



**Best Green Smoothie Recipes for Weight Loss & Juicing for Weight Loss + Smoothies Are like You: Smoothie Food Poetry for the Smoothie Lifestyle - Poem a Day Book**

*Juliana Baldec*

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# Best Green Smoothie Recipes for Weight Loss & Juicing for Weight Loss + Smoothies Are like You: Smoothie Food Poetry for the Smoothie Lifestyle - Poem a Day Book

*Juliana Baldec*

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This is a three in one box set compilation of three audiobooks.

Book 1: *Juicing to Lose Weight*, Book 2: *16 Blender Recipes for the Smoothie Diet & Detox Diet*, Book 3: *Smoothies Are like You - Smoothie Food Poetry for the Smoothie Lifestyle*.

From one of America's most passionate advocates of turning common and sick making food choice into a healthy and balanced lifestyle that includes five minutes quick and effortless to make, tasty, healthy, vitality, and energy boosting smoothies and juices.

Not only can these healthy blender recipes drinks boost your health, wellness, and happiness, but they can also provide you with many other benefits like beautifying your body and skin from the inside out, anti-aging, natural ability to heal itself, energizing and regulating your hormones, helping neutralize free radicals in our body and brain, satisfying your daily supply of the cancer fighting mineral selenium, treating fungal bacteria in the body like candida, boosting your energy level to fight against fatigue and illnesses, loosing weight and keep it off, and many other health benefits.

When Juliana got started with smoothies and juices, she was able to shed 20 pounds during a period of two months. Since then, she has been able to keep that weight off.

Her secret: She turned these nutritious and satisfying drinks into a way of life.

Combining smoothies, juices, and a light daily workout together with a light meal plan has helped her not only lose 20 pounds within 60 days, but she was also been able to get rid of her nasty breathing and Asthma problems at the same time.

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#### **Sam Hasse:**

Spent a free time and energy to be fun activity to perform! A lot of people spent their down time with their family, or their friends. Usually they performing activity like watching television, likely to beach, or picnic within the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your own personal free time/ holiday? Could possibly be reading a book might be option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of publication that you should read. If you want to test look for book, may be the guide untitled Best Green Smoothie Recipes for Weight Loss & Juicing for Weight Loss + Smoothies Are like You: Smoothie Food Poetry for the Smoothie Lifestyle - Poem a Day Book can be great book to read. May be it may be best activity to you.

#### **Megan Kelly:**

As a college student exactly feel bored for you to reading. If their teacher inquired them to go to the library

in order to make summary for some book, they are complained. Just very little students that has reading's internal or real their passion. They just do what the educator want, like asked to go to the library. They go to at this time there but nothing reading very seriously. Any students feel that studying is not important, boring and can't see colorful photos on there. Yeah, it is being complicated. Book is very important to suit your needs. As we know that on this period, many ways to get whatever you want. Likewise word says, ways to reach Chinese's country. Therefore this Best Green Smoothie Recipes for Weight Loss & Juicing for Weight Loss + Smoothies Are like You: Smoothie Food Poetry for the Smoothie Lifestyle - Poem a Day Book can make you sense more interested to read.

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