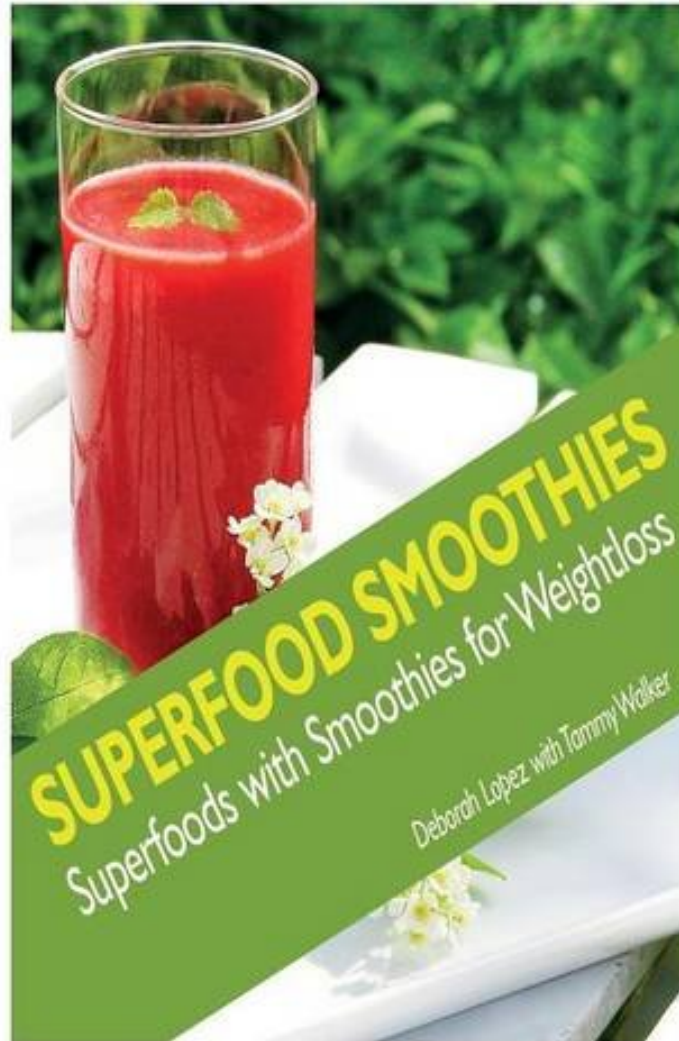


(Pdf free) Superfood Smoothies: Superfoods with Smoothies for Weightloss

Superfood Smoothies: Superfoods with Smoothies for Weightloss

Deborah Lopez

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Deborah Lopez : Superfood Smoothies: Superfoods with Smoothies for Weightloss before purchasing it in order to gage whether or not it would be worth my time, and all praised Superfood Smoothies: Superfoods with Smoothies for Weightloss:

0 of 0 people found the following review helpful. Smoothies are great way to lose weight and help maintain a healthy ...By Priscilla Smoothies are great way to lose weight and help maintain a healthy diet. The book uses superfood for smoothies. Superfood are nutrient rich food considered to be especially beneficially for your overall well being. This eBook gives some examples of superfood like, chocolate, tea, oats, and kale. There's many more that can be googled

or you can get a book listing superfood. The book also has information like the benefits of a fruit smoothie (I like I can make one and take with me). The book also gives an overview about healthy green smoothies and a quick how to guide. I tried two smoothie recipes, the Spicy Banana smoothie and Creamy Strawberry smoothie. I like the idea of smoothie because it's a healthy but quick way to stay on a healthy meal plan. Disclaimer: I got this eBook for free in exchange for an honest review. I think it is a good book for beginners and I plan to use it for the other smoothie recipes.

0 of 0 people found the following review helpful. EDUCATIONAL FOR ANY NEWBIES By EveningRose17 I have been looking for a book like this from Kindle and I finally found it. I received this e-book at no charge to review. It is a very easy book to read the good part is that the authors added 77 recipes of smoothies for the readers to try some of the fruits I may have to substitute some fruits. I have not tried all of them yet. I like the idea that the authors advised the readers to speak to their doctors before they start a smoothie diet. I enjoy reading the book it reinforces the need for me to be at my best health, because I am in my fifties and I already have extremely high blood pressure, diabetes and high cholesterol. I read about the benefit of green smoothies as a meal. Try this book it has a lot to offer. Once you read this book you will not have to reach for that bag of potato chips at 3:00 pm. Some of the smoothies and green juices are an acquired taste. I promise you will enjoy them once you have acquired the taste for the juices.

1 of 1 people found the following review helpful. Definitely not all superfoods By Alyson The book talks about the importance of adding dairy to your smoothies to add calcium. That is one of the worst things you can do! Adding dairy will only add fat, calories, cholesterol, and unhealthy sugars (not to mention antibiotics, hormones, pus, and blood). There is tons of scientific evidence linking dairy to causing osteoporosis and not preventing it. Of course calcium is a vital nutrient, but if you add greens to your smoothies you will have more than enough calcium and the kind your body can actually digest and utilize to help your bones. You can also replace the dairy products with plant based alternatives such as almond, hemp, oat, rice, soy, cashew, etc milk, but it's always best to stick with whole foods. I noticed a recipe that contains ice cream, I'm sorry, but ice cream is not a superfood and it doesn't take a genius to know that. There are a lot of recipes that look tasty and with a few alterations and substitutions they would be great. Unfortunately many of them contain unhealthy ingredients. You don't need all that to make smoothies taste great. I notice they also contain ingredients that may not be readily available or available year-round or may be more expensive (papaya, mango, etc). Stick with simple, cheap, healthy ingredients, buy frozen fruit. It's so easy to do this in a tasty and less expensive way. This book was disappointing. I received this book free in exchange for my honest and unbiased review.

Superfood Smoothies: Superfoods with Smoothies for Weightloss The Superfood Smoothies book features two sections covering two different Smoothie Diet recipe plans. Superfoods are foods that are packed with nutrition like anti-oxidants. By consuming these foods we help to build stronger bodies, a strong immune system, a more alert brain, and stronger bones. Our diets can act as both treatments and as preventative for certain health conditions. It makes it easy to be healthy just by watching what we eat. Smoothie diets are helpful if you wish to jumpstart the process to a healthier lifestyle. Weight loss is also easier on a smoothie diet.