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the writer behind the popular blog creative green living pulls together eighty
delectable recipes for smoothies so good that your kids friends and veggie hating
spouse will be begging for more imagine curling up on the couch with your favorite
bowl piled high with a delicious frozen treat topped with fresh fruit and nuts and what
s in that bowl is actually good for you smoothie bowls make this dream a reality if
you can operate a blender then you can make a smoothie bowl carissa walks you
through everything you need to know to produce instagram worthy creations in your
own kitchen every recipe tastes as good as it looks and fills you up making smoothie
bowls the perfect choice for any meal or midday snack here is how to turn acai
avocado banana beets blackberries blueberries carrots chia coconut flaxseeds
ginger green tea and matcha honey kale kiwi and so much more into a fabulous
treat focusing on a variety of colorful superfoods carissa also discusses the
nutritional benefits of these beautiful ingredients organized using the colors of the
rainbow flipping through these pages will leave you feel inspired and motivated to
create these beautiful healthy bowls

this book includes 80 smoothie recipes with ingredients available at most
supermarkets the book is illustrated with professional photos throughout this

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delicious and rich cocktail is just a unique way to solve the following health problems~~

rich the body with vitamins and minerals as it is made extremely of fresh or frozen vegetables fruits and berries regulate the git and cardiovascular systems accelerate metabolism as it helps to lose weight pick the mood up and get rid of depression provide building up physique for athletes return youth and beauty strengthen the immune and nervous systems increase body s resistance to various diseases remove wastes and toxic agents improve hair and nails get rid of insomnia as well as get quiet and deep sleep regular consumption of this cocktail for breakfast or instead of dinner guarantees great mood perfect body shape and killing appearance

imagine curling up on the couch with your favorite bowl piled high with a delicious frozen treat topped with fresh fruit and nuts and what s in that bowl is actually good for you smoothie bowls make this dream a reality carissa bonham the writer behind the popular blog creative green living pulls together eighty delectable recipes for smoothies so good that your kids friends and veggie hating spouse will be begging for more if you can operate a blender then you can make a smoothie bowl carissa walks you through everything you need to know to produce instagram worthy creations in your own kitchen every recipe tastes as good as it looks and fills you up making smoothie bowls the perfect choice for any meal or midday snack focusing on a variety of colorful superfoods carissa also discusses the nutritional benefits of these beautiful ingredients organized using the colors of the rainbow flipping through these pages will leave you feel inspired and motivated to create these beautiful healthy bowls

p p would you like a delicious and healthy smoothie do you like smoothies would you like to know how to use fruits and vegetables to make delicious smoothies and improve your health life is also made of simple pleasures that can turn into pure happiness easily our collection of practical ebooks nature passion is going to prove it

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are vitamin c rich smoothie folic acid rich smoothie zinc rich smoothie anti~~

inflammatory smoothie anti oxidant smoothie fruit smoothies green smoothies detox smoothies and much more you will also find important information that will help you understand about the ingredients and learn many great and interesting tips such as you ll learn about alkaline water and why it s important to good health learn more about the superfood ingredients that you should be taking learn about the different sweeteners and choose which one is the best for you learn how to make delicious and healthy frozen fruits learn how to reduce agrottoxins from fruits and vegetables and much more as an extra bonus a table of vitamins and minerals and their sources is attached at the end of this book

vegan cooking is often associated with being healthy but it s not always low in fat the complete idiot s guide to low fat vegan cooking brings a fresh and delicious approach to the vegan kitchen but minus so much of the fat that can often be added to make vegan dishes more flavorful the vegan chef will open readers up to a universe of fantastic 100 vegan recipes that offer the added benefit of being low in fat and lower in calories readers will be able to craft menus and discover recipes that go from variations on everyday comfort foods to delicious nutrient dense dishes that offer maximum nutritional benefit

