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Paul Green



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Anna Bright,2018-12-19 The main advantages of the Rainbow Smoothie recipes and several reasons why the Rainbow Smoothie Diet Plan is a must have item in your daily diet One portion of a smoothie allows you to obtain the daily requirement of vitamins you need Smoothie weight loss recipes are quick and easy to prepare Rainbow smoothies are an excellent substitute for sweets If you cannot imagine your life without sweets then these colorful fruit smoothies detoxing with a spoon of honey or sweet syrup will be a great alternative It is a low calorie drink Are smoothies using our recipes useful for losing weight Absolutely In this drink there are very few calories which is why smoothies are included in various programs for weight loss You will normalize your digestive system Green Smoothies detoxify the body Powerful detox smoothies contribute to the effective cleansing of the body Smoothies are suitable for people who are actively involved in sports They help in recovery after training and muscle building Freshly prepared smoothie cocktails favorably effect the general condition of the body energize and provide many vitamins It is an elixir of youth The state of your skin will be perfect it will be moisturized smooth and clean Proper nutrition is the key to a healthy body You will strengthen your immune system as well The daily use of vitamin packed smoothies significantly strengthens the immune system and protects the body from colds Full sleep Every day you will be full of energy Delicious cocktails of various colors have a positive effect on energy a healthy body filled with vitamins always radiates positive energy Smoothies activate brain activity and improve memory Right NOW Say YES to a cleansing green smoothie diet a weight loss smoothie diet a slim figure and a healthy body A 7 day smoothie diet plan for weight loss is included Don t wait One click and you will change your life Taste the Rainbow You can also buy a full color or black and white paper version of this book Just click See all formats section to choose your version Tags green smoothie smoothie diet plan smoothie recipes smoothie book smoothie detox smoothie weight loss smoothie cleance *Smoothies* Parragon Book Service Limited,2007-02

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