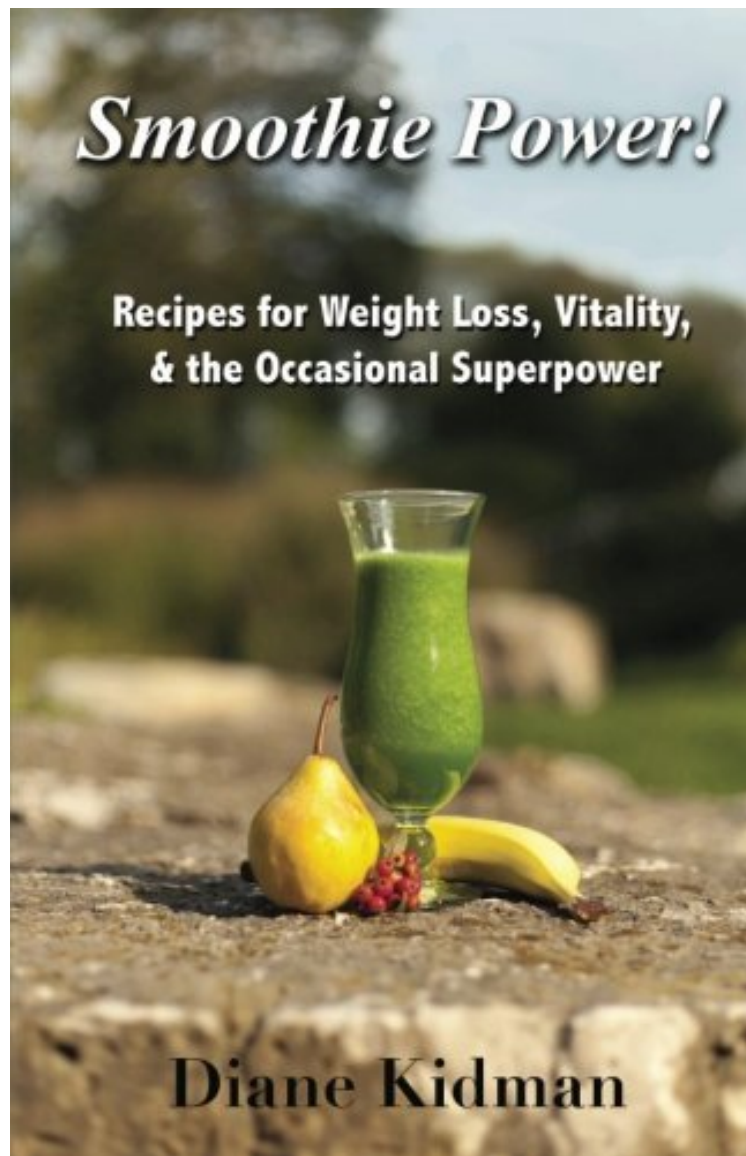


(Mobile ebook) Smoothie Power!: Recipes for Weight Loss, Vitality, the Occasional Superpower

# Smoothie Power!: Recipes for Weight Loss, Vitality, the Occasional Superpower

*Diane Kidman*

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**Diane Kidman : Smoothie Power!: Recipes for Weight Loss, Vitality, the Occasional Superpower** before purchasing it in order to gage whether or not it would be worth my time, and all praised Smoothie Power!: Recipes for Weight Loss, Vitality, the Occasional Superpower:

2 of 2 people found the following review helpful. Excellent Book; Terrible Navigation  
By C. A. Fuchs  
Almost as soon as I received the Kindle edition of Diane Kidman's "Smoothie Power! Recipes for Weight Loss, Vitality, the Occasional Super Power," I started reading it. I was very impressed with the scholarship (very well researched), the writing (extremely well edited), and the recipes (I wanted to try a number of them right away). I needed a few ingredients, however, so I put it down for another day. Today was that day. I bought the necessary ingredients, and now I wanted a smoothie. That's when I realized the book's one shortcoming--it has no table of contents, no index, and no way possible to navigate through it. I had to start at the beginning and go page by page to try and find the recipes I wanted. I was able to place a book mark at specific pages, but that's a very cumbersome method of navigation. I usually enjoy Kindle editions, but this is one book that would definitely work better as an actual print edition. That being said, I'm still very glad I got it (it was free, by the way), and I plan to try more of the recipes. The one that I did try--"Spring Fresh"--uses red grapes (I used black ones), a banana, Romaine, and parsley. I misread the recipe and used dill instead of the parsley, and it was still fantastic. I can see that green smoothies will be a regular part of my diet, and I thank Kidman and her terrific book. I just hope that she can figure out a way to make navigation a possibility in the future.