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this is a 2 in 1 box set compilation of 3 books this compilation includes juliana~~

baldec s 2 titles book 1 clean eating book 2 smoothies are just like you book 1 when juliana got started with smoothies she was able to shed 20 pounds during a period of 2 month since then she has been able to keep that weight off her secret she turned these nutritious satisfying drinks into a way of life combining smoothies juices her secret morning elixir included a light meal plan has helped her not only lose 20 pounds within 60 days but she was also been able to get rid of her nasty breathing asthma problems at the same time people who have achieved similar results like baldec by consuming smoothies juices and an apple cider vinegar honey morning elixir in combination with a light daily meal plan all agree this is the most natural way to nourish your body brain while getting amazing results inside you will find the same recipes that helped juliana achieve these results nutri blaster nature s candy kefir peanut butter smoothie hazel banana vanilla walnut cream smoothie vanilla smoothie delight and many more you can choose from 46 scrumptious tasting recipes book 2 smoothies are like you is an extremely fun quick easy to read little rhyming book about the amazing smoothie lifestyle it is for everyone no matter if you are looking for information about the smoothie diet for beginners or if you are an advanced smoothie consumer this inspirational smoothie poem a day book will cheer you up and keep you motivated to stick to this happy healthy smoothie lifestyle in a fun inspirational and rhyming way in the end you ll know exactly why smoothies are like you live a happy healthy lifestyle and double your life today

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management sleep and overall wellness in maintaining strong bones discover natural remedies and lifestyle changes that can make a difference practical solutions get actionable tips and strategies to counteract the various factors that weaken bones empowering you to take charge of your bone health today whether you re looking to prevent bone related issues or seeking to strengthen your existing bone structure bones strengthening factors is an essential resource for anyone interested in enhancing their bone health take the first step towards stronger bones and a healthier life order your copy today and start your journey to bone power bone power strength boosting solutions to help counter various hideous bones weakening factors there are a lot of neat things we can do to strengthen the bones that you ll find in this book it doesn t take a lot to start strengthening bones most of what we ve been thought for having strong bones was not good advice one can start with little easy to do things discoveries that are mentioned in this book adding them one by one pretty soon you can turn multiple bones strengthening factors to their daily weekly or monthly habits while actually being excited about those new habits see our other book female hideous bones weakening factors which is the precursor to this book it s time to get strategic in strengthening the bones learn more important valuable information from this book

provides recipes for fruit and vegetable smoothies based on seasonal produce combining such products as swiss chard and blueberries watercress and cherries and kale and pomegranates for the best taste and optimal nutritional benefits

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the revolutionary diet and nutrition book and new york times bestseller with his revolutionary no grain diet online health pioneer natural medicine advocate and bestselling author dr mercola will show you how to conquer food cravings and stay slim for life the debate is raging from the fda to the nightly news why are 65 percent of all americans overweight or obese the usda says it s fat dr mercola says it s grains and carbohydrates it is finally time for the nutritional truth to come out the no grain diet explodes the myths of the low fat diet and reveals the unhealthy aspects of other protein diets instead providing you with a diet that really works that is healthy and that anyone can stay on for life no more cravings no more yo yo dieting no more confusion the no grain diet is the last diet book you will ever need be on your way to good health in three days an easy to read guide that provides important new information about the health problems and nutritional shortcomings of grain based diets moreover dr mercola lays out a nutritional plan for weight loss and good health that closely resembles humanity s original culinary fare lean meats fresh fruits and vegetables loren cordain phd author of the paleo diet if you are seeking a dietary plan that will truly help you lose weight and be healthy permanently read this essential book john gray author of the mars venus diet exercise solution

shows how foods influence hormones that fuel cancer and how a dietary change to a low fat plant based diet can be beneficial to anyone diagnosed with the disease

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fabulous tasty and healthy juices and smoothie recipes you can make at home a~~

selection of fruit and vegetables a juicer or a blender and a dash of inspiration are all you need to whip up a dazzling array of smoothies and juices packed with flavour and the nutrients your body needs with more than 80 recipes to choose from including plenty of non dairy options here s how to squeeze blend and whizz your way to better health and more energy

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