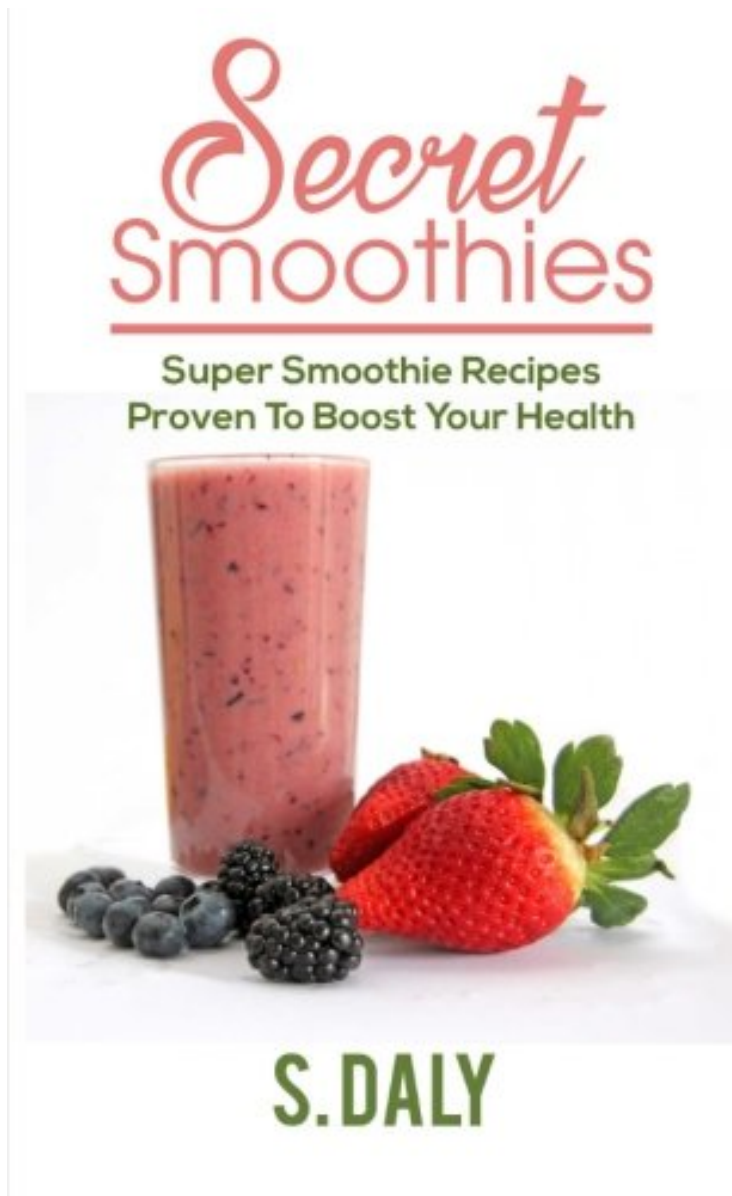


(Free) Secret Smoothies: Super Smoothie Recipes Proven To Boost Your Health

Secret Smoothies: Super Smoothie Recipes Proven To Boost Your Health

S Daly

*ebooks / Download PDF / *ePub / DOC / audiobook*



[Download](#)

[Read Online](#)

2016-06-09Original language:English 8.00 x .24 x 5.00l, .25 #File Name: 1534618902106 pages | File size: 52.Mb

S Daly : Secret Smoothies: Super Smoothie Recipes Proven To Boost Your Health before purchasing it in order to gage whether or not it would be worth my time, and all praised Secret Smoothies: Super Smoothie Recipes Proven To Boost Your Health:

0 of 0 people found the following review helpful. Healthy and tastyBy DraxI'm working my way through the book, trying all the recipes. Every one I've tried tastes great, and I'm feeling more energized. My favorites so far are the avocado green smoothie and the banana almond butter protein smoothie.

Secret Smoothieshellip;..Shhh Having spent the past decade working as a personal trainer I know first-hand the importance of good nutrition. Smoothies are one of the fastest, most effective and hassle-free ways of getting the key nutrients into your body on a daily basis. I set out on a mission to make a smoothie book, but not just any smoothie book. The thing I found over the years is that many of the smoothie recipes out there taste awful. I wanted this book to be different. And so I went on a mission to find the most nutritious, best tasting smoothies. Then I wanted to go one step further, I wanted this to be one of the only books out there that listed the scientifically proven health benefits of each individual smoothie recipe. I began trying and testing many different recipes, not just myself but I made them for my many personal training clients, family and friends. A year later I have what I genuinely think are the best tasting, most health benefiting smoothie recipes available. It has been a fun year trying, testing and researching. I know in my heart that like so many of my clients, you too will soon reap the rewards of these health boosting smoothies! Super Smoothies to target the following issues: 1. High blood pressure 2. Weight-loss 3. Fatigue 4. Depression 5. Beauty/Skin conditions 6. Detox 7. Pre/Post workout 8. Digestive issues 9. Immune system boosting 10. cholesterol Grab you copy now!