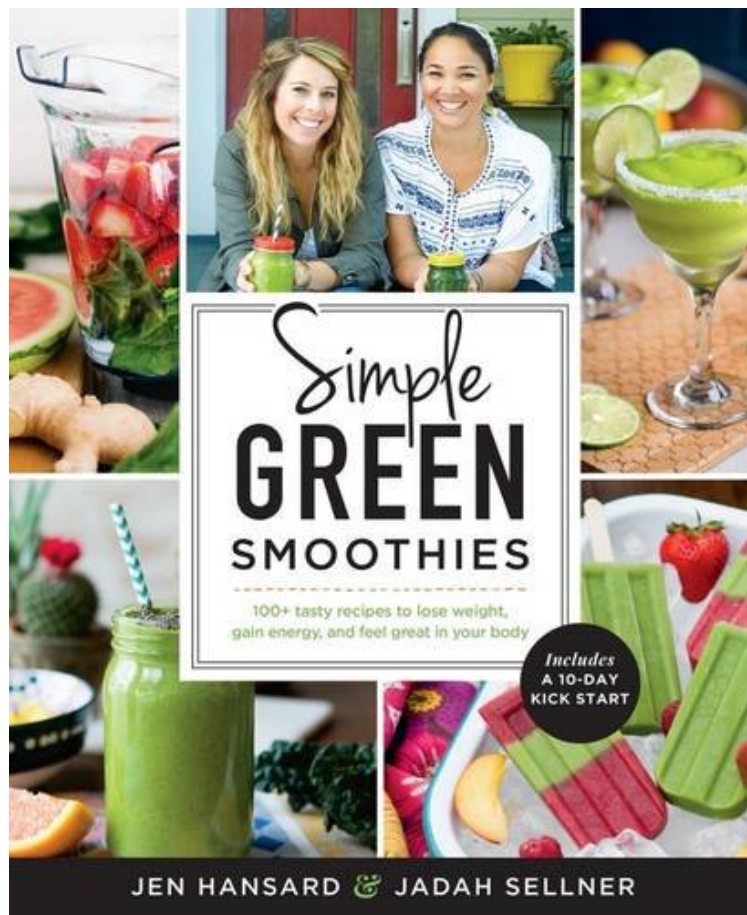


[Free] Simple Green Smoothies: 100+ Tasty Recipes to Lose Weight, Gain Energy, and Feel Great in Your Body

Simple Green Smoothies: 100+ Tasty Recipes to Lose Weight, Gain Energy, and Feel Great in Your Body

Jen Hansard, Jadah Sellner
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Jen Hansard, Jadah Sellner : Simple Green Smoothies: 100+ Tasty Recipes to Lose Weight, Gain Energy, and Feel Great in Your Body before purchasing it in order to gage whether or not it would be worth my time, and all praised Simple Green Smoothies: 100+ Tasty Recipes to Lose Weight, Gain Energy, and Feel Great in Your Body:

120 of 123 people found the following review helpful. Love this gorgeous Smoothie Recipe book!By Amy JohnsonOkay - I'll admit I've only had the book for 24 hours - but I do already love it. :-) I had my first smoothie from the book this morning - and it had sweet potato, so I was of course a bit apprehensive - but it was fantastic. I needn't have worried. I've been enjoying the Simple Green Smoothies lifestyle for almost a year now and Jen and Jadah rarely steer me wrong.I was first introduced to SGS via their 21-day cleanse - which I *highly* recommend. (look for it on their website) I've done it twice now and plan to do it at least 2x per year - forever. I can safely say SGS has changed my life. I have completely changed the way I eat, starting with having a Green Smoothie 5 out of every 7 days, or

more. Having so many smoothie recipes in one book is going to be the best. Quite of the book is devoted to "setting up" and the "gear." (too much, imho) SO don't let that intimidate or steer you away. It's not a big deal and before you know it you'll be whipping up smoothies every day without thinking twice. I now have a complete routine and inventory of what's on the counter, what's in the fridge and what's in the freezer. It's just a matter of deciding which one to make when I wake up each morning. One final note: I especially love the book's index. Say you've got a pear on the counter that's perfect and ready to be eaten - today! - just look up "pear" in the index and there you go, all 10 smoothies featuring pear. Take your pick. Yum!! Love it. 5 of 5 people found the following review helpful. My husband and son love them, and I feel good knowing I'm giving ...By Nissan G. I have made nine of the smoothies so far, and only 2 were not my taste. My husband and son love them, and I feel good knowing I'm giving them healthy and yummy nutritious smoothies. They are sweet and creamy, are perfect as meal replacements or pre-workout energy boosts, and even satisfy my sweet tooth when cravings hit. I cannot be happier with this book and hope to continue having 1 smoothie a day. 3 of 3 people found the following review helpful. Great buy! By Jackie M Spagnuolo Bought this book for my boyfriend, who wants to eat for vegetables. He hasn't really started using it but I finally tried some last week. I have had a smoothie for 13 days straight. I am loving the book! It has a lot of useful information about buying in bulk, freezing ingredients and storing smoothies. The smoothies taste great!

