



# **Green Smoothie Recipes: Green Smoothie Recipes for Supreme Health: The Green Smoothie Way to A Leaner and More Energetic You! (Green Smoothies Book 1)**

*Raiden Steven*

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## **Green Smoothie Recipes – The Green Smoothie Way to A Leaner and More Energetic You!**

**Today only, get this Amazon bestseller for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.**

This book contains steps & strategies on how to achieve a Leaner, Healthier and More Energetic you using the Green Smoothie Cleansing Program.

- Are you having a hard time managing your and concerned about not having the right balance of nutrients in your daily diet?
- Are you always feeling tired or low on energy even though you know you haven't done much work for the day?
- Do you have existing skin conditions that just don't seem to go away?
- Are you always falling sick and concerned with your immunity condition?
- Are you worried that you will eventually contact chronic sicknesses due to not having the right dietary intake?

If the answer is “Yes” to any of the above, then this Green Smoothie concept is perfect for you, as what you need to start with addressing all the concerns above is probably a Green Smoothie cleansing & detox program to purge out the toxins that have built up in your body.

## **Here Is A Preview Of What You'll Learn...**

### **Part 1: The Concept of Green Smoothies and the Green Smoothies Cleansing Detox Program.**

Green smoothies primarily comprise 2 components – vegetables and fruits in a certain proportion such that when they're blended, the drink that results is a concoction rich in antioxidants, natural fibres and all the goodness organic foods have to offer. In this part of the book, you'll learn what Green Smoothies Cleansing & Detox Programs are and how they are run. You'll also learn the many awesome benefits of consuming the

drink rich in nature's goodness!

### **Part 2: Detoxing for Maximum Effectiveness.**

In the book, there'll be instructions on how to run the Green Smoothies Cleansing & Detox Program. To make the most out of your Green Smoothies Cleansing effort, there're many foods that must be abstained from during this period of time else the effort would be wasted.

### **Part 3: Tantalizing and Healthy Green Smoothies Recipes.**

Finally after being equipped with knowledge on how to run Green Smoothies Cleansing & Detox Programs and armed with the determination and the knowledge to make the effort, I'll present you with different recipes of Green Smoothies to give you a variety of tastes. Each of these recipes have been carefully selected and presented to facilitate ease of learning by the reader.

If you have a strong-will and a sense of determination to go through the Green Smoothies Cleansing & Detox Program to detoxify your body for a healthier life, let me warmly welcome you into this book and may this be the start of a healthier and happier lifestyle.

### **Download your copy today!**

Take action today and download this book for a limited time discount of only \$2.99!

Let me show you how you can achieve a leaner and healthier you with the use of Green Smoothies!

Tags: green smoothies, weight loss, vegan diet, organic food, antioxidants, vegetarian diet, body detox, body cleansing, green smoothies cleansing

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**Joseph Anderson:**

Information is provisions for folks to get better life, information presently can get by anyone in everywhere. The information can be a information or any news even a problem. What people must be consider if those information which is within the former life are difficult to be find than now is taking seriously which one is suitable to believe or which one the actual resource are convinced. If you obtain the unstable resource then you understand it as your main information you will have huge disadvantage for you. All those possibilities will not happen within you if you take Green Smoothie Recipes: Green Smoothie Recipes for Supreme Health: The Green Smoothie Way to A Leaner and More Energetic You! (Green Smoothies Book 1) as the daily resource information.

**Jerome Chisolm:**

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**Carmen Bell:**

In this era globalization it is important to someone to find information. The information will make a professional understand the condition of the world. The fitness of the world makes the information quicker to share. You can find a lot of references to get information example: internet, classifieds, book, and soon. You can view that now, a lot of publisher in which print many kinds of book. The actual book that recommended to you is Green Smoothie Recipes: Green Smoothie Recipes for Supreme Health: The Green Smoothie Way to A Leaner and More Energetic You! (Green Smoothies Book 1) this reserve consist a lot of the information on the condition of this world now. This kind of book was represented how does the world has grown up. The words styles that writer require to explain it is easy to understand. Often the writer made some study when he makes this book. That's why this book appropriate all of you.

**Jessie Davis:**

What is your hobby? Have you heard that question when you got scholars? We believe that that problem was given by teacher to their students. Many kinds of hobby, Every person has different hobby. And you also know that little person just like reading or as reading become their hobby. You need to understand that reading is very important as well as book as to be the matter. Book is important thing to include you knowledge, except your teacher or lecturer. You see good news or update regarding something by book. Amount types of books that can you go onto be your object. One of them is this Green Smoothie Recipes: Green Smoothie Recipes for Supreme Health: The Green Smoothie Way to A Leaner and More Energetic You! (Green Smoothies Book 1).

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