

THE **GREEN** SMOOTHIES DIET

Robyn Openshaw



The Natural Program for Extraordinary Health

DETOX DAILY
IMPROVE DIGESTION

LOSE WEIGHT NATURALLY
MAXIMIZE ENERGY

Green Smoothies Diet The Natural Program For Extraordinary Health

Penni Shelton



Green Smoothies Diet The Natural Program For Extraordinary Health:

The Green Smoothies Diet Robyn Openshaw, 2009-08-25 A cookbook from The Green Smoothie Girl with juice and smoothie recipes that capture the nutritious superfood benefits of fruits and vegetables Looking for a quick flavorful and nutritious way to stay youthful and healthy The Green Smoothies Diet provides the perfect solution Green smoothies are the best way to power up your body and supercharge your health in just minutes a day Packing a tasty nutrient filled punch in every sip these ultrahealthy smoothies pair leafy green vegetables with delicious antioxidant rich fruits Discover how green smoothies help you Lose Weight Detoxify the Body Increase Energy Fight Heart Disease Prevent Diabetes Certain Cancers Boost the Immune System Make Skin and Hair Beautiful Features easy to make recipes like Rad Raspberry Radicchio Black Kale Blackberry Brew Red Pepper Mint Julep Grapefruit Cilantro Booster Big Black Cabbage Cocktail **Raw Food**

Cleanse Penni Shelton, 2010-02-02 Cleanse your body of toxins with four customized plans that won't leave you feeling starved or deprived Follow the delicious and hunger satisfying raw food diets offered in this book and you will lose weight gain energy and feel vibrantly healthy while clearing your body of toxins Raw Food Cleanse offers four customized plans that provide you with everything needed for an easy and powerful detox including toxin self assessment day by day programs mouth watering recipes real life success stories 3 Day Energy Boost Cleanse Give your body an all natural weekend to start your Monday feeling great 7 Day Rejuvenation Cleanse Enjoy a week of delicious raw foods to thoroughly refresh your system 14 Day Deep Detox Cleanse Go longer to experience better skin and hair a clearer mind and a slimmer body 28 Day Total Reset Cleanse Give the body a full recharge with an intense nutrient packed month of raw foods Living Green with

Smoothies and the Culture of Life James C. Tibbetts, 2016-08-31 This book covers green smoothies detoxification healing methods health and healing with chlorophyll foods the alkaline body oxygen and related topics Optimum health and curing is possible through this Living Nutrition but it is hard work and takes discipline Our food choices and the way we lead our lives are both the cause and effect of our diet and lifestyle Our choices reflect the state of harmony with oneself the world all of creation and the Divine It involves choosing between the Culture of Life and the Culture of Death This is a pilgrimage from one plateau to another on the Lord's mountain it is for those desiring to be healthy happy and holy in their body soul and spirit Jesus said in the beginning of his ministry Purify Thyself or Repent for the Kingdom of God is at hand Biblical Nutrition and Spiritual Nutrition are also explained in this work *The 100 Best Vegan Baking Recipes* Kris Holechek, 2009-09-08

This vegan cookbook features classic and creative brownies cakes muffins and more plus delicious and dairy free frostings icings and toppings Now you can have your favorite baked goods with recipes that are cruelty free and delicious as ever With everything from baking tips to simple substitutions for eggs and dairy The 100 Best Vegan Baking Recipes provides everything novice bakers and seasoned chefs need to go vegan with an indulgent flair It also features mouthwatering takes on traditional treats as well as the author's own delectable creations such as Boston Cream Pie The Ultimate Brownies Mixed

