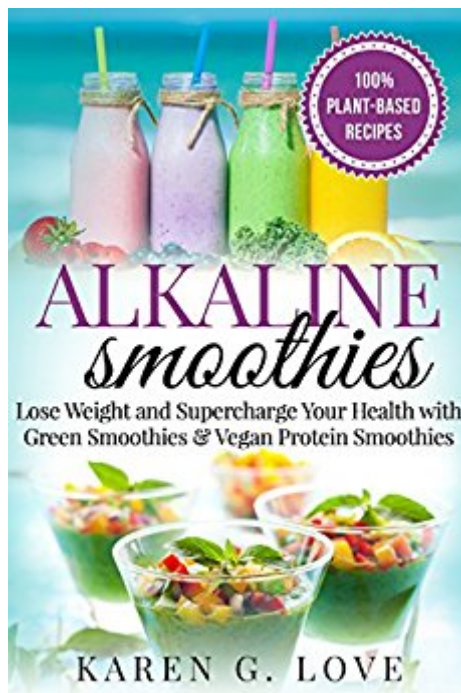


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# Alkaline Smoothies: Lose Weight & Supercharge Your Health With Green Smoothies And Vegan Protein Smoothies (Nutrition, Alkaline Diet, Weight Loss Book 1)



## Synopsis

Revolutionize Your Health with Over 50+ Alkaline Smoothie Recipes! You are just about to discover the power of alkaline, green, healing superfoods that will help you have beautiful skin, nails & hair, and (if desired) lose weight! If you are sick of not being able to lose weight or keep it off...or are you tired of having digestive issues that leave you uncomfortable, in pain and unable to lead your normal life...or perhaps it's feeling chronically fatigued, with no energy to live life to the fullest...Whatever your goal or challenge, alkaline smoothies are here to change that for you - right now...The good news? Alkaline Smoothies are: -easy to make (and clean)-quick to consume-great as take away snacks-naturally vegan and gluten free! In this book, you will learn everything you need to know about sticking to the alkaline diet by becoming a master at blending smoothies. Not only does this book contain over fifty unique and tasty smoothie recipes, but also a list of superfoods and how they improve your health, a guide to creating your own smoothies, a detailed explanation of how to best transition into the alkaline lifestyle, and so much more. Here's What You Are Just About to Discover: -How to Lose Weight & Supercharge Your Health with Green Smoothies and Vegan Protein Smoothies -Raw Foods and Green Drinks -Other Unique Benefits of Eating Raw Foods -The Power of Superfoods and How to Use Them with Your Smoothies-Delicious Breakfast Smoothies -Wake- Up Green Smoothies-Sleepy Time Tea Smoothie-Unique Smoothie Recipes for Vibrant Health and Weight Loss-How to Make Your Own Unique Smoothies with This Guide! Getting to the health and vitality of your dreams can be so easy and enjoyable when you follow THIS simple health & wellness trick and have at least 1 green smoothie a day! Take meaningful and purposeful action and take care of your body in a holistic way!

## Book Information

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## **Customer Reviews**

This is a wonderful approach to healthy, delicious smoothies. The recipes that I have tried are delicious, quite filling and loaded with good solid nutrition. I really like the authors use of things like avocados... making the drinks so smooth and creamy, chia and flax seeds and so much more that we know have health giving properties. There is a section that I found extremely unique and useful in which you are given steps to follow to make your own recipes easily with your own favorite ingredients. A real plus. There were several minor typos, but this book was so well done and, in my opinion, so important that I decided five stars were truly earned. I was asked to review this book and give my honest opinion which I did.

Karen's recipes are always amazing, and this smoothie book is no exception. Love her wide range of ideas for delicious and healthy smoothies. Especially love the dessert smoothies. The Gingerbread smoothie and the Vegan pumpkin pie smoothie are wonderful. And she has some unique, and tasty combinations. Would recommend this book for anybody who loves smoothies.

My first review ever. I have just started following a more alkaline lifestyle and was looking for a smoothie book. This book was just what I needed to get started. I have had it for two days and made three of the smoothies. Going shopping tomorrow to get more ingredients. I do believe this book will become my go to smoothie book. Well done Karen a great book and more than worth the price asked and paid.

Looking through the recipes I like most of ingredients & will enjoy the smoothies. I have tried one smoothie so far & found it very refreshing on this hot summer day. Will try more in the book. I received a free copy of this book & was asked to provide an honest, I biased review.

This is a well written, easy to read book full of interesting recipes. Karen gives very good instructions that are easy to follow.

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