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Gr Ne Smoothies F R Den Sommer Ebook

Thomas Griffiths



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to stay and for good reason In fact the areas of the world with the highest life expectancies the so called blue zones follow a largely plant based diet The arguments are compelling but many people are put off by the thought of learning a whole new way of cooking and navigating complex recipes and unfamiliar ingredients Are you one of them You re not alone a survey showed that 80% of respondents said they thought transitioning to a plant based lifestyle would be too complicated to even attempt But there s one powerful weapon that can help you in your quest to become healthier a blender A blender is your answer to taking the hassle out of plant based living With a comprehensive guide to smoothies for every health goal you can drastically increase your intake of the world s most healthy ingredients Whether your goal is weight loss whole body cleansing or boosted energy and immune function a smoothie is a nutritional powerhouse and you can tailor it precisely to your needs In The Plant Based Vegan Juicing and Smoothie Diet Cookbook you ll find out how to do just that You ll discover 200 astonishingly simple smoothie and juice recipes organized by health outcome A complete nutritional profile and that all important calorie count for every recipe plus eye catching images so you can see exactly what your glass should look like An easy to navigate index of ingredients so you can search for smoothies based on what s already in your fridge The 1 moment of the day to have a smoothie for maximum health benefits Exactly how to ensure you re getting the most out of your ingredients A comprehensive guide to every kitchen utensil you re going to need don t panic most of them are already in your kitchen A complete guide to the best vegan protein powders so you can make sure every smoothie delivers a powerful punch Kid friendly smoothies get that goodness into your little ones by stealth A quick guide to superfoods so you can make easy tweaks according to your health needs The top 8 greens to use for weight loss and how to make sure they re delicious every time And much more Get your blender out browse through the exciting flavor combinations and easy methods and watch your life transform drink by drink The pandemic has shown us it s more important than ever to boost you and your family s immune system Stop making poor food choices today and start tomorrow off right If you re looking for the easiest and tastiest way to boost your health then scroll up and click Add to Cart right now

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