Berry Pie French Toast Muffins Baked Chocolate Glazed Donuts Pain Au Chocolat Baklava Bread Strawberry Lemonade Cheese Pie Sweet Cream Apple Streudel Black Forest Cake Herbed Pizza Dough Chocolate Chip Pecan Cookies **The 100 Best Gluten-Free Recipes for Your Vegan Kitchen** Kelly E. Keough, 2011-02-01 DELICIOUSLY ANIMAL FREE GLUTEN FREE Being vegan is a culinary challenge especially when you are avoiding gluten This book shows how to address both restrictions without sacrificing flavor or adding hours in the kitchen These mouth watering recipes draw on the best natural animal and wheat substitutes to create savory and sweet favorites including Banana Walnut Pancakes Blueberry Cornbread Muffins Maple Glazed Oatmeal Scones Blueberry Protein Smoothie Lotus Chips with Hummus Cheddar Cheese Nut Sauce Pad Thai Salad Cream of Butternut Squash Soup Hot Tamale Pie Chick Coconut Curry Lentil Loaf Manicotti in Marinara Cashew Alfredo Sauce Polenta Pizza Lemon Chiffon Pie Chunky Peanut Butter Cookies Chocolate Carob Brownies Red Velvet Cupcakes In addition to 100 tasty treats you ll find advice on stocking your kitchen with gluten free vegan basics tricks for quicker and easier preparation and tips on how to save money when buying vegan and organic ingredients **Biodynamic Craniosacral Therapy, Volume Five** Michael J. Shea, Ph.D., 2013-04-30 In Volume 5 of his innovative series on biodynamic and craniosacral therapy Michael Shea presents invaluable information about therapeutic approaches to pre and neonatal babies in particular low birth weight babies In addition more than 50 meditations on stillness are provided for the benefit of the practitioner The first part of Biodynamic Craniosacral Therapy Volume 5 contains multiple photographs and descriptions of the best ways to make physical contact with low birth weight babies Included are several protocols for babies while they are in neonatal intensive care units as well as protocols for once they have been discharged and are at home Shea also offers insights on therapeutic approaches to babies in utero Using photographs and text descriptions he explains how to position a woman who is pregnant on a table in order to practice biodynamically and which hand positions to use during the session The second part of the volume provides more than fifty meditations and guided visualizations all of which were transcribed and edited from the full foundation training in biodynamic craniosacral therapy These meditations can be used to help the practitioner to establish proper orientation to the body and breath and to balance focused and unfocused attention Lastly mindfulness meditation and the research surrounding it is discussed **The Complete Idiot's Guide to Green Smoothies** Bo Rinaldi, 2012-05-01 Green smoothies are not the sugary concoctions that come to mind when people hear the word smoothie They are instead highly nutritious creations that are intended to increase energy boost metabolism burn fat and cleanse the body of toxins Green smoothies utilize fresh healthful foods superfoods and a multitude of fantastic ingredients that together offer amazing health benefits The Complete Idiot s Guide to Green Smoothies starts with the health benefits of green smoothies and how to make them properly and fully enjoy them while the bulk of the book is comprised of 150 fun nutritious and delicious recipes supplemented with numerous variations throughout **Healing the Vegan Way** Mark Reinfeld, 2016-07-12 According to increasing evidence plant based diets are better for the health of both people and the

