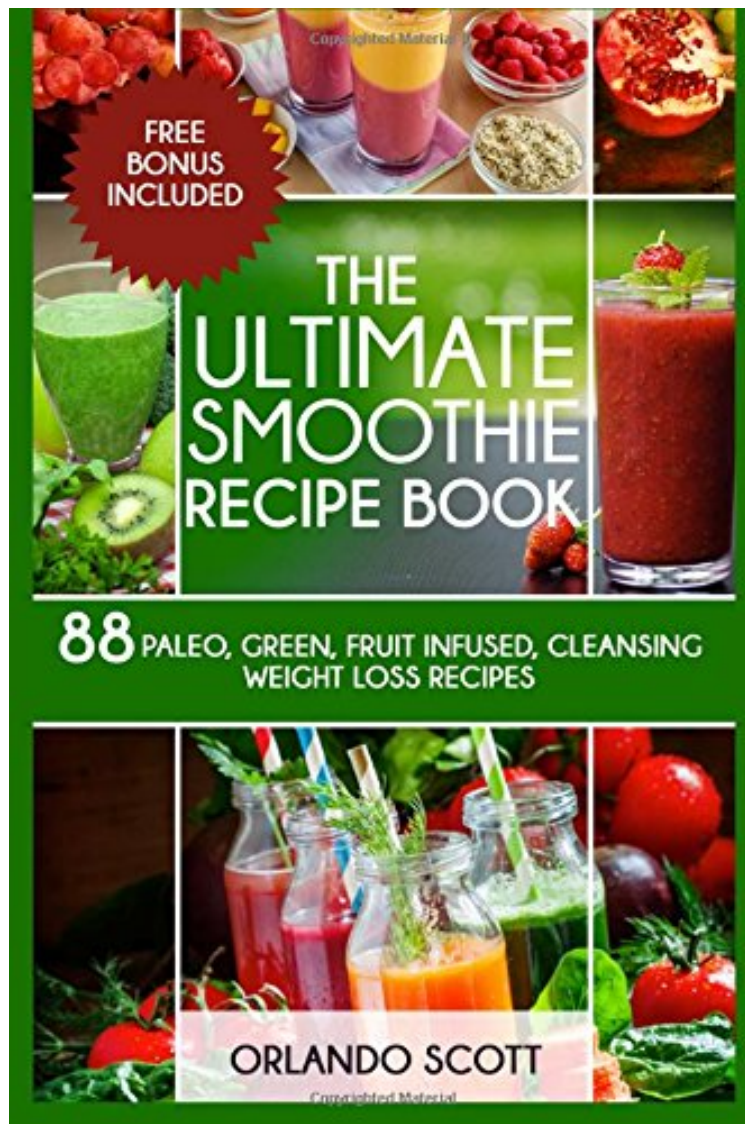


(Read and download) Smoothies: Weight Loss Smoothies: The Ultimate Smoothie Recipe Book (Weight Loss Recipes) (Volume 3)

## Smoothies: Weight Loss Smoothies: The Ultimate Smoothie Recipe Book (Weight Loss Recipes) (Volume 3)

*Orlando Scott, Ash Publishing, W.L Professor*  
DOC | \*audiobook | ebooks | Download PDF | ePub



[Download](#)

[Read Online](#)

#2508042 in Books 2016-08-25 Original language: English 9.00 x .25 x 6.001, #File Name: 153703135X108 pages | File size: 47.Mb

Orlando Scott, Ash Publishing, W.L Professor : Smoothies: Weight Loss Smoothies: The Ultimate Smoothie Recipe Book (Weight Loss Recipes) (Volume 3) before purchasing it in order to gage whether or not it would be worth my time, and all praised Smoothies: Weight Loss Smoothies: The Ultimate Smoothie Recipe Book (Weight Loss Recipes) (Volume 3):

0 of 0 people found the following review helpful. Good starterBy NancyPerfect0 of 0 people found the following review helpful. Three StarsBy Joan WattsDisappointed wasn't informative as stated0 of 0 people found the following review helpful. Four StarsBy MelGood recipes. So far so good.

**NEW RELEASE!! FREE BONUS + Lifetime Mailing List Subscription Other Books In This Series** "The Ultimate Juicing Recipe Book"; "The Ultimate Fruit Infused Water Recipe Book"; Looking For Delicious Healthy Smoothie Recipes For Rapid Weight Loss ? Then Download This High Quality Book Now For Free On Kindle For a Limited Time Only ! Smoothies are one of the biggest trends these days and that's because they are healthy, not to mention quick to make and taste delicious. Smoothies serve a number of purposes; as meal replacements, a part of a detox plan, as part of a weight loss plan and just for fun. You don't need to use anything special to make them so don't worry about diving out to buy the best and most expensive blender or smoothie maker you can find. A simple blender or a hand blender will do in most cases. There are tons of combinations for smoothies and you can get incredibly creative after a while and try your own mixes. Do stick to the recipes first, though, just to get the hang of how the ingredients blend together. Don't be afraid of some of the ingredients either; many people absolutely hate spinach but it is a big part of many smoothies, purely because of its health properties. It doesn't taste that nice on its own but add a banana and you won't even know the spinach is there! One more tip before I move on to the different types of smoothies in this book — when you make your smoothies, there is a kind of order to how the ingredients go into the blender — this is the difference between whether you get a good smoothie or a mess that you have to scoop out of the blender with a spoon. The most important thing to remember is to add the ingredients with the most juice to your blender first — the juice should be by the blade. If you put thick heavy ingredients in first, the blades on your blender will clog up and the ingredients won't mix properly. Many of you will already have heard of the Paleo diet, sometimes known as the Caveman diet. The Paleo diet cuts out a high amount of carbohydrate, virtually all dairy, and refined sugar products, concentrating on natural sugars, good fats, and proteins. Paleo smoothies are an excellent way to pep up the Paleo diet, helping you to shed even more pound, simply because you are blending together the perfect combination of Paleo ingredient. Green smoothies are all the rage, containing high amounts of green super foods, like spinach, kale, apples, etc. all of these contain high amounts of antioxidants, vitamins, and minerals, required by your body for efficient running and weight loss. If you eat nothing else good all day, starting off with a green smoothie means that your body is getting everything it needs to thrive. Many smoothies contain fruit, not just because of their health benefits but because they can take away the bitter taste of some of the other ingredients that might be in your smoothie. Add a banana or a mango for a tropical taste and you won't feel like your smoothies are a chore! Finally, detox or cleansing smoothies can certainly help you to lose weight, especially when you combine them with the right diet. It's no good drinking a healthy cleansing smoothie and then following it up with unhealthy food. The idea of a cleanse is to cleanse the toxins and poisons from your body so don't supplement it with more. These toxins are not just caused by polluted air, refined sugars, bad fats, and gluten cause them for some people. With the smoothie recipes I am going to give you, you can easily do a three or five-day smoothie cleanse without feeling as though you are starving yourself. So, it's time to step into the healthy and fun world of smoothies. Before we move on to the recipes, we are going to take a look at the health benefits of some of the ingredients of these smoothies.