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23 Fat Burning Green Smoothie Recipes And Tips For Rapid Weight Loss

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Loss

~~☐☐ Magic Green Smoothie ☐☐ for
Weight Loss and Mental Clarity
Reversing Type 2 Diabetes and
Glaucoma With Green Smoothies
BEST GREEN SMOOTHIE FOR
WEIGHTLOSS | HOW I LOST 50~~

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15 Best Green Smoothie Recipes
That Actually Taste Great -
Weight Loss Smoothies 30-Day
Green Smoothie Challenge (full
movie) | Drink a Quart of Green
Smoothie Daily for Health GREEN
SMOOTHIE RECIPE FOR WEIGHT
LOSS | Easy & Healthy

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~~Breakfast Ideas! 10 Day Detox
Diet Recipes — Dr Mark Hyman
Detox Smoothie Fat-Burning
Green Smoothie for Weight Loss
FAT BURNING SMOOTHIE RECIPE!
| BYE BYE TUMMY FAT! GREEN
BREAKFAST SMOOTHIE | for
weight loss GREEN SMOOTHIES~~

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~~FOR FAST FAT LOSS~~
And Tips For Rapid Weight

Loss
The KETO GREEN SMOOTHIE:

SIMPLE CHEAP INGREDIENTS

COMPLETE MACROS LCHF PALEO

VEGAN 10 Common Smoothie

Mistakes | What NOT to do!

Strongest belly fat burner // lose

10lbs in 5 days//2019 Lose Weight

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FAST with this Bed Time Fat
Cutting Drink! (How To Lose Belly
Fat Overnight Drink!) Glowing
Green Smoothie - The Beauty
Detox by Kimberly Snyder The
ONLY Green Smoothie Recipe You
Need To Know | Jenna Dewan
JUICE DIET! HOW I LOST 15+

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~~POUNDS What I Eat Breakfast | Dr
Mona Vand 7 Smoothie Freezer
Packs | How To Meal Prep | A
Sweet Pea Chef GREEN
SMOOTHIE Recipe | Clear Skin
& Weight Loss Detox and
Cleanse for FAST Weight Loss |
Smoothie & Juice Recipes |~~

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Clean Eating Basics | J SMITH 10
DAY SMOOTHIE CLEANSE - VLOG
DAYS 1-10 | POCKETSANDBOWS
Best Green Smoothies for Weight
Loss Intermittent Fasting Green
Smoothie Recipe To Burn Fat
Faster and Lose Weight Blueberry
+ Avocado Fat Burning Smoothie

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Recipe! Reese Witherspoon's
favorite green smoothie recipe
courtesy of Kerry Washington

~~GREEN SMOOTHIE RECIPE FOR
WEIGHT LOSS | Lose 5 Kgs in 5
Days | GREEN SMOOTHIE Recipe
Diabetes Drink Smoothie MY GO-
TO GREEN SMOOTHIE RECIPE | for~~

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health, fitness + weight loss 23

Fat Burning Green Smoothie

If you enjoyed 23 Fat Burning Green Smoothie Recipes & Tips for Rapid Weight Loss, here are even more recipes to burn fat burning with green smoothies along with more recipes and tips.

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These recipes are great to add to your diet throughout the day.

23 Fat Burning Green Smoothie
Recipes & Tips For Rapid ...

23 Fat Burning Green Smoothie
Recipes & Tips For Rapid Weight
Loss Book 2 Alana Maxwell. 3.7

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out of 5 stars 17. Kindle Edition.
£0.99. Foods That Will Turn Your
Metabolism Into a Fat Burning
Machine: A Guide on How to Lose
Weight Glenn California. 3.8 out
of 5 stars 29.

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Recipes & Tips For Rapid Weight

Loss
23 Fat Burning Green Smoothie
Recipes & Tips For Rapid Weight
Loss book. Read reviews from
world's largest community for
readers. If you are looking for ...

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Recipes & Tips For Rapid Weight

Loss
10 Fat Burning Green Smoothie

Recipes for Weight Loss 1-

Pineapple, Pear & Berry Green

Smoothie. This is a delicious way

for berry lovers to get started

with weight loss... 2- Banana Razz-

Ma-Tazz Green Smoothie. If you

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like the tartness of raspberry and
the smooth creaminess of
banana, you'll... 3- ...

10 Fat Burning Green Smoothie
Recipes for Weight Loss ...

Tag Archives: 23 Fat Burning
Green Smoothie Recipes & Tips

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And Rapid Weight Loss. 7 Healthy
Green Smoothie Recipes For
Weight Loss. Dina Tips. Research
proves that Green Smoothies are
one of the best ways to quickly
lose weight. However, it can be
tricky to consume green smoothie
unless you have proven recipes.

