

Smoothie Recipes Box Set: Weight Loss Edition Coconut Oil, Green And Paleo Smoothie Recipes

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Darrin Wiggins, Charity Wilson : Smoothie Recipes Box Set: Weight Loss Edition Coconut Oil, Green And Paleo Smoothie Recipes before purchasing it in order to gage whether or not it would be worth my time, and all praised Smoothie Recipes Box Set: Weight Loss Edition Coconut Oil, Green And Paleo Smoothie Recipes:

0 of 0 people found the following review helpful. Great smoothies and more!By Lacy GibbsAs a fan of weight loss books, this is very interesting book because it is about having smoothies as the main solution of losing weight. It is not just an ordinary smoothie that we commonly see but a secret ingredient is added which is coconut oil. The book explains the importance and the benefits of coconut oil and how it can aid us in weight loss. Also, following proper

diet and living a healthy lifestyle is also a key to be successful. The easy to follow steps made this book a must have in the kitchen and a great guide to losing weight. I would recommend this book. 1 of 1 people found the following review helpful. A secret ingredients can do it All! By Blackbird II This book gives nice smoothies recipes, as well as the secret ingredient which will make you lose weight! You would be surprised to discover what that secret ingredient is!

Weight Loss Smoothie Box Set Smoothies are the secret sauce to weight loss! Book #1 Coconut Oil Weight Loss Shakes Have you heard all the hype about how coconut oil is so effective for weight loss? Do you believe it? If not, you should. If you were to visit the places in the world where their diet is predominately coconut, you are going to see some of the healthiest people alive. Why Is Coconut So Great? MCT's that is why. Medium chain triglycerides are the magic inside coconut. These fats are processed differently in our body and basically go straight to energy. Your body loves MCT's and burns them instead of storing them as fat. There is also the fact coconut can help boost your metabolism. A fully functioning metabolism basically makes you a fat burning machine capable of enjoying the treats you want without the negative side effects. Book #2 Crush Your Weight Loss Goals With These Smoothie Recipes 101 Smoothie Recipes For Weight Loss, Going Green and Overall Health is a compilation of fresh fruit and vegetable smoothie recipes for people who want to lose weight and get some greens in their life. There isn't a specific section for weight loss as all these health enhancing smoothies are going to support your weight loss goals. Besides there is a deadly weight loss plan included with the book. Smoothies are not some miracle fat burner but work in conjunction with healthy eating. They work great for meal replacements or for people who just cannot eat enough vegetables. Vegetables are a weight loss plan's best friend so you want to get chummy with them. The point is if you think you can just add a couple smoothies a day and the fat will just melt off you have been misled. Book #3 Paleo Smoothies For Smart People No time to cook? Join the club. Intimidated by the thought of having to eat all these extra vegetables? Don't be. This book has you covered with 50 delicious Paleo Smoothies that are easy and quick to make. Convenience leads to weight gain but can also lead to weight loss. It is a powerful tool. Eating a pound of vegetables a day can seem like an inconvenience but drinking a couple weight loss shakes that support your Paleo eating is super convenient. If you don't make eating healthy feel convenient, you will eat unhealthily. It is that simple. If you are not a fan of chewing cup after cup of broccoli and kale then smoothies will be your saving grace. Book #4 50 Smoothie Recipes Just Because They Are Delicious Inside you are going to find smoothie recipes that could be used for weight loss, going green, detoxing and a hundred other things but this book has one purpose. To give you a healthy drink you can sit out on the deck with while enjoying on a hot summers night. Actually any time of year will work being some places are nice in the winter too. With over 50 smoothie recipes, you can in essence enjoy a different one every day for two months almost. That is important because you get a variety of nutrients to support a healthy body and mind while loving the taste. You avoid getting bored and turning back to unhealthy choices. If you always feel rushed to eat, smoothies are going to be your new best friend. Very few of the recipes require you to do much more than toss in the ingredients and blend away. Would You Like To Know More? Download and start savoring these smoothies today. Scroll to the top of the page and select the buy button.

About the Author Darrin Wiggins is a best-selling weight loss and self-help author who has a passion for helping people change their lives. He spent over a decade helping people improve the quality of their life through goal coaching them to become more than they believed possible. He wanted to find a way to reach more people so he decided to share his knowledge by becoming a full-time writer. The passion for personal development books comes from the results he saw people getting with the goal setting work they were doing. Ordinary people were creating the lives of their dreams by focusing on their goals. By following the advice of the greats like Tony Robbins and Brian Tracy, Darrin now enjoys the life many people only dream of. His interest in weight loss turned into a passion after he lost 45 pounds in 12 weeks healthily and naturally by customizing a diet for himself. His personal weight loss success is the driving force behind the weight loss books he writes today. There is a diet out there that will give you the results you are looking for, but it takes trial and error. By combining self-help, goal setting and weight loss, people can tackle the internal issues that typically cause weight gain in the first place. Once a person discovers why they eat the way they eat, they can start the healing process and then focus on diet. Trying to lose weight when you are not emotionally healthy does not usually end with success. Once they combine emotional health and diet with goal setting there really is nothing they cannot accomplish both with their body and their life. He hopes his books truly inspire people to live healthy, think wealthy and discover their own definition of happiness. The life of your dreams is inside you and you deserve to live it.