



# **Smoothies for Weight Loss - The Ultimate Smoothie Recipe Book: Cleanse Your Body with these Healthy Green Smoothie Diet Recipes**

*Martha Stone*

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Whether you are trying to slim down or simply improve your nutrition, smoothie diet recipes for weight loss are a great place to start. Smoothies are loaded with healthy ingredients that will fuel your body with the nutrients you need for detoxification as well as overall health and wellness. If you are interested in trying to smoothie cleanse, this smoothie recipe book is the perfect place to start.

In this book you will receive the following:

- An introduction to smoothies and their benefits
- Tips for detoxifying your body with a smoothie cleanse
- A collection of 35 delicious smoothie diet recipes for weight loss and detox

If you are trying to increase your consumption of fruits and vegetables, smoothies are an easy way to do that – plus, they taste great! So, if you are ready to see what powerful benefits smoothies might have in store for you, pick a recipe from this smoothie recipe book and give it a try!

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