



Smoothie Recipes Box Set: Weight Loss Edition Coconut Oil, Green And Paleo Smoothie Recipes

Darrin Wiggins, Charity Wilson

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Weight Loss Smoothie Box Set

Smoothies are the secret sauce to weight loss!

Book #1 Coconut Oil Weight Loss Shakes

Have you heard all the hype about how coconut oil is so effective for weight loss? Do you believe it? If not, you should. If you were to visit the places in the world where their diet is predominately coconut, you are going to see some of the healthiest people alive.

Why Is Coconut So Great?

MCT's that is why. Medium chain triglycerides are the magic inside coconut. These fats are processed differently in our body and basically go straight to energy. Your body loves MCT's and burns them instead of storing them as fat.

There is also the fact coconut can help boost your metabolism. A fully functioning metabolism basically makes you a fat burning machine capable of enjoying the treats you want without the negative side effects.

Book #2 Crush Your Weight Loss Goals With These Smoothie Recipes

101 Smoothie Recipes For Weight Loss, Going Green and Overall Health is a compilation of fresh fruit and vegetable smoothie recipes for people who want to lose weight and get some greens in their life. There isn't a specific section for weight loss as all these health enhancing smoothies are going to support your weight loss goals. Besides there is a deadly weight loss plan included with the book.

Smoothies are not some miracle fat burner but work in conjunction with healthy eating. They work great for meal replacements or for people who just cannot eat enough vegetables. Vegetables are a weight loss plan's best friend so you want to get chummy with them. The point is if you think you can just add a couple smoothies a day and the fat will just melt off you have been misled.

Book #3 Paleo Smoothies For Smart People

No time to cook? Join the club. Intimidated by the thought of having to eat all these extra vegetables? Don't be. This book has you covered with 50 delicious Paleo Smoothies that are easy and quick to make.

Convenience leads to weight gain but can also lead to weight loss. It is a powerful tool. Eating a pound of vegetables a day can seem like an inconvenience but drinking a couple weight loss shakes that support your Paleo eating is super convenient.

If you don't make eating healthy feel convenient, you will eat unhealthily. It is that simple.

If you are not a fan of chewing cup after cup of broccoli and kale then smoothies will be your saving grace.

Book #4 50 Smoothie Recipes Just Because They Are Delicious

Inside you are going to find smoothie recipes that could be used for weight loss, going green, detoxing and a hundred other things but this book has one purpose. To give you a healthy drink you can sit out on the deck with while enjoying on a hot summers night. Actually any time of year will work being some places are nice in the winter too.

With over 50 smoothie recipes, you can in essence enjoy a different one every day for two months almost. That is important because you get a variety of nutrients to support a healthy body and mind while loving the taste. You avoid getting bored and turning back to unhealthy choices.

If you always feel rushed to eat, smoothies are going to be your new best friend. Very few of the recipes require you to do much more than toss in the ingredients and blend away.

Would You Like To Know More?

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Tom Copper:

As people who live in the modest era should be update about what going on or facts even knowledge to make these keep up with the era which can be always change and make progress. Some of you maybe will probably update themselves by examining books. It is a good choice for yourself but the problems coming to a person is you don't know which you should start with. This Smoothie Recipes Box Set: Weight Loss Edition Coconut Oil, Green And Paleo Smoothie Recipes is our recommendation to cause you to keep up with the world. Why, since this book serves what you want and wish in this era.

Joyce Matchett:

People live in this new day time of lifestyle always make an effort to and must have the extra time or they will get lots of stress from both lifestyle and work. So , when we ask do people have extra time, we will say absolutely sure. People is human not really a huge robot. Then we question again, what kind of activity have you got when the spare time coming to a person of course your answer can unlimited right. Then do you try this one, reading textbooks. It can be your alternative with spending your spare time, typically the book you have read will be Smoothie Recipes Box Set: Weight Loss Edition Coconut Oil, Green And Paleo Smoothie Recipes.

Raymond Brown:

In this period globalization it is important to someone to get information. The information will make professionals understand the condition of the world. The fitness of the world makes the information much easier to share. You can find a lot of personal references to get information example: internet, paper, book, and soon. You will observe that now, a lot of publisher this print many kinds of book. Typically the book that recommended to your account is Smoothie Recipes Box Set: Weight Loss Edition Coconut Oil, Green And Paleo Smoothie Recipes this e-book consist a lot of the information of the condition of this world now. This particular book was represented how can the world has grown up. The terminology styles that writer value to explain it is easy to understand. The writer made some research when he makes this book. Here is why this book suitable all of you.

John Yates:

With this era which is the greater man or who has ability to do something more are more important than other. Do you want to become one among it? It is just simple approach to have that. What you have to do is just spending your time little but quite enough to have a look at some books. One of many books in the top checklist in your reading list is usually Smoothie Recipes Box Set: Weight Loss Edition Coconut Oil, Green And Paleo Smoothie Recipes. This book and that is qualified as The Hungry Mountains can get you closer in becoming precious person. By looking upwards and review this e-book you can get many advantages.

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