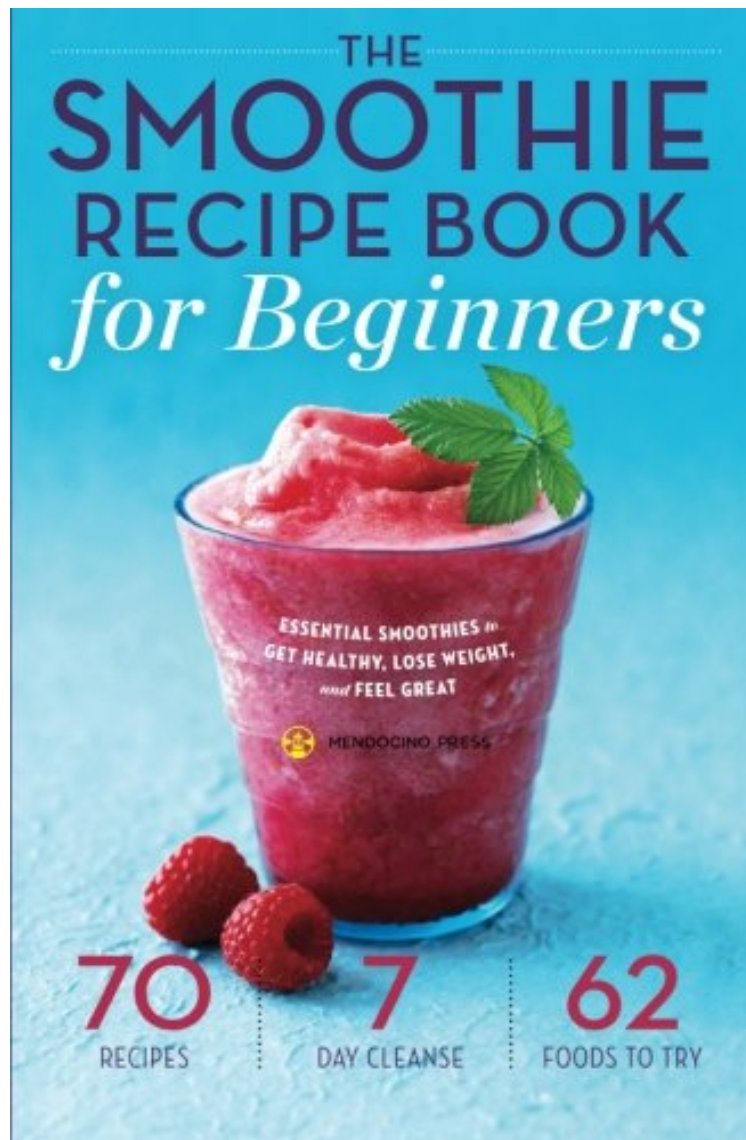


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Smoothie Recipe Book for Beginners: Essential Smoothies to Get Healthy, Lose Weight, and Feel Great

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Mendocino Press : Smoothie Recipe Book for Beginners: Essential Smoothies to Get Healthy, Lose Weight, and Feel Great before purchasing it in order to gauge whether or not it would be worth my time, and all praised Smoothie Recipe Book for Beginners: Essential Smoothies to Get Healthy, Lose Weight, and Feel Great:

2 of 2 people found the following review helpful. Grab a smoothie! Read firstBy Jamillah R.It's a fun way to get the health kits that we need. Drink your fruits and vegetables. It's hard to eat clean when you are on the run and need to still constantly shove food into your mouth. Instead try drinking it through a straw. Personally I really enjoy smoothies, especially when I can make them myself. Most places charge an arm and leg for a smile smoothie. Or even worst they aren't made fresh. This book does an awesome job of explaining how using smoothie diets to add fiber to our routines, help us better absorb sugar and reduce belly fat. A simple formula not necessary providing all of the ingredients is the purpose of this book. It gives a general overview of the benefits and why beginners should start. It is worth a read!2 of 2 people found the following review helpful. Straightforward but creativeBy Akal KrauMaking smoothies always seemed intuitive or obvious to me. But the this book has some great ideas and helpful clarifications. As compared to juice, for instance, smoothies have more fiber, keep longer, can make them complete meals by adding fats and proteins, and are easier to clean-up after! You can consume smoothies faster than individual fruits and veggies. You control the ingredients (no extra fructose). This is key to anyone aiming at weight loss!I found the chapter on the dessert smoothies most helpful as I have a bit of a sweet tooth and eat real junk from time to time. This chapter offers alternatives to high fat deserts with unhealthy additives.The intro notes that Vitamin C leads to improved circulation and improved nails, hair, skin, etc. The tips on reducing froth or curdling, buying in bulk, preparing ingredients, and storing left-overs were helpful. And I finally learned why things ripen quicker in a paper bag!Some of the tips were too obvious to be printed in a book, like common sense tips for picking fresh fruits and veggies. But all in all the info and recipes are great!2 of 2 people found the following review helpful. Great start for a healthier YOU!By geri Moeckel"The Smoothie Recipe For Beginners" spells out is a wonderful, simple pathway to a better, healthier life style. With simple tools and a rainbow of fruits and vegetables, the smoothies supply an abundance of nutrients. Choosing the freshest fruit and vegetables and adding supplements, super foods, protein powders, and a variety of liquids, like coconut milk, will easily make a nutritious meal replacement or snack. Many degenerative health problems can be abated or eliminated by dietary adjustments. An excellent variety of smoothie recipes, including recipes for a three-day and a seven-day cleanse, come with simple directions.. Notes about specific nutrients and calories help to validate the contributions smoothies will make to any health regiment. Limiting exposures to toxins, in the final pages, make this book a wonderful building-block to construct a healthier body.

Dramatically change the way you look and feel with The Smoothie Recipe Book for Beginners.