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(Jace Gusikowski IV)

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Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Smoothie Drinks BONUS - Includes a FREE copy of my collection of Delicious Healthy Smoothie Drinks that have helped me stay healthy, fit lean. Using a combination of these low calorie, low fat and healthy smoothies recipes delicious smoothies from this collection plus following a strict 2 month Smoothie diet the smoothie drinks that are included in this book, I have been able to lose 40 lbs over two month and my lifestyle into a healthy one because I am consuming healthy smoothies on a daily basis. This compilation package includes a collection of all my proven tested smoothie recipes that I used to achieve my results. You will get: Smoothie Book 1: 11 Healthy Smoothies Recipes You Wish You Knew Smoothie Book 2: 21 Amazing Weight Loss Smoothie Recipes Smoothie Book 3: Clean Eating: 17 Eating Clean Drinking Clean Recipes With High Speed Blenders Inside the Volume 1, you will get my 5 minute quick Smoothie system. These are the specific recipes and the healthy ingredients that are giving me a healthy body and a happy mental and emotional state. Smoothie drink book 2 include the exact same healthy smoothies recipes and low fat smoothie recipes that helped me lose 40lbs over a two month period. I am so happy that I got started with changing my lifestyle from a common and unhealthy meal plan to one that includes these delicious and healthy smoothies which kind of transformed my life into a balanced, healthy, energized clean lifestyle! I am enjoying them so much decided to motivate and encourage others to get started with these healthy smoothie detox smoothie superfood recipes. No matter if you d like to...

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