



# **101 Easy Amazing Natural Food Smoothie Recipes: Delicious Low Calorie Smoothie Detox Recipes for Weight Loss, Energy, Cleanse (also for Healthy Snacks, Juicer, Healthy Dinner Ideas)**

*Eric Sminia*

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## **101 Easy Amazing Natural Food Smoothie Recipes**

**Healthy Snacks - Low Calorie Recipes - Juicer - Healthy Dinner Ideas - Vegetable Smoothie - Best Smoothie Recipes - Smoothie Detox**

**Delicious Smoothie Recipes for Weight Loss, Vibrant Energy, Cleanse and Detox (Paleo Compatible, Fat Loss Green Smoothies)**

### **Why you need to read this book**

If you are a busy person who just can't get diets to work, or you want to combine good hydration, vitamins, weight loss and building back your health all in one without too much trouble.

The recipes are all made of natural foods & paleo compatible.

There's also a where-to-buy organic natural ingredients and equipment guide for your convenience.

**Feeling fatigued? Need to lose fat in a natural way without dieting AND do you want to build your health naturally?**

Just 1 smoothie a day to replace a meal will provide you with all the nutrients you need... and you'll lose weight as a bonus!

### **This is why Natural Food Smoothies are so good for you**

- Learn the 11 reasons why a natural food smoothie is the single best way to start your day
- Discover the powerful secrets of the ingredients used
- You will see results fast and with hardly any effort or dieting!

## Would you like to know more?

Get started with losing weight and building back your health today!  
Scroll to the top of the page and select the 'buy' button **now**

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**Mary Brown:**

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**Judith Bradshaw:**

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