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And Tips For easy to follow ...
Loss

23 Fat Burning Green Smoothie
Recipes & Tips For Rapid ...

Green Smoothies for Weight Loss
and Fat Burning 1. Avocado
Dream. A lean, green, avocado
dream! This smoothie doesn't

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require a lot of ingredients, but it still packs a... 2. Lucky Green Smoothie. This is one the kids will love too, and you can get them in on the fun by helping to add the... 3. ...

10 Green Smoothie Recipes for

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Weight Loss and Fat Burning
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Green Smoothie Recipes Tips For
Rapid Weight Loss Book 2 want
more, you can read upon your
computer or laptop to acquire full
screen leading for 23 fat burning
green smoothie recipes tips for

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rapid weight loss book 2. Just
locate it right here by searching
the soft file in associate page.

23 Fat Burning Green Smoothie
Recipes Tips For Rapid ...

Ingredients 1 cup baby spinach 2
Tbsp cup fresh mint leaves 1 stalk

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celery, chopped 1/2 cup brewed
green tea, cooled 1/2 large
grapefruit, peeled and seeded 1
cup pineapple chunks, frozen 1/4
large avocado Dash ground
cayenne pepper, optional

Fat Burning Smoothie | Foods that

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Burn Fat, Naturally
And Tips For Rapid Weight

Loss
10 Fat-Burning Smoothie Recipes

Nutritionists Always Drink Wake-

Up Call. This smoothie is a

favorite of Kristin Reisinger, MS,

RD, CSSD, and founder and owner

of IronPlate Studios. Creamy

Chocolate Peanut Butter. If you're

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And Tips For Rapid Weight
Loss
a chocoholic, you'll love this
smoothie. This sweet recipe,
created by... ..

10 Fat-Burning Smoothie Recipes
Nutritionists Love | Eat ...

23 fat burning green smoothie
recipes and tips for rapid weight

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Loss Sep 05, 2020 Posted By

Catherine Cookson Publishing

TEXT ID 1682cfe5 Online PDF

Ebook Epub Library strawberries

which blend with the spinach

flavor to give you an amazing

taste while being this fat burning

smoothie recipe does that and so

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Loss

23 Fat Burning Green Smoothie
Recipes And Tips For Rapid ...

Green Smoothie plus Apples,
Broccoli, and Celery; The most
surprising benefit is that broccoli
can effectively help you lose shed

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some fat. Broccoli is rich in fiber, vitamins, and minerals and low in cal and fat. By adding a regular leafy green broccoli vegetable to your fat burning smoothies, you will not miss your daily diet needs and burn some fat at the same time.

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Loss
19 Quick Fat Burning Smoothies
for Weight Loss At Home ...

9 Effective Homemade Smoothies
for Burning Fat on Belly 1.

Strawberry and Orange

Temptation: To make this pound
melting smoothie, take a clean

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blender and do the following:

Add... 2. Grapes and Cucumber

Cooler: To beat the heat in
summers, kick start your day with
this amazing sweet and energy...

3. ...

9 Effective Homemade Smoothies

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for Burning Fat on Belly Weight

23 Fat Burning Green Smoothie
Recipes & Tips For Rapid Weight

Loss eBook: Maxwell, Alana:

Amazon.com.au: Kindle Store

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Recipes & Tips For Rapid ...

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Trying to BOOST your metabolism
and LOSE a few more pounds? I
think we've all been there! FULL
RECIPE | <https://sgs.to/fat-burning>
7-DAY SMOOTHIE CHALLENGE: ...

Fat-Burning Green Smoothie for
Weight Loss - YouTube

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Ingredients 3 Broccoli Florets 2
Cauliflower Florets 2 Pineapple
Spears Green tea to the fill line

Fat Burning Green Tea and
Vegetable Smoothie - All ...
Matcha is typically the ingredient
with the most concentrated

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nutrition and health benefits in any green tea smoothie. Plus, a high quality matcha powder is more potent in antioxidants and metabolism boosting nutrients. Choose your fat burning smoothie carefully. Green tea weight loss smoothie recipe. Find Matcha

Access Free 23 Fat Burning Green Smoothie Recipes Tea. And Tips For Rapid Weight Loss

How to Make: Matcha Green Tea
Smoothie | Fat Burning ...

Incorporating fat burning
smoothies into your diet is a good
way to lose weight. Nutrient-
dense smoothies can help you

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feel full longer which discourages snacking. Adding things like chia seeds, pineapple and avocado will pack your smoothie with fiber. Add things like coconut oil, cinnamon, spinach, and blueberries to help burn fat more quickly.

