



The 14 Day Green Smoothie Detox Diet: Achieve Better Health and Weight Loss Through Cleansing - Recipes and Diet Plan for Every Body

By Maggie Fitzgerald

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 198 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you find yourself feeling tired and sluggish for no apparent reason? Do you find that you re overweight, despite often going for the low fat or diet options ? Do you feel like it s time to take charge of your health? If any of these sound familiar, then this book is for you. The 14-Day Green Smoothie Detox Diet gives you everything you need to complete your Green Smoothie Detox diet and answer all your questions including: What is the Green Smoothie Detox Diet? What are the benefits? How do you get started? What will you need to do it? Not just another recipe book: Unlike other green smoothie diet books which stop at simply providing a list of smoothie recipes together with some generic/stock pictures of green drinks, this book includes everything you need to know about the Green Smoothie Detox Diet and the complete nutritional breakdown for each of the 39 delicious smoothies. In this Book, diet amp nutrition expert Maggie Fitzgerald shows you all the delicious ways to: Feel refreshed and energized Lose...



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Reviews

A fresh e book with an all new viewpoint. It can be rally exciting through studying period of time. You will like the way the writer write this publication.

-- **Tania Cormier**

An extremely wonderful pdf with perfect and lucid information. Better then never, though i am quite late in start reading this one. I realized this publication from my dad and i recommended this publication to understand.

-- **Clinton Johns DDS**