



Smoothie Recipes for Weight Loss - 30 Delicious Detox, Cleanse and Green Smoothie Diet Book

By Troy Adashun



Smoothie Recipes for Weight Loss - 30 Delicious Detox, Cleanse and Green Smoothie Diet Book By Troy Adashun

Hi, my name is Troy Adashun.

I'm a fitness model, health freak, and long time Smoothie Enthusiast. I am passionate to share some of my favorite smoothie recipes of all time in this book.

Smoothies are one of the easiest and most convenient ways to get an abundance of vitamins, minerals and nutrients that will help you become the healthiest and most energetic you possible! The great thing about these smoothie recipes is that many contain both fruits and vegetables. This should not scare you, as the recipes are all tried and tested and blend deliciously - even for the person who doesn't enjoy vegetables by themselves.

Enjoying one of these smoothies daily is a giant leap forward to fat loss and optimal health. In today's day and age, many of us are consuming too many calories but are actually nutrient deficient. Enjoying one of the delicious smoothies every day in this recipe book will not only help you lose weight, but increase your overall health and energy levels. Once you feel the amazing health benefits of smoothies, you will not want to go one day without one.

Happy Blending and Good Luck to you all!

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Melody Herrera:

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