



The New Green Smoothie Diet Solution (Revised and Expanded Edition): Nature s Fast Lane for Peak Health (Paperback)

By Elizabeth Swann

Fast Lane Publishing, United States, 2013. Paperback. Book Condition: New. 252 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.Now Revised Expanded With Brand New Content + 30 New Delicious Nutritious Green Smoothie Recipes Join The Green Smoothie Revolution For Abundant Radiant Health! Feeling Tired, Stressed and Depressed? Introducing a simple, affordable, mouth-watering way to improve your health from the inside out. The Green Smoothie Diet Solution gives you a simple, immediate and complete blueprint you can start using today to achieve new levels of health and well being! Expensive equipment Not Required! Hard to find exotic fruits and vegetables, Not Essential! And as a bonus, you ll spend less than you normally would at the supermarket, while enjoying all of the nutritious benefits of deliciously tasty green smoothies. Inside You ll learn How To: Create the perfect smoothie every single time (step-by-step) Balance sweet and savory flavors for maximum taste Rotate greens for maximum efficiency Supercharge your smoothies with next level ingredients Purchase the best blender without breaking your budget Amazon Three Time Bestselling Author, Licensed Naturopath and Raw Food Expert, Elizabeth Swann-Miller focuses on the 7 critical factors of peak health and shows...



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