planet leading to a dietary revolution But with all the conflicting nutritional theories out there how do you decide which foods are truly best for you With contributions from leading medical professionals like Dr Michael Klaper Dr Michael Greger and Dr Joel Kahn *Healing the Vegan Way* demonstrates a Clear and Simple path through the latest medical research on different approaches With practical tips for plant based living 200 simple whole food recipes health supportive cleanses menu plans and more *Healing the Vegan Way* helps you maximize benefits for both body and mind [Green Smoothies Cleanse](#) Daniel Gray,2021-06-23 Are you interested in losing weight by increasing your daily intake of vital vitamins necessary nutrients and incredibly powerful antioxidants Green smoothies are the best way to power up your body and supercharge your health in just minutes a day Packing a tasty nutrient filled punch in every sip these ultrahealthy smoothies pair leafy green vegetables with delicious antioxidant rich fruits Discover how green smoothies help you Lose Weight Detoxify the Body Increase Energy Fight Heart Disease Prevent Diabetes Certain Cancers Boost the Immune System In this book you will find More than 50 easy to make recipes Detailed instructions Nutritional information and much more With great nutrition and easy to follow instructions this book will keep you entertained and feeling great too If you want to lose weight and feel energized this is definitely the book for you Buy it NOW and let your customers get addicted to this amazing book [50 Green Smoothies for Weight Loss, Detox and the 10 Day Green Smoothie Cleanse](#) Travis Mackensie,2015-10-06 A Smoothie recipe book for everybody Smoothies have become very popular in the last 10 years or so for one basic reason People are drinking smoothies for health As a result people are always looking for new recipes to make new smoothies so that whether they re on a smoothie diet or using smoothies for weight loss they have some variety in their life It s not fun to be smoothie detox plan and be drinking the same smoothies over and over again You need variety Variety is the spice of life It was with these thoughts in mind that I created this smoothie recipe book 50 Green Smoothie Recipes For Weight Loss Detox Or The 10 Day Smoothie Cleanse Plan allows you to have varieties of smoothies to choose from that will give you all the nutrients and vitamins and you need in your diet and at the same time have something you look forward to drinking Practical Smoothie Recipes Also this smoothie book focuses on the practical I have not included ingredients that are either exotic or that you have to buy online All the ingredients are vegetables and fruits that you can buy at your local grocery store There s nothing worse than getting a smoothie book that the recipes call for bok choy or camu powder or spirulina or other ingredients that generally are not found in every supermarket or grocery store Or that are not natural Smoothies for Kids Another great thing about smoothies is that you can make smoothies for kids If your kids have a hard time eating their veggies or their fruits smoothies are a great way to get them to eat their nutrients naturally without actually having to look at vegetables Many a mom out there is getting their kids to eat their vegetables by giving them smoothies No matter what you re using your smoothie diet for whether it s for losing weight to improve the beauty of your skin or just better health having smoothies in your life is better than not having any smoothies at all Some of the benefits of smoothies are Lose Weight in a healthy fashion Detox the Body with

natural ingredients Increase Energy for the whole day Fight Heart Disease by eating right Healthy Skin and Hair with the right nutrients Smoothies are the easiest way to eat less calories and at the same time get more nutrients into your body So It makes sense if your goal is to lose weight to incorporate smoothies into your life It s been proven that this is a guaranteed way to lose weight or to rid your body of toxins provided you follow a dedicated plan So here s what you get in this book Practical ingredient smoothies Smoothies that are easy to make Smoothies that will last you the whole day long Nutritional information so you can plan out your diet Fun interesting facts and trivia In addition I give you a free gift that you can use in conjunction with these recipes to really get the most out of the book Get this recipe book now and start enjoying new smoothie recipes

Green Smoothie Ellen Vincent, 2012-04-13 Green smoothies are very popular when it comes to dieting detoxifying and giving the human body the nutrients that it needs in order to work at the peak of performance This book explains the many ways that green smoothies can help your body and improve your health and life in general There are plenty of tips on producing and tailoring green smoothies for your individual needs and there are over 100 exciting recipe ideas included in the book Green smoothies give you all of your nutrients the way that nature intended This means that they are all in their raw form without chemicals additives and processing In basic terms you get more out your food when it is consumed in this way This is because raw food contains more vital nutrients such as vitamins antioxidants and amino acids These are so good for your body that people who start eating them can experience a natural high as they are rapidly used up and turned into valuable materials This means that green smoothies make you feel good as well as doing good Green smoothies are a valuable tool when it comes to dieting and losing weight Due to the fact that they can make you feel fuller for longer they can help you to rapidly lose weight They can also be the answer to the dieting plateau that many people reach on a normal low calorie diet There are many other ways that green smoothies can enhance a diet or help in losing weight Green Smoothies could be your body s answer to those nagging health problems that can make life a misery Modern life itself can have a bad effect on the human body and that includes the food that we eat In seems that the further that we get away from nature the more problems that we appear to have If you look back to our ancestors they didn t have supermarkets and chemical additives to preserve and enhance the flavors and appearance of the foods they ate You have to ask yourself how much damage all of these chemical additives cause In addition to this even cooking foods causes chemical changes to happen to food and this can result in substances forming which can be bad for us and can even cause certain cancers If you feel like life is getting on top of you after too many little indulgences then green smoothies can be used as a way of detoxifying the body and rapidly returning it to normality Green Smoothie provides you with all of the information that you need to get your body working as nature intended Get the book and join in this exciting new world of health Contents Introduction The health benefits of green smoothies How to make a green smoothie Green smoothie nutrition facts Selecting the greens Green smoothies for weight loss Green smoothie detox Green smoothies for energy Green smoothies for kids Green smoothie hair

