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The Slim-It-Down Diet Smoothies: Over 100 Healthy Smoothie Recipes for Weight Loss and Overall Good Health - Weight Loss, Green, Superfood and Low Calorie Smoothies (Paperback)

By Diane Sharpe

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 224 x 148 mm. Language: English . Brand New Book ***** Print on Demand *****.Smoothie Recipe Book With Over 100 Smoothies For Weight Loss, Superfood Smoothies, Green Smoothies, Protein Smoothies, Low Calorie Weight Loss Smoothies And More This smoothie recipe book works well with - Philips Blender, Nutribullet, Blend Active, Kenwood, VonShef, Vitamix, Nutri Ninja, Hamilton Beach, Ninja Master Prep and others This revolutionary smoothie diet book serves up over 100 healthy and proven recipes to help people lose weight and overcome various diseases. THE SLIM-IT-DOWN DIET SMOOTHIES came to life when the author discovered that genetic obesity doesn't have to be a life sentence of uncontrollable weight gain and adverse health effects-ranging from high cholesterol and high blood pressure to the buildup of stubborn body fat. After witnessing family and friends regain their health and lose weight after routinely drinking the Slim-It-Down Diet Smoothies, the author, Diane Sharpe proved that obesity could be gone forever with this one simple approach: THE SLIM-IT-DOWN DIET SMOOTHIES . Moreover, these diet smoothies takes you to the next health level with over 100 healthy, life-changing and nutrient-rich smoothie recipes. including a...

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