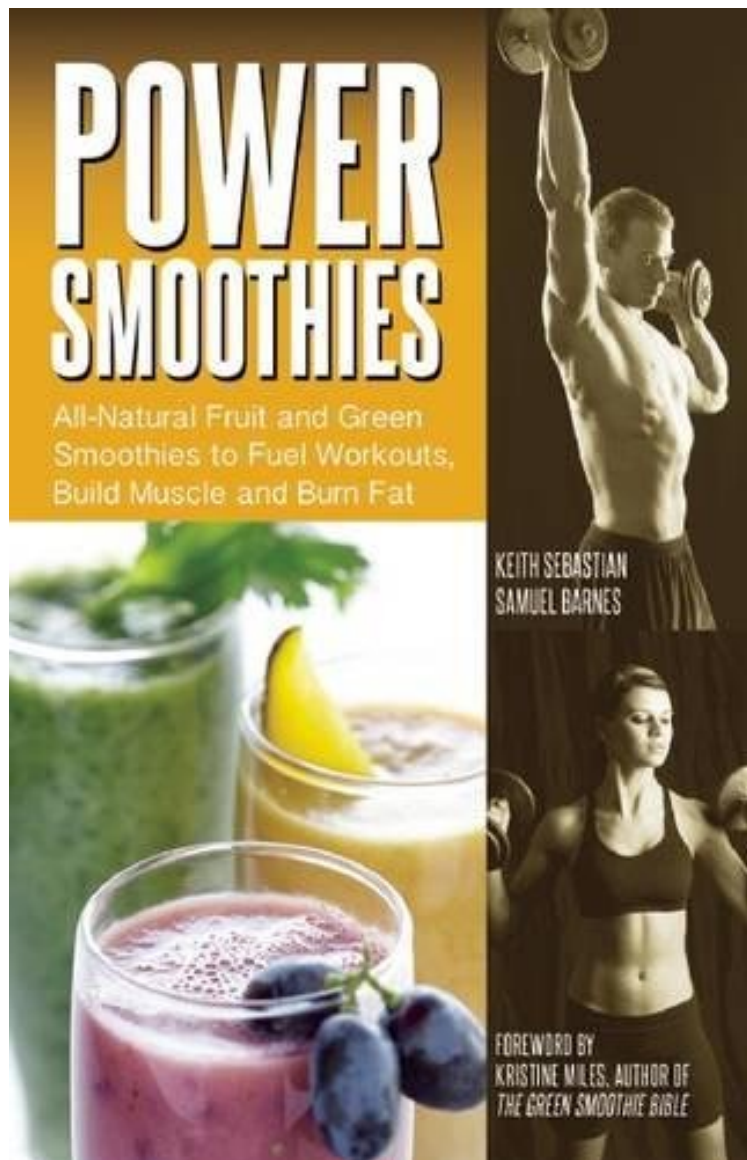


[Ebook free] Power Smoothies: All-Natural Fruit and Green Smoothies to Fuel Workouts, Build Muscle and Burn Fat

Power Smoothies: All-Natural Fruit and Green Smoothies to Fuel Workouts, Build Muscle and Burn Fat

Keith Sebastian, Samuel Barnes

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Keith Sebastian, Samuel Barnes : Power Smoothies: All-Natural Fruit and Green Smoothies to Fuel Workouts, Build Muscle and Burn Fat before purchasing it in order to gage whether or not it would be worth my time, and all praised Power Smoothies: All-Natural Fruit and Green Smoothies to Fuel Workouts, Build Muscle and Burn Fat:

0 of 0 people found the following review helpful. Powerful Smoothies By Elizabeth Elle I admit it, I love smoothies that are "bad for you"; Jamba Juice? Yes please! So I picked up this book because while my smoothies are delicious, I know there are better options for me, especially when I'm working out. This book gives so much information. I love the information about the nutrients, and what kinds of ingredients are best in a smoothie for which person. Besides information about the foods that go into smoothies, but there is also information about protein supplements. This was great for me, because I had no idea about any of this before going into it! There is information for smoothies to lose weight or to gain muscle, which is great. Each of these has information on how to prep, which I always appreciate. And finally, the best part- recipes for smoothies! These recipes are single-serve smoothies, which is great. For breakfast, my favorite is the apple-cinnamon oatmeal smoothie, yum! For a post-workout smoothie, my favorite is pomegranate punch (I'm a sucker for pomegranates). Did you know there are evening smoothies? My favorites include chamomile crush and strawberries & cream. If any of this sounded good to you, please pick up this book! It's so chock filled with good information and delicious recipes!

1 of 1 people found the following review helpful. Smoothies for a workout junkie. By Lee My son is a workout junkie. He goes to the gym every day. The main source of his nutritional diet is a protein shake. He has preached to me when to have a protein shake, before a workout, after a workout, how long before a work out and how long after a workout you should drink one. Sometimes I don't think he even eats food, just a protein shake. He has always proclaimed that they are a complete meal. He has told me about what fats are good for you and the different types of carbohydrates. This book explains all of it, proteins, carbohydrates, minerals, fibers, vitamins and has all the nutritional information on everything you might put in a smoothie. It even tells you how to grow your own garden. This book is organized well from beginning to end. It has different smoothie based diets for carb-boosting for a work out, to a weight lost, an immune-boosting smoothie and so much more. I really bought this book for just a couple of different smoothies' recipes, hoping I could mix up my son's smoothie diet. This book gave me more than just recipes.

0 of 0 people found the following review helpful. Thorough guide to smoothies for athletes. By Margot C. This book was recommended to me by a running friend who knows I like to fuel my workouts as greenly as possible, and she couldn't have made a better suggestion. Not only is there a seemingly exhaustive list of possible smoothie ingredients and all their nutritional benefits, but my favorite part about Power Smoothies is that the recipes (and there are A LOT of them) are broken down by suggested use or function—everything from morning and nighttime smoothies to smoothies that are better for pre- or post-workout or that are carb-packed for when you're leading up to a big race or event. That's what I find is missing from a lot of other green smoothie recipes: I want to know why a certain smoothie is good for me or what it will help me do. After a recent long training run, I came home and whipped up a "Nectar of the Gods" smoothie with nectarine, bananas, kale, honey, and protein powder. It had a great balance of protein and carbs to help with recovery—and it tasted great! Now I just need to upgrade my blender to really improve my smoothie game.

FEATURES 165 PROTEIN-PACKED, ENERGY-BOOSTING SMOOTHIES THAT TAKE EVERYDAY WORKOUTS AND ATHLETIC PERFORMANCES TO THE NEXT LEVEL Power up your workouts with natural smoothies made from the best superfoods on the planet. Offering vitamin-, mineral- and protein-rich recipes for before, during and after you exercise, the fruit and green smoothies in this book not only help you build muscle but also properly nourish your entire body: • Boost your metabolism with green tea & infused Almond Up • Burn fat with the macronutrient-balanced Skinny Avocado • Hydrate with the thirst-quenching Coconut-Orange Refresher • Carb-Load with the superfoods in Sweet Potato Pie • Build Muscle Recover with the protein-packed Red Bean Reviver • Wake up, caffeine free, with the Berry Bean Blast

About the Author Keith Sebastian and Samuel Barnes are professional authors. The former lives in Cambridge, MA, the latter in Oakland, CA.