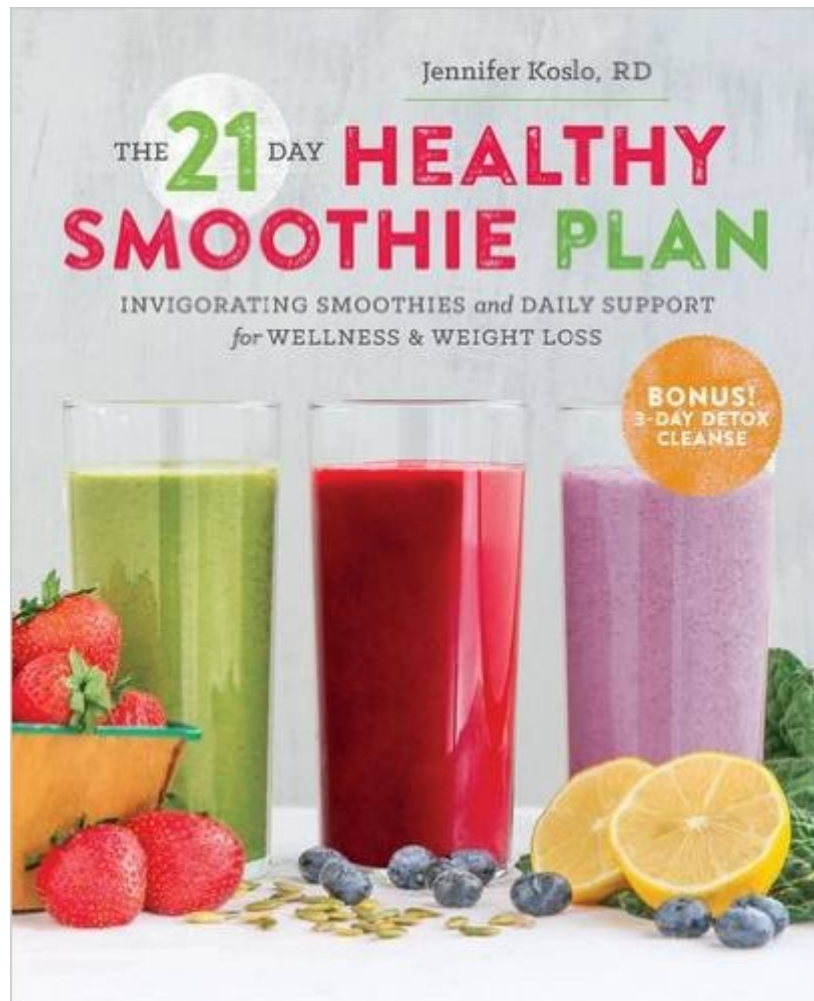


The book was found

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 smoothies A 3-day detox cleanse for when you need an extra smoothie boost Troubleshooting guides for common smoothie snafus Daily inspirational quotes and intentions to motivate you 30 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

Paperback: 250 pages

Publisher: Sonoma Press; 1 edition (April 1, 2015)

Language: English

ISBN-10: 1623155290

ISBN-13: 978-1623155292

Product Dimensions: 7.5 x 0.5 x 9.2 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (84 customer reviews)

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

[Download to continue reading...](#)

The 21-Day Healthy Smoothie Plan: Invigorating Smoothies & Daily Support for Wellness & Weight Loss Smoothie Recipe Book: 150 Smoothie Recipes Including Smoothies for Weight Loss and Smoothies for Optimum Health Weight Watchers Smoothies: 77 Weight Watchers Low Calorie Smoothie Recipes: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start ... Simple Diet Plan With No Calorie Counting) Smoothies For Kids: 80+ Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40) The Smoothie Maker Recipe Book: Delicious Superfood Smoothies for Weight Loss, Good Health and Energy - Works with Any Personal Blender or Smoothie Maker Smoothies for Diabetics: 85+ Recipes of Blender Recipes: Diabetic & Sugar-Free Cooking, Heart Healthy Cooking, Detox Cleanse Diet, Smoothies for ... loss-detox smoothie recipes) (Volume 54) Weight Watchers: 23 Healthy Snacks To Lose Weight Fast: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start Recipes) (Weight ... Simple Diet Plan With No Calorie Counting) Nutri Ninja Master Prep Blender Smoothie Book: 101 Superfood Smoothie Recipes For Better Health, Energy and Weight Loss! (Ninja Master Prep, Nutri ... Ninja Kitchen System Cookbooks) (Volume 1) Green Smoothie Recipe Bible: 80+ Green Smoothie Recipes for Weight Loss and Wellbeing for your Bullet Style Blender 3 Day Green Smoothie Detox: The Faster, Better, Stronger Weight Loss Plan Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) Green Kitchen Smoothies: Healthy and Colorful Smoothies for Every Day Green Smoothies: 40 Best Green Smoothie Recipes to Lose Weight and Detox Your Body BUSINESS PLAN: Business Plan Writing Guide, Learn The Secrets Of Writing A Profitable, Sustainable And Successful Business Plan ! -business plan template, business plan guide - Anti-Cancer Smoothies: Healing With Superfoods: 35 Delicious Smoothie Recipes to Fight Cancer,

Live Healthy and Boost Your Energy Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes Two Best Sellers Book Bundle: Weight Loss, Addiction and Detox Series! (Enhanced Edition): 'Weight Loss by Quitting Sugar and Carb!' 'Dash Diet: Heart Health, High Blood Pressure, Cholesterol' Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and Stimulate Holistic Healing (Alkaline Diet Lifestyle, Alkaline Diet for Weight Loss) (Volume 7) Wheat Belly Diet For Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1) Weight Loss by Quitting Sugar and Carb - Learn How to Overcome Sugar Addiction - A Sugar Buster Super Detox Diet (Weight Loss, Addiction and Detox)

[Dmca](#)