growth Green smoothie hangover Green smoothies for acne Green smoothie meal replacement Green smoothie for anxiety and depression Green smoothie oxidation Green smoothie protein Green smoothie storage Green smoothie indigestion Green smoothie recipes

Green Smoothie Kate Philips, 2015-09-21 Have you heard of the amazing Green Smoothie Diet and Cleanse What is a Green Smoothie What makes them so good tasting and so good for you This book is going to answer all those questions for you This amazing Book starts out explaining in detail the difference between a Green Smoothie and the sugary fruit drinks so many people call smoothies In these pages you are going to find out not only what makes a Green Smoothie so healthy but I explain WHY it is healthy for you I will give you the science behind how a Green Smoothie Diet and Cleanse will improve your health and from that your life After we talk about the science behind the Green Smoothie I will walk you through the detox process I will give you step by step instructions on how to ease into the Green Smoothie way of life The tips I provide are the difference between this book and the hundreds out there on the market I show you how to adapt your body and life so that you can reap all the benefits of the Green Smoothie Diet I share tips on preparing and streamlining your process Many people try the Green Smoothie Diet and Cleanse as a way to lose weight I will give you a plan to achieve your weight loss results Not only do I guide you on how to use Green Smoothies to lose weight but I also explain how each step will assist you in your goals I give you a plan to ease into the Diet and how to make it work for you After all not every plan is right for every person I teach you how to tailor the program to work for your needs Finally I will teach you how to make the perfect Green Smoothie We discuss what equipment to use and even some money saving tips Next we will go into all the different ingredients you can add to your smoothies You would not believe all the combinations you can create I will give you a list to get you started and break down how they benefit you I will explain how to build the layers of your smoothie for the best taste and health benefits It is all in here Lastly I know not everyone is going to want to drink Green Smoothies every day for the rest of their lives I teach you how to maintain the long term results of all your hard work You don't have to drink Green Smoothies three times a day every day to keep up the benefits I will explain what you do have to do to keep yourself on the right track to a healthy life Why this book You will learn the science behind DETOX and weight loss How to get rid of stubborn body fat Easily This book will help you detoxify your body and how to live healthy Say goodbye to lethargic days with smoothie diet learn right way to weight loss without starving yourself Let me help you transition to healthy life style

The 14 Day Green Smoothie Detox Diet Maggie Fitzgerald, 2012-04-16 Do you find yourself feeling tired and sluggish for no apparent reason Do you find that you're overweight despite often going for the low fat or diet options Do you feel like it's time to take charge of your health If any of these sound familiar then this book is for you The 14 Day Green Smoothie Detox Diet gives you everything you need to complete your Green Smoothie Detox diet and answer all your questions including What is the Green Smoothie Detox Diet What are the benefits How do you get started What will you need to do it Not just another recipe book Unlike other green smoothie diet books which stop at simply

providing a list of smoothie recipes together with some generic stock pictures of green drinks this book includes everything you need to know about the Green Smoothie Detox Diet and the complete nutritional breakdown for each of the 39 delicious smoothies In this Book diet nutrition expert Maggie Fitzgerald shows you all the delicious ways to Feel refreshed and energized Lose Weight the healthy way Have clearer glowing skin Seriously boost your immune system Get better quality sleep Greatly improve your digestion Beat cravings for unhealthy food Get your copy at the low introductory price and take charge of your health today BONUS BOOK If you buy The 14 Day Green Smoothie Detox Diet today you will also get a FREE BONUS copy of the best selling report The Natural Strengthening Properties Of Organic Healing This best selling book helps you to improve your overall health through a little known way of improving your wellbeing And before you ask these health cheats are based on scientific research It s also yours free if you buy The 14 Day Green Smoothie Detox Diet today THE BEST PART This bonus book is also short and to the point there is no unnecessary padding

