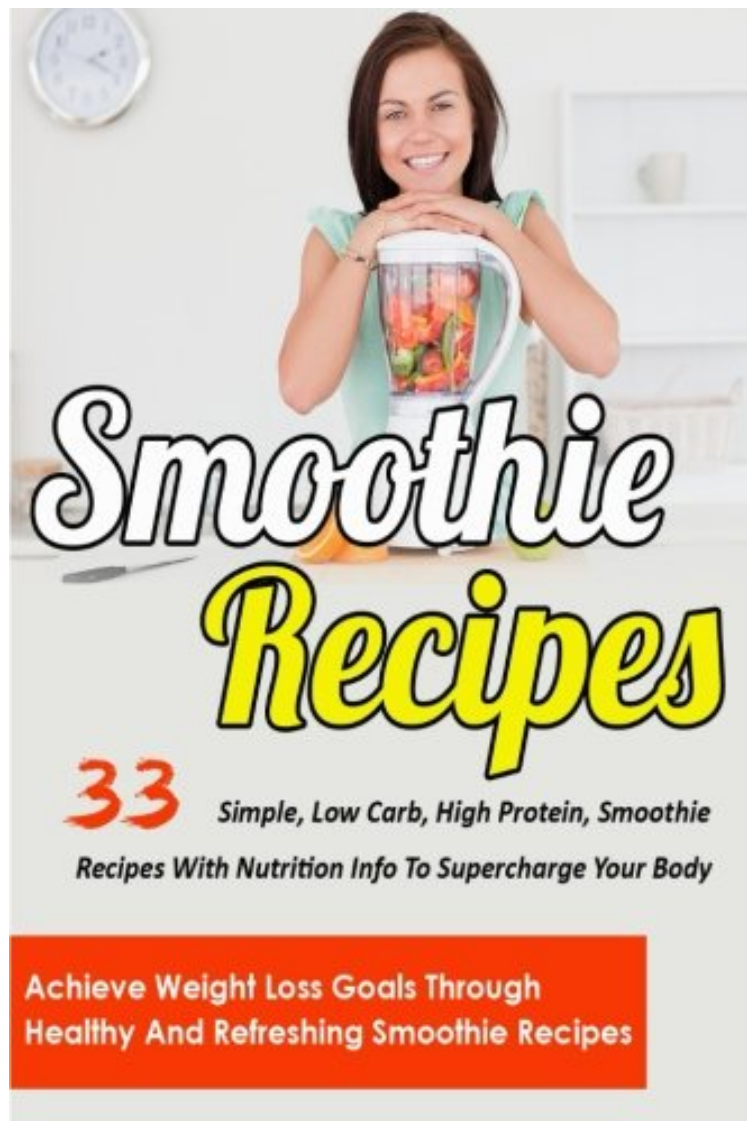


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Smoothie Recipes: 33 Simple, Low Carb, High Protein Smoothie Recipes With Nutrition Info To Supercharge Your Body-Achieve Weight Loss Goals Through ... Smoothie Recipes For Weight Loss) (Volume 5)

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2 of 2 people found the following review helpful. Nutritional information appears incorrect for at least one recipe. By Neil Kiser I'm a bit uncertain how to think about this book at the moment. I can see that the book appears well thought out and is chock-full of recipes. This is in contrast to many other smoothie books I have purchased which, in hindsight, appear slapped together with no nutritional information or insights into smoothie creation. So, on that I give full kudos to this book. But, I just came to a recipe and the nutritional information on it makes no sense. I took the ingredients and entered them into a nutritional calculator and the numbers are nowhere near one another. I am left to wonder if this is an isolated issue or if all of the nutritional information in the book is suspect. The recipe in question is "Choco-covered berry smoothie". I am on the Kindle version so I can't confirm the page number for you but a quick search will turn it up. You will see 470 calories in total, 49 grams of protein and 32 grams of carbohydrates. But a quick review of the recipe had me wondering where all the protein is coming from (there is only 8 ounces of low fat milk and 2 tablespoons of greek yogurt). My nutritional calculator came back with 126 calories, 11 grams of protein, and 17 grams of carbohydrates. Until I can understand the extent that other nutritional information may be incorrect, I can't recommend this book *if you want nutritional information for each recipe* (which I do, and is why I purchased this book). 7 of 7 people found the following review helpful. Smoothie Recipes Review By Don Pasco My goal in 2014 was to improve my eating habits. I've seen a lot of articles in magazines about smoothies and when I go to the store I see an assortment of pre-made smoothies and smoothie powder mixes. I felt that I was getting an overload of smoothie info but nothing really factual. Plus a lot of the smoothies were flavors I didn't like and many were actually not that healthy when I read the label. My goal is to watch my carbs and if that is your goal, I urge you to read labels as a lot of "healthy" smoothies are carb laden. When I came across this book, I knew it was the right choice. The Pumpkin Smoothie recipe alone sold me on this book. The Carrot Smoothie came in a close second. If you have a sweet tooth there are also numerous dessert like smoothies – that are not high carb. There's even a Red Velvet Smoothie that has a good amount of protein. Each recipe is easy to follow and uses basic ingredients. I also liked that the author included the calories, carbs and protein for each shake. All in all, I found this book to be really well written and full of unique (and good tasting) smoothie recipes. 2 of 2 people found the following review helpful. Amazing smoothie recipes! By Customer I really enjoyed this book... the author, Stephanie has put some super delicious recipes in one place here. It starts out with breakfast smoothies which really looked good. I personally haven't used carrots or vegetables in my smoothies so this was a treat for me. I made the carrot protein smoothie and it was very refreshing and delicious. The vanilla protein powder combined with the pineapple and shredded coconut made me forget that there were even carrots in it! My favorite section by far is the chocolate and coffee section. The first recipe I made out of the book was the choco mint one. Super tasty!! This is a great book for smoothie beginners and experts.

Create Simple, Delicious And Nutritious Smoothies Smoothies are a great way to get your energy boost for the day, especially if you are undergoing weight training and management or preparing for a sports event. This recipe book contains 33 delicious high-protein, low-carb smoothie recipes, plus the nutritional information for each if you need to count your calories. Aside from the recipes, this book also contains background information about the benefits of going on a low-carb high-protein diet, and why smoothies are a great way to complete your calories for the day. It also contains a general guideline for preparing protein smoothies to preserve most nutrients and promote quick nutrient absorption. With this recipe book, you will be able to vary your protein smoothies and create your own nutritious and tasty smoothie recipes. Here Is A Preview Of What You'll Learn... Protein smoothies and weight loss—a basic guide Easy breakfast protein smoothies Fruit and veggie smoothies Chocolate and coffee smoothies Dinner smoothies Snack and dessert smoothies Much, much more! Buy your copy today! Take action today and buy this book for a limited time discount.