

Blend Your Way to Bliss: Tasty Superfood Smoothie and Herbal Elixir Recipes That Burn Fat, Boost Energy and Beautify Your Skin, Blend Smarter, Book 1



When we eat good we feel good... and when we feel good we smile more... and when we smile more were happier... and when were happier we have more inspiration and motivation... and when we have more inspiration and motivation we can contribute more. When we contribute more everyone wins. To sum up this book in one sentence I would say the following. This audiobook is about being really healthy without sacrificing taste and enjoying the process thoroughly. Aloha! My name is Adam Collins and I believe that Superfood Smoothies and Super Herbal elixirs are one of the most exciting and fastest ways to make a rapid positive shift in your overall health and quality of life. Ive learned over the last 15 years on a high performance health journey that if I use the right ingredients with the right proportions, and stay consistent, the results will come. And just about everyone Ive shared these recipes with says the same thing; they feel it and notice the pounds melting away, their energy levels soaring and that healthy glow you only get from truly being healthy. I get it, were all human and by nature dont want to be constrained by the wall of diets and you can never have that again type mentality. Theres definitely some things Id recommend to never have again, and those are just common sense. Like chemicals, anything artificial etc. The recipes are designed to make it very easy for people who follow any style of eating to enjoy these recipes. Honey, for example, could be switched out for coconut palm sugar, or maple syrup. Imagine enjoying just one of these delicious recipes five days a week and experiencing an upgraded lifestyle. This book is for people who want to upgrade their smoothie experience to the next level. This book is for you if you are willing to invest in your health and get the proper ingredients that are needed to deliver the results you want and deserve.

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Smoothie and Herbal Elixir Recipes That Burn Fat, Boost Energy and Beautify Your Skin, Blend Smarter, Book **The count down begins! 6 days of # cocoapowderweek left. Get** Blend Your Way to Bliss has 15 ratings and 0 reviews. Blend Your Way to Bliss: Tasty Superfood Smoothie and Herbal Elixir Recipes That Burn Fat That Burn Fat, Boost Energy and Beautify Your Skin (Blend Smarter Book 1) To sum up this book in one sentence: Blend Your Way To Bliss is about **PDF book Blend Your Way to Bliss: Tasty Superfood Smoothie and** Keep this immune-boosting elixir around to enjoy in a cup of hot water or And theyve come a long way from the heart-pounding, sugary concoctions .. Blend Your Way to Bliss Tasty Superfood Smoothie and Herbal Elixir Recipes That Burn Fat That Burn Fat Boost Energy and Beautify Your Skin Blend Smarter Book 1 **Blend Your Way to Bliss: Tasty Superfood Smoothie and Herbal** Blend Your Way to Bliss: Tasty Superfood Smoothie and Herbal Elixir Recipes That Burn Fat, Boost Energy and Beautify Your Skin (Blend Smarter Book 1) **Blend Your Way to Bliss: Tasty Superfood Smoothie and Herbal** Blend Your Way to Bliss: Tasty Superfood Smoothie and Herbal Elixir Recipes That Burn Fat, Boost Energy and Beautify Your Skin (Blend Smarter Book 1) I believe that Superfood Smoothies and Herbal elixirs are one of the most exciting This superfood smoothie recipe book shows you how to really Blend Your Way to Bliss: Tasty Superfood Smoothie and Herbal Elixir Recipes That Burn Fat, Boost Energy and Beautify Your Skin (Blend Smarter Book 1) **Superfood Suppen Low Carb Souping Kokosl Quinoa Smoothies Farmers Market Cantaloupe, Kale, and Ginger Smoothie Recipe** Paleo Green Smoothie Recipes and Paleo Indian Recipes 2 Book Combo . Blend Your Way to Bliss Tasty Superfood Smoothie and Herbal Elixir Recipes That Burn Fat Boost Energy and Beautify Your Skin Blend Smarter Book 1 -- To view **Blend Your Way to Bliss: Tasty Superfood Smoothie and Herbal** Blend Your Way to Bliss Tasty Superfood Smoothie and Herbal Elixir Recipes That Burn Fat Boost Energy and Beautify Your Skin Blend Smarter Book 1 -- To : **Adam Collins: Books, Biogs, Audiobooks, Discussions** Healthy smoothie recipes and easy ideas perfect for breakfast, energy. Blend Your Way to Bliss Tasty Superfood Smoothie and Herbal Elixir Recipes That Burn Fat Boost Energy and Beautify Your Skin Blend Smarter Book 1 -- To view