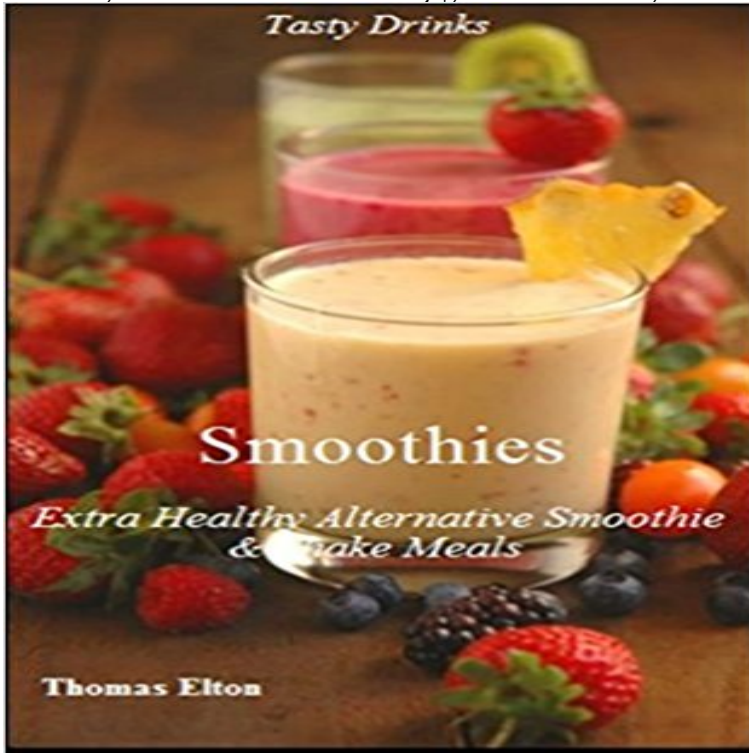


## Smoothies - Extra Healthy Alternative Smoothie & Shake Meals - Smoothie Recipe Book , Smoothie Bible, Drinks , Diet, Dieting, Weight Loss, Muscle Building, Nutrition, CookBooks, Non Fiction, eBooks



Smoothies Smoothie Books - Nutrition - Weight Loss - Weight Gain - Weight Loss Books Cooking: Do you like smoothies and would you like to improve your health? If so we are the perfect spot to check out new healthy smoothie recipes. Totally transform your appearance and feel with The Extra Healthy Alternative Smoothie & Shake Meals. If you have a busy lifestyle and busy schedule, it can become challenging to receive the correct amount of fresh vegetables and fruits in your diet. The Extra Healthy Alternative Smoothie & Shake Meals eBook provides you with everything required to transform nutritious foods into quick and healthy satisfying meals. Containing more than 40 simple smoothie recipes, The Extra Healthy Alternative Smoothie & Shake Meals eBook will assist you in losing or gaining weight, maximize your energy, combat disease, and gain the healthy shine that you gain from a healthy & and well maintained diet. This book is ideal for people who enjoy smoothies, wish to lose or gain weight, as all the smoothie recipes can be used as an alternative or replacement meal. \*Containing more than 40 Smoothie recipes filled with vitamins & antioxidants \*Great original Smoothie recipes for weight loss or weight gain, extra energy, detoxing, and maximum health \* Smoothie Recipe meal plans which will start a full-healthy body clean up and more. Great smoothie Recipe tips for cutting down calories, implementing top foods into your daily diet, and changing recipes to fit your desires Whether you wish to expand your daily intake of fresh natural vitamins or cut your weight, The Extra Healthy Alternative Smoothie & Shake Meals eBook is all you require to achieve refreshed & healthier you! Use The Extra Healthy Alternative Smoothie & Shake Meals eBook to instantly stimulate your taste buds on a daily basis.

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