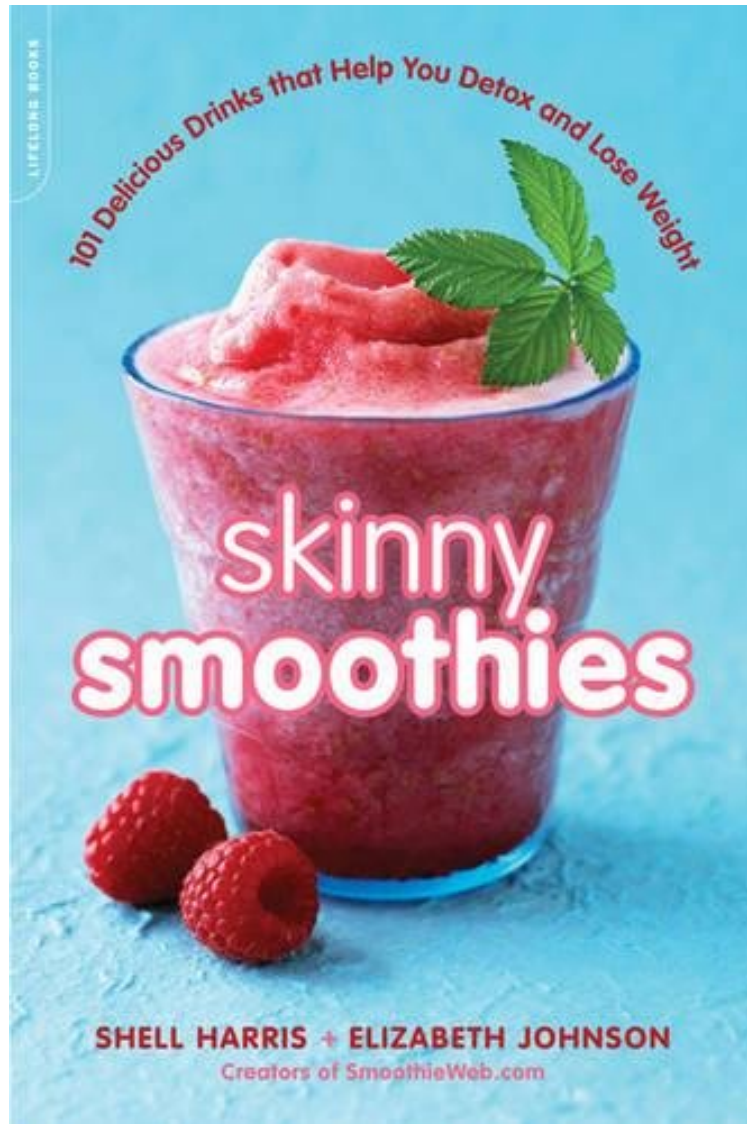


(Mobile pdf) Skinny Smoothies: 101 Delicious Drinks that Help You Detox and Lose Weight

Skinny Smoothies: 101 Delicious Drinks that Help You Detox and Lose Weight

Shell Harris, Elizabeth Downing
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Shell Harris, Elizabeth Downing : Skinny Smoothies: 101 Delicious Drinks that Help You Detox and Lose Weight before purchasing it in order to gage whether or not it would be worth my time, and all praised Skinny Smoothies: 101 Delicious Drinks that Help You Detox and Lose Weight:

6 of 6 people found the following review helpful. A TreasureBy J VanDykeWhat a treasure. Expecting only a collection of smoothies, which was what I wanted at the time, I was delightfully surprised at the expanse of

information in this book. The special advantages of the various fruits, vegetables, and additives were invaluable. Knowing which smoothies were "picker-uppers" and which could be substituted for meals was also very helpful. And, finally, having the carbs, sugars, proteins, etc. included with each recipe was fabulous. I have spoken about this book to many friends who have bought it and are glad they did. 2 of 2 people found the following review helpful. awesome book and recipes! By Ralph Alice Kramden Well i'm using this book to shed a few pounds and it's all there right in front of you...all the recipes, all the nutritional value, the variety of smoothies and i got it cheap!....great buy and value! 4 of 4 people found the following review helpful. Awesome! By Lissa Scott Includes tons of great recipes and is very informative in terms of nutrition data and calories. I can't decide which ones to make first!

Smoothies are not only delicious, convenient, and fun to drink, but they're also a great way to get your daily requirements of fruits and vegetables. However, not all are created equal when it comes to health; some smoothies from a popular chain weigh in at 500, 800, even 1,000 calories! Shell Harris and Elizabeth Johnson have tasted and tested hundreds. *Skinny Smoothies* features 101 original recipes for lighter drinks; low in fat and calories and high in nutritional value; ideal for anyone who wants to lose weight without feeling deprived. The book includes nutritional information and tips on foods and supplements to rid the body of harmful toxins. Try a Glowing Skin Smoothie or an Apricot Energy Punch, and get started on a delicious path to a healthier life.

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