Green Smoothies: The Ultimate Guide to Healthy Smoothies and Detox Strategies Boreas M.L. Saage, Discover the transformative power of green smoothies with this comprehensive guide to healthy smoothies and effective detox strategies This book delves into the science and practical application of incorporating nutrient dense green smoothies into your daily routine for improved health energy and weight management The journey begins with the fundamentals of green smoothies exploring their exceptional nutritional profile compared to juices and other beverages Learn how green smoothie detox programs support your body s natural cleansing processes particularly benefiting liver and kidney function Visual charts illustrate the impressive vitamin content mineral supply and fiber distribution that make green smoothies superior to other dietary options The guide thoroughly examines ingredient selection highlighting the nutritional powerhouses of leafy greens like spinach and kale and how to balance them with fruits for palatability Discover how to incorporate both local and exotic superfoods to enhance your smoothie detox experience and maximize health benefits Practical preparation techniques are covered in detail from equipment selection to advanced methods for preserving nutrients and streamlining your smoothie routine The book offers valuable insights on ingredient layering and temperature management to ensure you get the most from your healthy smoothies Specialized sections address specific health goals including detailed strategies for using smoothies for weight loss Learn which metabolism boosting ingredients make the most effective detox smoothies and how timing your consumption can optimize results The anti inflammatory smoothies section provides targeted combinations to combat chronic inflammation and joint discomfort while energy boosting formulations offer natural alternatives to caffeine and processed energy drinks The book concludes with seasonal smoothie programs guiding you through year round detox strategies from spring cleansing with wild herbs to immune supporting winter combinations Each program is thoughtfully designed to align with your body s changing needs throughout the year Whether you re new to green smoothies or looking to enhance your existing smoothie diet this guide provides the knowledge and strategies to transform your health through the power of nutrient rich green

smoothie detox programs **A Beginner's Guide to Green Smoothies** Sharon Daniels, 2013-09-16 Want to discover the real Fountain of Youth The bestselling author of the A Beginner's Guide To Juicing and Miracle Healers From the Kitchen series brings you another wealth of secrets from nature to help change your life Green Smoothies is a treasure map for anyone looking to feel better look younger smile brighter These aren't your average corporation made cures that waste time and money smoothies are your ticket to unlocking the rich healing properties of nature This book will take you step by step through the wonderfully rewarding world of juicing and smoothies You'll learn how to choose the perfect ingredients improve and upgrade your diet and make dozens of smoothies from the Banana Coconut Summertime Smoothie to the Master Cleanse Raspberry Lemonade Detox Smoothie You'll learn that smoothies aren't just for energy by adding the right ingredients you can cure the cold and flu improve your heart health and detox chemicals from your system leaving you feeling cleaner newer better Drink your way to better health and an incredible figure Delicious and Easy Recipes for ALL Ages Affordable Wholesome Ingredients Quick Results with little effort Step by step guide to renew your energy and strength Weight loss using safe natural and miraculous methods Boost mental health as well as physical Thoroughly researched and packed with scrumptious recipes this book makes the Green Smoothie diet a pleasure Don't fret over your veggies anymore drink them in an energizing smoothie with great taste but without all the excess sugars and fats More than a diet book this is a lifestyle guide You will find everything you need to succeed between the covers of this manual Each recipe contains easy to follow instructions including Nutritional Information Serving Size Data Prep Time Recipe Yield And much much more 300 Pages of Recipes Tips Information and Hints Full of informative charts and graphs and excellent illustrations this book is easy to use In addition to great tips on making and enjoying green smoothies you will also find great tips on buying and storing all types of produce The author even includes green smoothie versions of some all time favorite snacks making healthy eating a real treat Green Smoothies have never been as delicious as they are in these recipes Say goodbye to icky vegetables and hello to great flavor and quick results with the recipes in this book Don't wait another moment for the high energy fast acting effects of the Green Smoothie Diet revolution drink your first today and get on the path to better health This book has the answers you have been waiting for Add Green Smoothies for Beginners to your Kindle library today to reclaim your health **The Green Smoothie Prescription** Victoria Boutenko, 2024-05-21 Discover the healing power of smoothies with this comprehensive guide featuring over 150 wonderful recipes Raise a glass to your health Dark leafy greens contain an astonishing abundance of nutrients with enzymes antioxidants and minerals that hold extraordinary benefits for our mind and body In The Green Smoothie Prescription raw food pioneer and international bestselling author of Green for Life Victoria Boutenko provides a comprehensive guide to the healing capabilities of green smoothies This easy to use and information packed book features over 150 delicious recipes and an A to Z list of the most effective nutrients in battling everything from minor colds and aches and pains to chronic conditions and weight loss These unique smoothies are the easiest fastest and