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And Tips For Rapid Weight

Loss
15 Easy and Delicious Fat Burning
Smoothies

Fat Burning Green Smoothie

(Gluten-Free, Vegan, Paleo)

January 7, 2017 Breakfast &

Brunch , Drinks , Gluten-free ,

Keto , Paleo & Whole 30 , Recipes

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, Vegetarian & Vegan 85378
shares
Loss

The New York Times bestselling
10-Day Green Smoothie Cleanse
will jump-start your weight loss,

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And Tips For Rapid Weight
Loss

increase your energy level, clear your mind, and improve your overall health as you lose ten to fifteen pounds in just ten days. Made up of supernutrients from leafy greens and fruits, green smoothies are filling and healthy and you will enjoy drinking them.

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Your body will also thank you for drinking them as your health and energy improve to levels you never thought possible. It is an experience that could change your life if you stick with it! This book provides a shopping list, recipes, and detailed instructions

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And the 10-day cleanse, along with suggestions for getting the best results. It also offers advice on how to continue to lose weight and maintain good health afterwards. Are you ready to look slimmer, healthier, and sexier than you have in years? Then get

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And Tips For Rapid Weight Loss
ready to begin the 10-Day Green Smoothie Cleanse! If you successfully complete the 10-Day Green Smoothie Cleanse, you will...
□ Lose 10-15 pounds in 10 days
□ Get rid of stubborn body fat, including belly fat
□ Drop pounds and inches fast, without

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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

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Get healthy in just 15 days with this diet plan from the celebrity trainer and New York Times bestselling author featured on Khloé Kardashian's Revenge Body--now revised with the latest nutrition science and updated recipes. Harley Pasternak has

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And Tips For Rapid Weight
Loss

worked with most of Hollywood, whipping celebs into shape for roles and the red carpet and also appearing as a celebrity trainer on *Revenge Body* with Khloé Kardashian. With *The Body Reset Diet*, he introduced his ultimate reset plan to the world, and

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rebooted readers' systems to set them on the path to thinner, healthier, happier lives. Now he's updating this beloved plan with a new introduction, the latest findings in nutritional science, and new recipes. This three-phase program focuses on the easiest,

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most effective way to slim down: blending. The five-day jumpstart includes delicious, expertly crafted smoothies, dips, snacks, and soups--all customizable to any preference or diet restriction. Over the following ten days, readers will reintroduce healthy

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versions of their favorite foods along with the blended recipes, keeping their metabolisms humming. The plan also explains how the easiest form of exercise--walking--along with light resistance training is all it takes to achieve the celebrity-worthy

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And Tips For Rapid Weight
Loss

physique that every reader craves. Whether readers are looking to lose significant weight or just those last five pounds, The Body Reset Diet offers a proven program to hit the reset button, slim down, and get healthy in just fifteen days--and stay that way

Access Free 23 Fat Burning Green Smoothie Recipes for good! And Tips For Rapid Weight Loss

Jen Hansard and Jadah Sellner are on a fresh path to health and happiness--deprivation not included. In their book, Simple Green Smoothies, these two friends invite you into a sane and

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A tasty approach to health that will inspire and energize you on your own journey toward a happier life. The Simple Green Smoothies' lifestyle doesn't involve counting calories or eliminating an entire food group. Instead, it encourages you to make one simple change:

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And Tips For Rapid Weight Loss
drink one green smoothie a day. Simple Green Smoothies includes a 10-day green smoothie kick-start to welcome you into the plant-powered lifestyle, with shopping lists included. Follow it up with 100+ delicious recipes that address everything from

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weight loss to glowing skin to kid-friendly options. Hansard and Sellner are two moms raising their own families on healthy, whole-food recipes. They've seen the amazing health benefits of green smoothies firsthand--from losing 27 pounds to getting more

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energy. Their wildly popular website has changed the lives of over 1 million people and made them the #1 green smoothie online resource. Simple Green Smoothies will empower you to take control of your health in a fun, sustainable way that can

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transform you from the inside
out. Ready to join the plant-
powered party?

