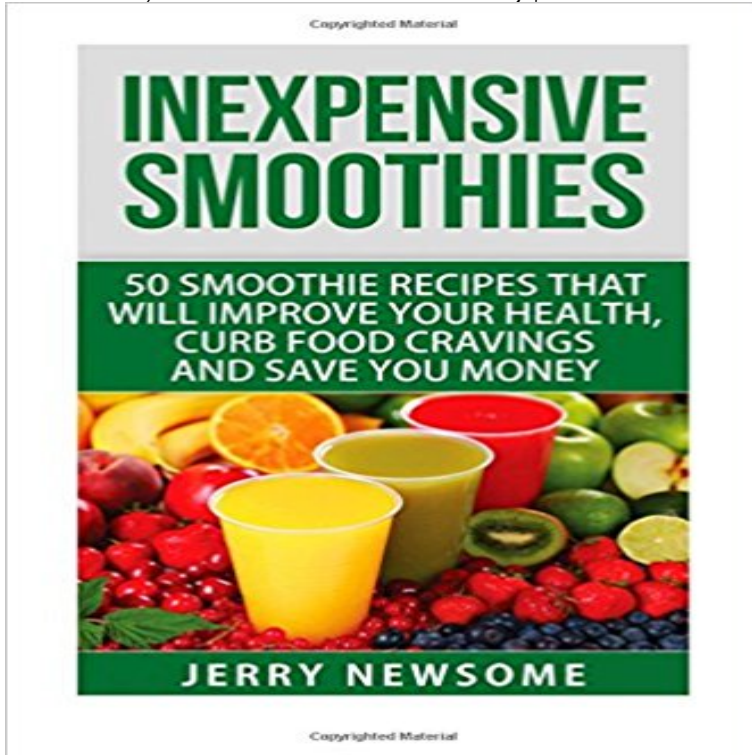


Inexpensive Smoothies: 50 Smoothie Recipes that Will Improve Your Health, Curb Food Cravings and Save You Money



Tired of expensive smoothie shops? Want to make your own smoothies but don't want to pay hundreds of dollars for a blender and ingredients? This book will provide you with inexpensive smoothie recipes that will improve your health, curb your food cravings and relieve the financial burden associated with a healthier lifestyle. The recipes inside will help you look and feel healthier; introducing you to the main ingredients that will allow you to make healthy, inexpensive smoothies from the comfort of your own home. If you've been looking for an alternative to the pricey smoothies other books offer you than be prepared to start a new way of looking at healthier living. This book will inform you of the best ingredients to use in order to make filling nutrient-filled smoothies. Inform you of the best inexpensive blenders to use; giving you the best bang for your buck. Inform you of the real benefits of the smoothies you intake. Lower your overall cost of making smoothies at home. Provide you with fast healthy recipes that will save you time. Provide you with different types of smoothies: From all-vegetable smoothies to smoothie cleanses. Tags: Weight Loss, Smoothie, Detox Diet, Green Smoothie Cleanse, Green Smoothie Diet, lose weight, detox body, 10 Day Green Smoothie Cleanse, smoothie diets, reduce cholesterol, detox cookbook, Green Smoothie Recipes

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