



Weight Loss Smoothies: 33 Healthy and Delicious Smoothie Recipes to Boost Your Metabolism, Burn Fat and Lose Weight Fast (Smoothie Recipe Book, Smoothies for Weight Loss, Whole 30 Recipes)

Sara Elliott Price

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Weight Loss Smoothies Make It Easy And Delicious To Lose Weight Fast!

Would you like to have so much energy you actually find exercise fun? How about losing weight easily and having a lean body that's fit and sexy? Maybe you never want to get sick again and feel great all year long?

No Matter What Your Goals Are Weight Loss Smoothies Will Help You Get There!

You're About To Learn How To Easily Lose Weight, Be Healthier And More Fit Than Any Time In Your Entire Life...

This book will take you by the hand and keep you motivated to get in the best shape ever! You'll learn so much more than just some great recipes, you'll also learn how weight loss smoothies seem to just melt fat away - fast! That's not all. You'll actually be filling in wrinkles, boosting your immune system, becoming fit and creating more energy than you know what to do with.

I'm Sure You Know One Of The Main Road Blocks To Losing Weight Is Not Having A Plan...

Well, with this guide you don't need one--everything you need to know is already included! Simply read the book, grab the ingredients, throw them in your blender and drink! Yes, it really is that easy. Just by drinking healthy smoothies you will notice the inches melting away and your skin will start looking better than it has in years!

Once you start reading about all the benefits of smoothies and how they transform your health you'll be highly motivated to make sure they stay in your daily diet. Actually, they are so delicious you'll look forward to waking up and drinking your breakfast smoothie.

Here's A Preview Of What You'll Learn...

- How smoothies will jumpstart your weight loss
- Why smoothies will melt the inches off fast
- Easy, delicious ways to get your daily greens
- What to add to make your weight loss smoothies a complete meal
- Why smoothies alone, can take your health to a whole new level
- A large variety of recipes to satisfy your taste buds
- Learn what surprising weight-inducing ingredients you should avoid
- How to "boost" your smoothies to make them even healthier
- Plus, so much more...

If you're looking for a fast weight loss solution that's easy and proven, then look no further. You really can create the body of your dreams using the power of weight loss smoothies. Get started today and start losing weight tomorrow!

Here Are Two Of My Favorite Weight Loss Smoothie Recipes To Help You Lose Weight Fast!

Super Energy Smoothie

Like the name suggests, this smoothie is an amazing source of energy that puts all energy drinks to shame, and just in case you are wondering what energy has to do with weight loss, can I just ask when when was the last time you busted out some hard workouts while extremely tired? Exactly!

The ingredients for the recipe include:

¼ of a whole medium sized pineapple
¼ of a whole medium sized watermelon
1 cup of coconut water
3 handfuls of baby spinach
1 cup of blueberries
2 green apples or 2 bananas
Ice cubes

Mojito

This smoothie contains a higher amount of fat than a lot of the recipes in the book. Fat does not equal weight gain, in fact it can actually help you lose weight. Fat halts or reduces the amount of insulin your body needs at one time in turn meaning you have less insulin in your blood stream. This is a wonderful dinner smoothie if you are too tired to cook.

For this smoothie you will need:

1 C coconut water
2 T hemp seeds
½-1 teaspoon spirulina

2 T fresh lime juice
½ avocado
1 banana, frozen
2 dates, pitted
1 handful mint leaves

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Karen McCarthy:

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Jacqueline Lewis:

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