A New York Times bestseller from
certified weight-loss expert JJ
Smith, Green Smoothies for Life
offers a brand-new meal plan to

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incorporate green smoothies into your everyday routine while developing healthier long-term eating habits and improving your overall health. More than a weight loss plan, the 10-Day Green Smoothie Cleanse, designed by nutritionist and certified weight-

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And expert JJ Smith, became a
way of life. Readers reported that
they not only shed pounds but
they also slept better, thought
more clearly, and were in better
over-all health, with some
adherents, in consultation with
their doctor, even moving off

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medication. As delicious as her green smoothies are, however, the cleanse was designed only to jumpstart a detox and a new approach to eating—it's not a permanent solution. In her new book, *Green Smoothies for Life*, the highly anticipated follow up to

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the #1 New York Times bestseller
10-Day Green Smoothie Cleanse,
Smith presents a way that green
smoothies can be incorporated
into your daily regimen. With over
thirty recipes for everything from
hot dinners to desserts and
snacks, sixty thoughtfully

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And Tips For Rapid Weight
Loss

composed green smoothie recipes, a thirty-day meal plan and the corresponding shopping lists, the book provides you with a step-by-step prescriptive daily regimen that shows you how to eat mindfully and healthily. In addition to green smoothies and

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color photographs of select recipes, the book includes more than twenty effective methods to detox (which helps fuel weight loss), information on Smith's DHEMM (Detox, Hormonal Balance, Eat, Move and Mental Mastery) weight loss system, and

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testimonials from dieters who've
change their approach to not just
food but also life since while
following her advice. Whether you
are just starting out on your
weight loss journey or already a
smoothie convert, Green
Smoothies for Life is the essential

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And Tips For Rapid Weight
Loss



next step in continuing your
pursuit of a healthier lifestyle.

Awesome Alkaline Keto
Chlorophyll-Rich Smoothie
Recipes to Help You Thrive!
Included are 45 nutritious and
delicious, alkaline-keto friendly

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smoothies for you to enjoy every day, without feeling bored or deprived. -No sugar (perfect for no/low sugar diets) -No dairy, no SOY (we use alkaline-keto friendly plant-based or nut milk instead!) -No gluten. -Super low carb (perfect for weight loss diets)

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Rich in good fats for sustainable energy! YOU WILL NOT FEEL HUNGRY ON THOSE SMOOTHIES   Jam-packed in vital nutrients, vitamins and minerals – to help you stay HEALTHY and have beautiful, glowing skin and strong hair. Rich

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in healthy, plant-based protein –
so that your body can thrive,
inside out. Vegan, paleo, and keto
friendly! Perfect to help you:
-enjoy more energy -stay full for
hours -get you closer to your
weight loss, health and fitness
goals! The best part? -you don't

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And Tips For Rapid Weight Loss

need any fancy ingredients -the recipes are beginner friendly -you can enjoy a variety of taste - naturally sweet - sour - or even spicy smoothies -you can easily make the recipes even on a busy schedule -most recipes can be used as a meal replacement

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Included are: -food lists/shopping lists -extra tips and guidance (even if you are new to alkaline-keto, or green smoothies - we got you covered) -beginner friendly alkaline & keto crash course -SOS motivation - to help you stay on track and experience all the

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incredible results of alkaline keto
smoothies What are you waiting
for? Discover how to combine
alkaline superfoods with keto and
chlorophyll rich foods to make
amazingly healthy smoothies.
Order your copy now and join
thousands of others who are

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And Tips For Rapid Weight
Loss
already successfully using this
underground smoothie-making
method to restore their energy,
vitality and health!

Strawberry Coconut Almond 8-10
small frozen strawberries 3 fresh
strawberries 1 c. coconut milk 1 t.

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almond butter 1 t. honey

Chocolate Avocado 1 avocado 2

frozen bananas 1/2 c. frozen or

fresh raspberries 1-2 T.

unsweetened cocoa powder 2 c.

almond or coconut milk Cinnamon

Coconut Banana 1/2 c. coconut

milk 4 large egg yolks 1 medium

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banana 1/4 c. ice 1/2 t. cinnamon
Grab the book for more paleo
smoothie recipes now!

CAPTURE THE BENEFITS OF
EARTH'S SUPERFOODS Looking
for a quick, flavorful and
nutritious way to stay youthful

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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

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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

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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

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Green smoothies like Ginger
Green.

A collection of 66 illustrated smoothies, juices, nut milks, and tonics to kick-start metabolism, fire up the mind, and promote

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whole-body health. An easy-to-follow and informative guide, this book pares smoothie-making back to its essence. Each recipe is presented in a highly visual spread, and grouped ingredients are displayed opposite finished smoothies and juices, providing at-

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a-glance instruction. Recipes like Dandelion Tonic, Popeye's Juice, Coconut Kale, and Pineapple Twist provide a simple introduction for the new smoothie maker, as well as new inspiration for the experienced blender. A seven-day detox plan with

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straightforward recipes energizes
and invigorates.

Presents over ninety recipes for
green smoothies, discussing
health benefits, fruit and
vegetable ingredients, superfood
additives, selecting a blender.

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and smoothies for specific health
needs.

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