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## **Smoothies: The 30 Day Smoothie Revelation - The Best 30 Smoothie Recipes On Earth, 1 Recipe for Every Day of the Month (Smoothie, Smoothies, Smoothie ... Smoothie Recipes For Cleansing) (Volume 1)**

*Vanessa Williams*

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before purchasing it in order to gauge whether or not it would be worth my time, and all praised Smoothies: The 30 Day Smoothie Revelation - The Best 30 Smoothie Recipes On Earth, 1 Recipe for Every Day of the Month (Smoothie, Smoothies, Smoothie ... Smoothie Recipes For Cleansing) (Volume 1):

0 of 0 people found the following review helpful. All amazing and healthy!By Tiana LexiIndeed, smoothies are now taking the health world by storm. It is becoming, or even has become, the "it" thing when it comes to staying healthy and fit. Proof of this is the many books that teach readers how to make this and that smoothie. And then along comes this book with 30, I repeat, 30 amazing recipes! What more can you ask for?I found this very very good! The recipes here are something new for me so I am so excited to actually try them. The recipes have been arranged and grouped well too. Each kind has amazing recipes worth trying. All amazing and healthy!0 of 0 people found the following review helpful. Taste!By Mary WrightI am always looking for new and fresh ideas of tasteful food, drinks and beverages. And I always find something interesting in every cook book. So, when I find a book with delicious recipes and tables with the nutrients and the calories' percentage I am completely fascinated. The author sacrificed a good deal of time to write a detailed content for the reader to know exactly what he is consuming. The 35, not 30 as the title indicates, recipes look enviable and would fulfill one's desire for frozen and delicious beverages.0 of 0 people found the following review helpful. We should all start to feel enthusiastic and persuaded today!By Mary S.I have a gathering of recipes of smoothies from distinctive sources. I myself choose what will i drink in my everyday schedule. I discovered this eBook special in light of the fact that it has its own particular arrangement. Each guideline is given in an exceptionally detailed and straight forward manner. It is easy to understand and recipes are not difficult to plan. Also there are 5 more reward dessert formulas toward the end of the book. All formulas are made from simple to discover and non lavish fruits and vegetables. We should all start to feel enthusiastic and persuaded today!

The 30 Day Smoothie Revelation bull;bull;bull; OVER 1000 DOWNLOADS IN 2 DAYS bull;bull;bull; You do not really need to look any further The Whole process will take 30 days. Stick to a plan and try 1 smoothie recipe per day. That's all you need to do, Let the power of fruits and vegetables take care of the rest! In this book you are going to find... 30 super awesome smoothie recipes, plus 5 more bonus dessert recipes at the end of the book. All recipes are made from very easy to find and non expensive fruits and vegetables. Here Is A Preview Of What You'll Find Inside... bull; Chapter 1 - Green Smoothies bull; Chapter 2 - Banana Smoothies bull; Chapter 3 - Strawberry Smoothies bull; Chapter 4 - Orange Smoothies bull; Chapter 5 - Blueberry Smoothies bull; Chapter 6 - Mango Smoothies bull; Bonus Chapter - Dessert Smoothies \*Moreover I have included 35 full color illustrations of every recipe alongside with a very informative and easy to understand table analyzing the full nutritional data for every smoothie (cals, protein, carb, fat etc) Download your copy today and you will not regret it! You'll be Very Happy that You Did! Thank You! ----- Tags: Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet

About the AuthorVanessa Williams was born in Athens, Greece in 1981. She studied science of nutrition, personal metabolism optimization and has attended many general health seminars. Her favorite time filler is to help people find foods they like around various markets. She has tried many different lifestyles like vegan, paleo, Mediterranean, and many many different diets around. As a pure food and nutrition enthusiast, she always tries to combine the best ingredients possible to come up with the best diets and recipes around. Stay tuned!