



Green Smoothies: Alkaline Green Smoothie Recipes to Detox, Lose Weight, and Feel Energized (Paperback)

By Karen Greenvang

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ****** Print on Demand ******. Revolutionize Your Health with Green Smoothies! It s not about deprivation. It s not about going hungry. It s about abundance and indulging in holistically healthy, delicious smoothies that help you THRIVE. You are just about to unleash the power of mind and body nourishing, alkaline, green superfoods that will help you have beautiful skin, nails hair, and (if desired) lose weight! Are you sick of not being able to lose weight or keep it off.or are you tired of having digestive issues that leave you uncomfortable, in pain and unable to lead your normal life.or perhaps it s feeling chronically fatigued, with no energy to live life to the fullest. Whatever your goal or challenge, green smoothies are here to change that for you -right now. The good news? Green Smoothies are: -easy to make (and clean) -quick to consume - great as take away snacks -naturally vegan, paleo, and gluten free Here s What You Are Just About to Discover: Kale and Cashew Smoothie Cabbage Coconut Chia Smoothie Banana Broccoli Smoothie Apple Carrot Kale Smoothie Spirulina Mango...



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