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The New Green Smoothie Diet: Your Quick-Start Guide to Weight Loss and Optimum Health with Raw Food and Superfoods (Paperback)

By Maggie Fitzgerald

Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The New Green Smoothie Diet: Your Quick-Start Guide to Weight Loss and Optimum Health with Raw Food The New Green Smoothie Diet answers all your questions in detail, including: What is the Green Smoothie Diet? Why the Green Smoothie Diet and what are the benefits? How do I get started? What do I need to do it? What should I avoid when doing the Green Smoothie Diet? Not just another recipe book: Unlike other green smoothie diet books which stop at simply providing a list of smoothie recipes together with some generic/stock pictures of green drinks, this book includes everything you need to know about the New Green Smoothie Diet and the complete nutritional breakdown for each of the delicious smoothies. This book is packed with all of the recipes from the original The 14 Day Green Smoothie Detox Diet plus another 34 brand new, delicious and nutritious recipes! In this Book, diet amp nutrition expert Maggie Fitzgerald shows you all the delicious ways to: Lose Weight in a Sustainable Way Beat Junk Food Cravings Feel Healthier and Full of Energy Really improve...



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