3 of 3 people found the following review helpful. Got my Mojo back  
By Helen Bairstow  
We're always hearing how important it is to eat our greens but who has the time, or the taste buds for all that green. Problem solved with green smoothies. I'm the type of person who hates stopping for lunch and when three o'clock comes I am ravenous. Now making a green smoothie is a quick and easy lunch. I've got energy for all the day and my mind seems so much clearer. All the benefits Dianne tells are true. More energy. Imagine waking up bright eyed and ready to go. That's what has happened to me. My skin feels so soft. I especially like the section about which produce to get as organic and which you can 'risk' going non-organic. Helps to ease my mind knowing that info when I rush into the local supermarket to top up on our fruit and vegetables. And so many recipes. The fact that mainly only have four ingredients is great for us busy busy people. I've even got my husband drinking them. Seriously. I did work with my local naturopath while on them initially to make sure I was getting everything I needed nutritionally. Thank you Dianne for making green trendy.

2 of 2 people found the following review helpful. I never thought I would love this!!  
By Susan, Susan  
Smoothie Power! is a great way to feel good while losing weight! I have been doing this just a little over 2 weeks and I have already lost 7 pounds. The recipes are delicious and if you put the smoothie in an opaque glass no one else at the meal needs to feel intimidated by your "green" drink. I will admit to modifying some of the recipes, in that I am just using spinach since it is easy to come by and cheap--I am also using my rice milk or coconut milk instead of just water. Even so I am losing weight and feel terrific. Haven't tried the soups and salad dressings yet but they are next on the list!! This book is a treasure!

Eating Healthy Can Be Addictive! Diane Kidman writes a lot of books. While they've all been Kindle health bestsellers, Smoothie Power! is the one that gets her the most chatty and almost embarrassingly enthusiastic. That's because when she set out to write it, she thought it'd be a quick recipe book. You know, a fun little bout with a blender and some fruit and leaves. Instead, she found out that drinking all those smoothie experiments from her kitchen was changing her health - drastically. A lifelong asthmatic, she discovered a new favorite sport: Breathing. Yes, it's true. All those leafy greens and fruit whirred around in the blender was transforming her in ways she didn't realize were possible. You see, other people breathe in nice deep breaths without gagging, whereas Ms. Kidman did not realize this. Not really. Walking to the mailbox pretty much made her choke. Walking back? We will not go there. The visual is too disturbing. Who Doesn't Want Accidental Weight Loss? Then there were the nine pounds she lost in about two weeks. Just because of the smoothies. (While she did make some big dietary changes during le grande smoothie experiment, this was AFTER losing weight. Not before. Lungs? Same deal. But the later dietary changes boosted both skinniness and breathiness. Big time.) So there we are. Over 100 smoothie recipes later, Ms. Kidman wanted to shout from the mountaintops about her new-found energy. But she'll settle for hollering from a small dune if need be. Truth be told, this is her favorite of all her books thus far. We have asked her to calm it down a bit. Just pull the reins in a teensy weensy way, so as not to embarrass us. But will she listen? NO! She wants to go running. RUNNING, we say. And she dances about the house clutching a glass of green stuff to her chest. And singing. Off key. It's quite humiliating, really, but we cannot stop her. More Than Just Smoothies ndash; Other Stuff Too! Now she is poking at us and reminding us that we should also mention the book contains recipes for a few blender soups and blender salad dressings, as well. We are tired of hearing about her soup. Someone please stop her. What Others Are Saying: "I have been doing this just a little over 2 weeks and I have already lost 7 pounds. The recipes are delicioushellip;" "Can't wait to try smoothies. My grocery list is made and I'm excited. Easy to read and understand. Diane makes this seem simple." "Diane Kidman has done a great job with this book. Written in a friendly, personal style; without compromising on the research and details."

About the Author  
About the Author: Diane Kidman studied herbalism with the Southwest School of Botanical Medicine and continues to study through real-life practice. Her focus is on teaching others to incorporate herbalism into their everyday lives, while living a more natural and chemical-free life. She is often found picking and ingesting

all manner of weeds and leaves.