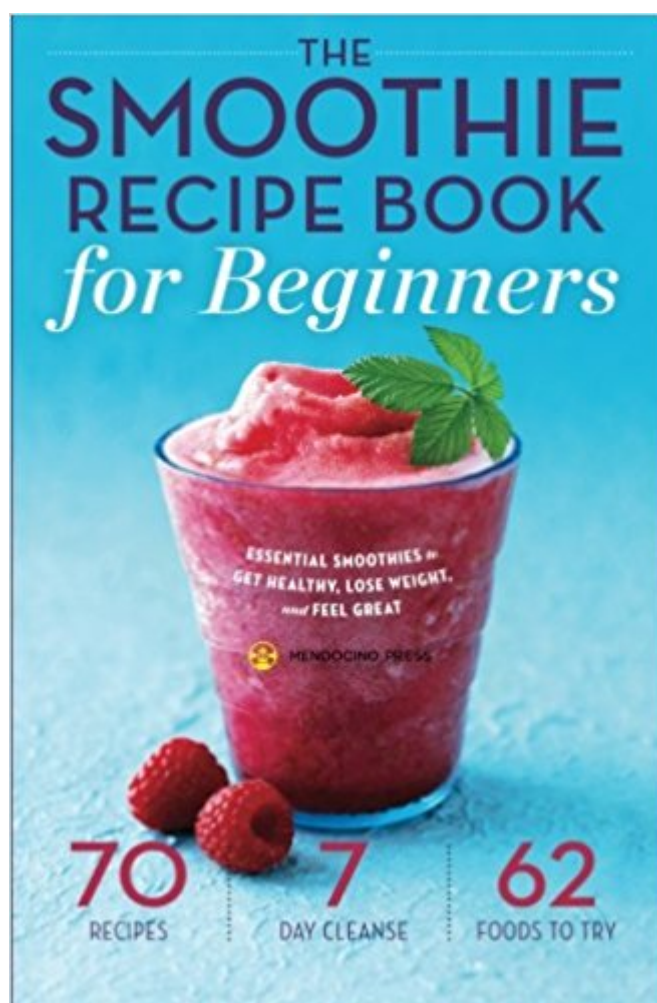


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# Smoothie Recipe Book For Beginners: Essential Smoothies To Get Healthy, Lose Weight, And Feel Great



## Synopsis

Dramatically change the way you look and feel with The Smoothie Recipe Book for Beginners. When you have a busy life and packed schedule, it can be a challenge to get enough fresh fruits and vegetables in your diet. The Smoothie Recipe Book for Beginners gives you everything you need to turn nutrient-rich foods into fast and filling meals. With more than 70 easy smoothie recipes, The Smoothie Recipe Book for Beginners will help you lose weight, increase your energy, fight disease, and achieve the healthy glow that comes from a clean and well-balanced diet. The Smoothie Recipe Book for Beginners will help you make healthy smoothies a part of your daily routine, with:

- More than 70 Smoothie Recipe Book recipes packed with vitamins and antioxidants
- Smoothie recipes for weight loss, energy, detoxing, and optimal health
- 3- and 7-day Smoothie Recipe Book meal plans to kickstart a full-body detox
- A produce shopping guide from the editors of The Smoothie Recipe Book
- Smoothie Recipe Book tips for reducing calories, adding superfoods into your diet, and modifying recipes to suit your taste buds

Whether you are looking to increase your daily dose of natural vitamins or lose weight, The Smoothie Recipe Book for Beginners is a simple path to a new and healthier you!

## Book Information

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## Customer Reviews

It's a fun way to get the health kits that we need. Drink your fruits and vegetables. It's hard to eat clean when you are on the run and need to still constantly shove food into your mouth. Instead try drinking it through a straw. Personally I really enjoy smoothies,

especially when I can make them myself. Most places charge an arm and leg for a smile smoothie. Or even worst they aren't made fresh. This book does an awesome job of explaining how using smoothie diets to add fiber to our routines, help us better absorb sugar and reduce belly fat. A simple formula not necessary providing all of the ingredients is the purpose of this book. It gives a general overview of the benefits and why beginners should start. It is worth a read!

