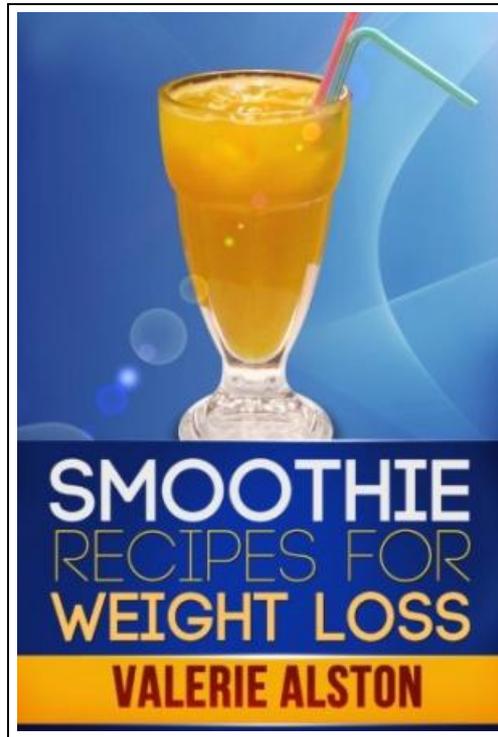


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SMOOTHIE RECIPES FOR WEIGHT LOSS



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Speedy Publishing LLC. Paperback. Book Condition: New. Paperback. 50 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Smoothies are blended drinks usually containing a combination of ingredients ranging from fruits, vegetables, nuts, dairy products, etc. These drinks are most often sweet to the taste but could also be bland depending on your preference but the important point is that these drinks are known to be one of the healthiest drink options and even meals nowadays. Smoothies also vary in color but most of the time; they get their color from their ingredients. For instance, mango smoothies usually get the yellow color and leafy green smoothies usually get a dark green color. Now, smoothies are also known to have varied purposes. In other words, they can be whipped up for several different purposes. There are smoothies made for diabetes diet, smoothies for a healthy heart, smoothies for increased energy and most of all, smoothies that are aimed for weight loss. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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