Jen Hansard and Jada Sellner are on a fresh path to health and happiness- deprivation not included. In their book, Simple Green Smoothies, these two friends invite you into a sane and tasty approach to health that will inspire and energize you on your own journey toward a happier life. The Simple Green Smoothies' lifestyle doesn't involve counting calories or eliminating an entire food group. Instead, it encourages you to make one simple change: drink one green smoothie a day. Simple Green Smoothies includes a 10-day green smoothie kick-start to welcome you into the plant-powered lifestyle, with shopping lists included. Follow it up with 100+ delicious recipes that address everything from weight loss to glowing skin to kid-friendly options. Hansard and Sellner are two moms raising their own families on healthy, whole-food recipes. They've seen the amazing health benefits of green smoothies firsthand- from losing 27 pounds to getting more energy. Their wildly popular website has changed the lives of over 1 million people and made them the #1 green smoothie online resource. Simple Green Smoothies will empower you to take control of your health in a fun, sustainable way that can transform you from the inside out. Ready to join the plant-powered party?

My family loves all of the innovative and tasty combinations of flavors in Simple Green Smoothies, and I feel good knowing that my family is getting in their greens and other nutrients from the fruits and vegetables!" ?Danielle Walker, New York Times bestselling author of Against all Grain: Meal Made Simple "Simple Green Smoothies is my go-to resource when it comes to nutritious green drinks for my family!"—Lisa Leake, #1 New York Times bestselling author of 100 Days of Real Food "Simple Green Smoothies makes adopting healthy habits as easy as flipping a switch. Their easy, delicious-as-all-hell recipes meet you wherever you're at and taste so good that you'll forget just how healthy they are."—Michelle and Matt, #1 New York Times bestselling author of Thug Kitchen "My life changed when I started drinking green smoothies on a daily basis. If you want more energy, fulfillment, and joy in your life then read this book and drink it up as Simple Green Smoothies is changing the world!"—Lewis Howes, author of The School of Greatness "Simple Green Smoothies offers delicious recipes that work, sumptuous photographs that inspire, and stories that motivate to help us all take exquisite care of ourselves."—Alexandra Jamieson, author of Women, Food, and Desire, co-creator Super Size Me "I am an integrative pediatrician and in every single patient plan I create, I include a link to simplegreensmoothies.com. I do this because I feel the single best first step a parent can make toward reclaiming the health of their child is to add one simple green smoothie each morning." — Dr. Sheila Kilbane, MD, Integrative Physician "When people ask me what the best thing they can do for their health is, I tell them: start with one green drink a day. And if you want it to be amazing and delicious, get your recipe from Simple Green Smoothies!"— Vani Hari, New York Times bestselling author of The Food Babe Way "Drinking one green smoothie a day is a delicious way to sneak nutrient-rich leafy greens and fruits into your diet. And Simple Green Smoothies, packed with recipes, tips, and more, makes it super easy to make this healthy habit stick!"? Heather K. Jones, RD "Simple Green Smoothies is changing the world, one blender at a time. They're my go-to resource for tasty, nutritious smoothies that my entire family loves."— Jaden Hair, author of The Steamy Kitchen "Jen and Jada are creating a global health movement one smoothie at a time. Every morning needs a Simple Green Smoothie."— Melissa Lanz, author of The Fresh 20 "Jen and Jada's passion for healthy living, their generosity and their charisma have enabled them to build a ravenous community who looks to them daily for smoothie recipe ideas, encouragement and inspiration to continue on the path to healthier lifestyle. Their book will be an invaluable resource for everyone and I'm thrilled to get to share it with my community." — Erin Chase, 5DollarDinners.com About the Author Jen Hansard and Jada Sellner are the founders of Simple Green Smoothies. They are the hosts of the wildly popular 30-Day Green Smoothie Challenge. They are on a mission to help busy people rethink their lifestyle choices by establishing healthy habits that are easy to stick with. Hansard lives in Brooksville, FL, and Sellner lives in Walnut Creek, CA.