most delicious way to consume the amount of greens necessary to achieve and sustain total health Featuring smoothies for Beautiful Skin Colds Flus Stress Reduction Detox Cleanses Weight Loss **The 10-Day Green Smoothie Cleanse For Weight Loss** William Lawrence,2021-07-09 Do you want to get rid of stubborn body fat Do you want to shed off a couple of pounds without hard workouts If Yes u are n th r ght l Whatever you crave Diet Book The 10 Day Green Smoothie Cleanse for Weight Loss is your go to guide for creating customizable smoothies that are perfect for you This smoothie recipe cookbook contains All About The 10 Day Green Smoothie Weight Loss Program Why is Detoxification Important What is the Green Smoothie Cleanse Program Health Benefits of the 10 day Green Smoothie Program Detox Green Smoothie Recipes for Weight Loss How to Continue Losing Weight After the 10 Day Challenge And more So many people who intend to lose weight do not know what the right ratio of ingredients for a tasty smoothie is Well you have nothing to worry about because I have you covered Enjoy nearly endless options for imaginative and healthy smoothies with more than 50 nutritious easy to make recipes Diet Book The 10 Day Green Smoothie Cleanse For Weight Loss filled with tasty mix and match ideas for crafting creative smoothies from brain boosting breakfasts to supercharged afternoon snacks So what are you still waiting for Let s get right to it and start losing weight for a healthier lifestyle Just Click on Buy now with 1 Click R And Start Your Journey Towards the Healthy World Today I look forward to getting you started on some of my most favorite recipes that I ve ever shared Trust me it s worth it CHOOSE which one you like more The Book Available in 3 Editions Kindle Editions Paperback Full Color Paperback Black White Edition **Green Smoothie Revolution** Victoria Boutenko,2010-05-18 A raw food pioneer takes the chore out of eating your greens with this surprisingly simple and powerful solution to getting proper nutrition every day Thanks to the advent of processed food people who live in industrial countries especially those whose families have done so for several generations often have symptoms of multiple nutrient deficiencies on a very high level We may not be obviously sick but may suffer from lack of focus insomnia sluggishness or any host of symptoms caused by nutritional deficiency Green smoothies provide a way for us to correct these persistent imbalances and begin to discover what health actually feels like Green Smoothie Revolution offers a wide variety of smoothie recipes as well as the nutrition and know how behind the drinks Featuring 200 recipes that pack a powerhouse punch Boutenko reintroduces long neglected fruits vegetables and greens in the most persuasive style for our busy lives with fast prep and delicious results Green Smoothie Revolution offers both simplicity and enough variety to keep taste buds happy and the vital nutrients you need

10-Day Green Smoothie Cleanse JJ Smith,2014-07-01 The New York Times bestselling 10 Day Green Smoothie Cleanse by JJ Smith is the ultimate detox and weight loss plan designed to jump start your health boost your energy and help you shed ten to fifteen pounds in just ten days Packed with supernutrients from leafy greens and fresh fruits this cleanse harnesses the power of green smoothies to naturally burn fat eliminate toxins curb cravings and reset your metabolism Whether you re looking to lose stubborn belly fat kick your sugar addiction or jump into healthier eating habits this bestselling program