Making smoothies always seemed intuitive or obvious to me. But the this book has some great ideas and helpful clarifications. As compared to juice, for instance, smoothies have more fiber, keep longer, can make them complete meals by adding fats and proteins, and are easier to clean-up after! You can consume smoothies faster than individual fruits and veggies. You control the ingredients (no extra fructose). This is key to anyone aiming at weight loss! I found the chapter on the dessert smoothies most helpful as I have a bit of a sweet tooth and eat real junk from time to time. This chapter offers alternatives to high fat deserts with unhealthy additives. The intro notes that Vitamin C leads to improved circulation and improved nails, hair, skin, etc. The tips on reducing froth or curdling, buying in bulk, preparing ingredients, and storing left-overs were helpful. And I finally learned why things ripen quicker in a paper bag! Some of the tips were too obvious to be printed in a book, like common sense tips for picking fresh fruits and veggies. But all in all the info and recipes are great!

I didn't eat enough fresh fruit and vegetables and, to be honest, I really didn't know how to incorporate more veggies in my diet. This book taught me how to solve these problems and much more. I discovered the health benefits of smoothies and I learned how to make my own. From preparation techniques to over sixty recipes, including green smoothies, weight loss, energy boosters, detox, desert smoothies, to storing and freezing tips, this book has it all. I like the fact that the recipes include info about the benefits of each ingredient and how many calories per cup. Have a challenging day at work? Replace the caffeine with a green smoothie. It will help you stay focused and energized. Counting the calories? Replace your desert with a smoothie! You will not only lose weight, you will increase your energy level also. I highly recommend this book to healthy conscious people.

"The Smoothie Recipe For Beginners" spells out is a wonderful, simple pathway to a better, healthier life style. With simple tools and a rainbow of fruits and vegetables, the smoothies supply

an abundance of nutrients. Choosing the freshest fruit and vegetables and adding supplements, super foods, protein powders, and a variety of liquids, like coconut milk, will easily make a nutritious meal replacement or snack. Many degenerative health problems can be abated or eliminated by dietary adjustments. An excellent variety of smoothie recipes, including recipes for a three-day and a seven-day cleanse, come with simple directions.. Notes about specific nutrients and calories help to validate the contributions smoothies will make to any health regiment. Limiting exposures to toxins, in the final pages, make this book a wonderful building-block to construct a healthier body.

I've been searching for a way to get more fruits and vegetables into my post-workout snacks, but I've been working out in the morning before work and had difficulty finding the time to prepare and eat fruits and vegetables between my workout and work. This book not only taught me some quick and easy smoothie recipes, but it also gave me some ideas on blending in protein powder and nuts to replenish protein and other essential nutrients. This was something I couldn't do with my juicer that I just haven't had time to use (and clean!) lately. I really like the suggestions on ingredients that address specific ailments (blood pressure, arthritis, etc.). Love the Hearty Banana-Flax Power Shake for breakfast.

Waking up to a smoothie is like waking up to a thick milk shake, only it is more energizing and less demanding to digest. The Smoothie Recipe Book for Beginners is a great place to start no matter whether you want to start a dietary lifestyle change for yourself or want to get more fruits and vegetables into the diet of your family, and do it in a really fun way. This wonderful little Smoothie Recipe book offers all you need to know about smoothies. It discusses the value of a smoothie over just fresh juice, the tools you will need and how to select the fruits and vegetables you need to make the 70 recipes in this book. The book has many health tips also.

I've gotten some good use out of this intro to smoothies book. It reads like a manual, and at times like Web MD, but who needs riveting prose when the concern is putting together an all-around decent smoothie? Once you wade through a full unit of equipment and ingredient glossary and tutorial, The Smoothie Recipe Book gets into interesting stuff like cleanse and detox menus, health and beauty aspects, and, of course, the recipes. Organized by function (weight loss, energy boosters, green, etc.), each recipe adopts a user-friendly flow and is careful not to drag on. As advertised, this would be a good buy for the smoothie newbie but seasoned smoothie makers should also get some mileage.

Informational. I was hoping for more recipes but the info makes up for anything I feel is lacking.

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