



The Quick & Easy Green Smoothie Guide: 60 Healthy Recipes to Boost Your Energy, Vitality & Weight Loss

Caitlin Myers

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The 'All-In-One' Beginners Guide to Green Smoothies with over 60 Healthy Recipes Start Boosting Your Health and Lose Weight Today! The Quick & Easy Green Smoothie Guide Will Help You:

- Discover how Green Smoothies can help you **lose weight** and *improve health, energy* and more
- *Save time, money* and **eliminate confusion** by choosing the best type of blender for your needs
- Start improving your health today with **over 51 simple, delicious, healthy recipes** including fruit & vegetable, dairy-free, yogurt based, diary based
- Learn how each ingredient *enhances your health* with the ingredient health index PLUS use it to tailor your own recipes based on the areas of health you want to improve!
- Become a Green Smoothie Master! Get the maximum out of your green smoothies with easy to follow "*Pro Tips*"

Bonus: 10 FREE Detox Recipes! Looking to do a cleansing detox? Buy The Quick & Easy Green Smoothie Guide today and you'll receive **10 BONUS Green Smoothie DETOX Recipes** absolutely *FREE!* This guide will make smoothies easier for you. Incorporate it right into your regular daily routine and start feeling great all day, everyday. When you feel great everyday you achieve more out of life – it's that simple. You can *start right now* with an instant Kindle download - all for less than a price of a decent coffee! **The Quick & Easy Green Smoothie Guide is for you if you want to:**

- Lose weight
- Increase your health
- Achieve more each day with elevated energy and stamina
- Reduce chance of sickness with an increased immune system
- Feel great and get more out of life

Green smoothies are one of the very best ways to get all of those daily recommended fruits and veggies into your diet in a quick and easy way. Stop wasting money on supplements and start buying more fresh fruit and vegetables instead! **Start improving your health today, grab your copy of The Quick & Easy Green Smoothie Guide now!**

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