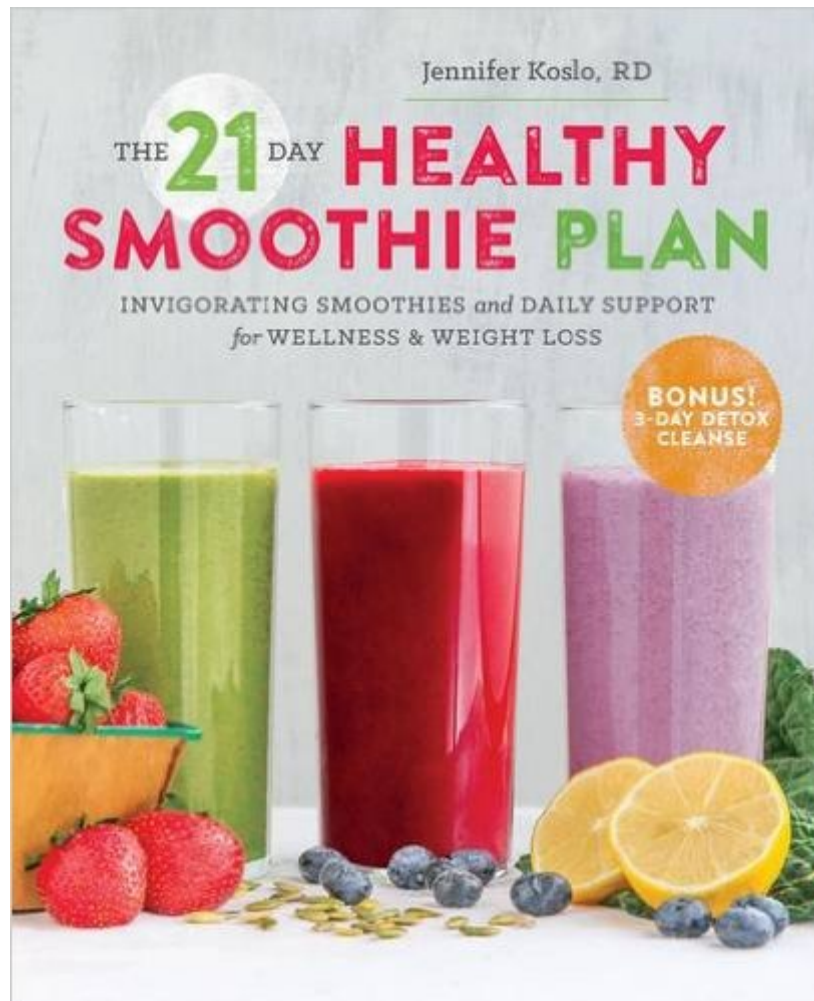


The book was found

The 21-Day Healthy Smoothie Plan: Invigorating Smoothies & Daily Support For Wellness & Weight Loss



Synopsis

Transform Your Health with One Simple, Delicious Daily Smoothie We all have good intentions when it comes to smart eating, but making better habits stick can be a challenge. Incorporating one nutrient-packed smoothie into your daily routine offers incredible benefits, and The 21-Day Healthy Smoothie Plan will give you everything you need to make smoothies a delicious part of your healthy lifestyle. The 21-Day Healthy Smoothie Plan offers: An easy-to-follow, 21-day plan to get you hooked on smoothiesA 3-day detox cleanse for when you need an extra smoothie boostTroubleshooting guides for common smoothie snafusDaily inspirational quotes and intentions to motivate you30 delicious salad recipes to complement your daily smoothie Stick to the smoothie plan, and turn your best intentions for healthy eating into reality.

Book Information

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Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (84 customer reviews)

Best Sellers Rank: #853,226 in Books (See Top 100 in Books) #133 inÂ Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders #642 inÂ Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #8949 inÂ Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

An interesting healthy eating read! I found the 21 day Healthy Smoothie Plan to be a great choice if you are looking for all the guesswork to be done for you! The book begins with a lengthy stint on the many benefits of drinking smoothies. I really like the idea of using smoothies as a post workout meal, but it also talks about using them as an on the go breakfast, meal replacement, and even as a snack! Then it goes on to discuss all the benefits of smoothies, such as beautifying, promoting restful sleep, detoxifying, disease fighting, and even to help lose weight. The underlying factor here has to do with adding ingredients in the smoothies that you probably wouldn't be eating otherwise. All of the recipes in this book are jam packed with healthy vegetables, lean proteins, and powerful

superfoods. I LOVE the idea of the superfoods- like maca, spirulina, wheat grass, and green food powders. They just do not taste good on their own, but are perfect blended up with a delicious smoothie! My favorite section deals with what to do when your smoothie comes out wrong- like too thin or not sweet enough. I really enjoyed how they give you tips on how to fix the smoothie should there be an issue. There are many healthy and fresh ingredients that go into each smoothie, and the shopping list can get a bit expensive! So not wasting any of it is important to me. The "Plan" is 21 days of smoothies and healthy eating, broken down into 7 day clusters, that begins with a 3 day, 3 smoothie a day, detox cleanse. The cleanse is a commitment in itself, but easy to follow! The book gives you a shopping list and detailed instructions on what to make/eat/drink each day.

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