offers a simple effective path toward permanent weight loss and full body detoxification Inside you ll find everything you need to succeed Lose 10 15 pounds in 10 days Get rid of stubborn body fat including belly fat Drop pounds and inches fast without grueling workouts Learn to live a healthier lifestyle of detoxing and healthy eating Naturally crave healthy foods so you never have to diet again Receive over 100 recipes for various health conditions and goals With proven results and thousands of success stories the 10 Day Green Smoothie Cleanse is perfect for anyone ready to look slimmer feel healthier and glow from the inside out Whether it s your New Year s resolution your midlife health reset or your first time detox this cleanse will help you reclaim your body and confidence without grueling workouts or calorie counting Lose weight Gain energy Detox naturally Are you ready to transform your life in just ten days

**10-DAY GREEN SMOOTHIE DIET PLAN:
How to Lose Weight Fast and Naturally: Build Your Health and Your Body by Eating Right, Not Less** Michael

Ericsson,2017-01-25 10 DAY GREEN SMOOTHIE DIET PLAN Green Smoothie Cookbook and Green Smoothie Recipes How to Lose Weight in 10 Days Detox Your Body and Increase Vitality Today only get 10 DAY GREEN SMOOTHIE DIET PLAN Green Smoothie Cookbook and Green Smoothie Recipes How to Lose Weight in 10 Days Detox Your Body and Increase Vitality Read on your PC Mac smart phone tablet or Kindle device Health is a person s greatest asset This book contains proven steps and strategies on how to maintain your health using an effective diet plan approved and recommended by known nutritionists and health practitioners This book is divided into two parts The first part tackles the overview of the Green Smoothie Diet Plan the ingredients and their corresponding health benefits the smoothing equipment and techniques to whip up a healthy smoothie The latter part outlines the many different smoothie recipes consistent with the Green Smoothie Diet Plan The recipes in this book are made with the weight loss and detoxification program in mind All the recipes and techniques discussed on the first half will be used in the recipes discussed on the second half Beginners to the diet plan will find the information and instructions enumerated in this book helpful as they wrestle with their goals Here Is A Preview Of What You ll Learn Introduction to the Smoothie Diet Plan Natural Ingredients Detox Smoothies Recipes Weight Loss Smoothies Recipes Vitality Smoothies Recipes Much much more Introduction to the Smoothie Diet Plan A sufficient consumption of liquids is important for anyone who wishes to follow a healthy lifestyle In fact all effective weight loss strategies have liquid prominently configured in the diet plan The secret to weight loss isn t entirely dependent on food intake Liquids fulfill the needs of the body when performing day to day activities Liquids play a huge role in making sure that any diet sees fruition Drinks especially those whose recipes are found in this book are good sources of easily digestible nutrients that provide enzymes that bolster the immune system These drinks when consumed on a regular basis increase energy and induce relief from stress The body is composed of 70 percent water Daily activities cost the body a gallon or two of water each day which means that it will need to recover all of that lost fluids at some point Any imbalance caused by the lack of fluids can weigh down the immune system and result to loss of energy This is the reason behind the importance of planning liquid intake 10

Day Diet Plan All the smoothie recipes in this book are carefully thought out with the health of the dieter in mind The vision is to make drinks that have high nutritional value with every sip but will not contribute to unhealthy weight gain The 10 Day Diet Plan has three phases Nutritionists believe that the dieter should first undergo detoxification to get rid of the poisons and impurities in the body Take action today and get this book for a limited time discount Tags smoothie recipes smoothie recipes for weight loss smoothie recipes for health smoothie recipes for weight smoothie recipes for kids smoothie recipes for diabetics green smoothie recipes smoothie maker smoothie recipe book smoothie diet smoothie bible smoothie detox smoothie blender recipes smoothie cookbook fruit smoothie recipes healthy smoothie recipes strawberry smoothie recipe strawberry banana smoothie recipe kale smoothie recipes mango smoothie recipe avocado smoothie recipe high protein diet low carb diet juicing recipes tropical smoothie vegan recipes healthy snacks dessert recipes low carb recipes lunch ideas green smoothie how to make a smoothie milkshake recipe

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