



Smoothie Recipes For Weight Loss: The Daily Diet, Cleanse & Green Smoothie Detox Book

Hanna Getty

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**** Newly Revised Smoothie Recipes Book -- Amazon Best Seller ****

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by Hanna Getty

Now includes:

More pictures and an extensive chart of caloric values as well as new information about the health benefits provided by plant-based smoothies.

Smoothie Recipes for Weight Loss: The Daily Diet, Cleanse & Green Smoothie Detox Book is the most recent book written by Hanna Getty, a veteran vegan for 44 years who is well known not only in the vegan community but also amidst those who are seeking a lifestyle that is conducive to optimal health and top-level fitness of body and mind. Having previously written and published the book titled *Vegan Diet & Animal-Free Lifestyle: A Journey into Veganism*, Ms. Hanna Getty is also recognized as an accomplished author who merits one 5-star review after another for delivering the kind of written materials that are best suited for her audiences of mindful readers who are seeking, among other things, universal wellness through good nutrition.

This brand

new smoothie recipe book is an extensive compilation that consists of 130 delicious, plant-based smoothie recipes that are healthy for kids of all ages, as well as for women and men in all walks of life and fitness levels. Each of these has been prepared by Ms. Getty herself and tested on countless food connoisseurs who gave them double thumbs up for enjoyable flavors, pleasant aromas, nice textures and great colors. For the sake of good organization and convenient navigation, Ms. Getty has divided this book into nine chapters.

In Chapter 1:

Introducing Smoothies, readers will learn to distinguish between smoothies, shakes, juices and slushies. And, of course, they will also be advised as to why and how smoothies provide the incredible health benefits that are unsurpassed by any other single food products, whether they are liquids or solids. The last part of Chapter 1 includes clear, step-by-step instructions and helpful tips for creating mouthwatering

smoothies that are either prepared in a high speed blender or a specialized smoothie maker.

Finally Chapter 2 through Chapter 9 is where all the scrumptiously delicious and healthfully nutritious smoothies are found for readers to use in frequent abundance. Firmly believing that it is "a smoothie a day that keeps the doctor away" not "an apple a day ...," it is among Hanna Getty's greatest desires to see that everyone consumes at least one smoothie each and every day of his or her life.

So, here is the list of those smoothie rich chapters:

- Chapter 2: Basic & Simple Smoothies
- Chapter 3: Weight Loss Smoothies
- Chapter 4: Cleansing Detox & Stress Reducing Smoothies
- Chapter 5: Green & Veggie Smoothies
- Chapter 6: Fruit & Kiddy Smoothies
- Chapter 7: Coconut & Chocolate Smoothies
- Chapter 8: Immune Boosting Smoothies
- Chapter 9: High Energy Smoothies

In conclusion, the Smoothie Recipes for Weight Loss: The Daily Diet, Cleanse & Green Smoothie Detox Book by Hanna Getty is the ultimate choice for all those who wish to go on a smoothie diet for any number of reasons -- for weight loss, for improved health and sustained wellness, for detoxifying, for increasing energy, for boosting the immune system, or for the simple joy of sipping a delicious raw fruit, veggie or green smoothy that is quick and easy to prepare because smoothies are the greatest and healthiest fast foods.

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From reader reviews:

Brandon Li:

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Gregory Jones:

People live in this new morning of lifestyle always make an effort to and must have the extra time or they will get large amount of stress from both daily life and work. So , once we ask do people have time, we will say absolutely yes. People is human not just a robot. Then we inquire again, what kind of activity do you have when the spare time coming to you actually of course your answer will probably unlimited right. Then do you try this one, reading guides. It can be your alternative within spending your spare time, the actual book you have read will be Smoothie Recipes For Weight Loss: The Daily Diet, Cleanse & Green Smoothie Detox Book.

Loren Velasco:

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Alexander Goodman:

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