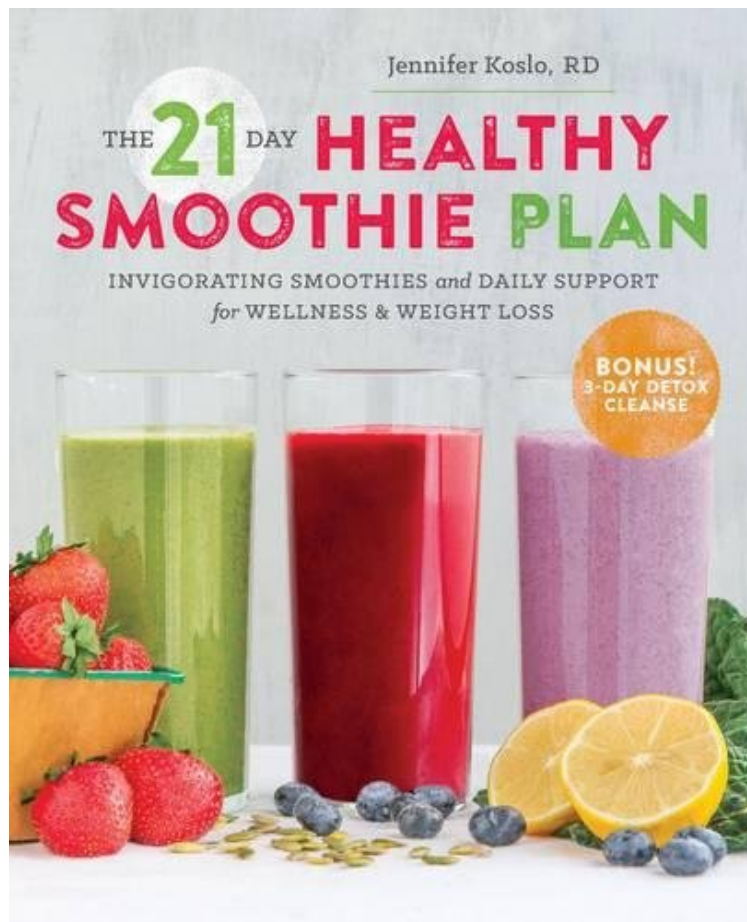


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## The 21-Day Healthy Smoothie Plan: Invigorating Smoothies Daily Support for Wellness Weight Loss

Jennifer Koslo RD

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**Jennifer Koslo RD : The 21-Day Healthy Smoothie Plan: Invigorating Smoothies Daily Support for Wellness Weight Loss** before purchasing it in order to gage whether or not it would be worth my time, and all praised The 21-Day Healthy Smoothie Plan: Invigorating Smoothies Daily Support for Wellness Weight Loss:

5 of 5 people found the following review helpful. Informative and interesting By GlossyChicRight off the bat, this book opens with bright, vibrant photos of healthy yet delicious foods...so already my mouth was watering! But, I was really pleased to learn that this is not just a compilation of smoothie recipes, but also is packed with information about lifestyle, being healthier, what type of blender to use, and the difference between juicing and blending. There is so much info here, I had to sit back and settle in for a good read (a big bonus to me). I had to grin when I saw the section titled "Disguise the spinach". It is so true that spinach is super healthy, but not what one traditionally reaches for to add to a delicious smoothie! There are so many benefits of healthy smoothies, and they are listed in detail in the first

chapter. I have heard before that tart cherries are wonderful for helping with sleep, but reading here how well it works along with other natural ingredients has me eager to try this out! Overall a fantastic book for learning about healthy smoothies and making a variety of types. \*Sample provided for my review and opinion\* 1 of 1 people found the following review helpful. I hate my blender so I usually get them while out ...By Jennifer Adamson I'm a smoothie junkie and have one a day. I hate my blender so I usually get them while out before work but tried a new blender and now I'm in love with it! This book came in handy with my new blender, it's packed with so much great information and not just a simple recipe book. This book is jammed packed with some really great ways to change your lifestyle and be a healthier you, which I definitely need help with. This book is very detailed in what you will need as far as food prep, ingredients, and some extra tips that will come in handy! I love how it starts out with a 3 day detox and goes into a detailed 3 week menu of smoothies. I also love how it has salad recipes also. I'm usually pretty generic with my smoothies but after reading this book I want to venture out and try them all! I love how it's not just recipes and how it's about the health benefits. I'm so glad I had the opportunity to read this book and plan to use it all the time. I received this book for free for an honest review, all opinions are my own. 1 of 1 people found the following review helpful. A great start to healthier living By Suzi Bennett I've been wanting to "clean up my act", so to speak, beginning with diet and exercise and get healthy. This book seems like a great place to start with lots of interesting (and delicious sounding) recipes to try out. All of the recipes are plant based, and some of the combinations are a little surprising, but sound really good. Every recipe includes information about the health benefits of each smoothie and the Nutritional Info included at the bottom. The salads are very diverse and also sound delicious. Even the appendixes have some very useful information, don't skip them! I'm definitely looking forward to trying out the detox and then the 3-week plans. One thing to remember, any detox plan will have some side effects (headaches, digestion problems, lower energy and irritation are some that come to mind) but the end result is that your body's cleaner and ready to take on a healthier lifestyle!

Transform Your Health with One Simple, Delicious Daily Smoothie We all have good intentions when it comes to smart eating, but making better habits stick can be a challenge. Incorporating one nutrient-packed smoothie into your daily routine offers incredible benefits, and The 21-Day Healthy Smoothie Plan will give you everything you need to make smoothies a delicious part of your healthy lifestyle. The 21-Day Healthy Smoothie Plan offers: An easy-to-follow, 21-day plan to get you hooked on smoothies A 3-day detox cleanse for when you need an extra smoothie boost Troubleshooting guides for common smoothie snafus Daily inspirational quotes and intentions to motivate you 30 delicious salad recipes to complement your daily smoothie Stick to the smoothie plan, and turn your best intentions for healthy eating into reality.

About the Author Our author is Jennifer Koslo, an RD, Registered Dietician. Nutrition, fitness, health and wellness have been her lifelong passions. She is a Certified Specialist in Sports Dietetics, (CSSD) and an American Council on Exercise Certified Personal Trainer. She is a regular contributor to WatchFit.com and eDietitians.com. Additionally, she teaches nutrition and sports nutrition online as an adjunct professor within the Maricopa Community College District and for Le Cordon Bleu College of Culinary Arts.