



***JASON VALE***

# **SUPER BLEND ME!**

*Super Lean  
Super Healthy  
Super Fast*

**"Lost 16lbs ... Body fat down 3% ...  
Muscle mass up 2%"**

*Paul B*

Jason Vale

Super Blend Me!: The Protein Plan for People Who Want to Get ...



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Jason Vale, the world's number one name in juicing, is back with his initial ever protein-based blending plan. It's Jason's quickest and least difficult programme to date, and has been specifically developed for people who want to get super lean, super healthful and very fast. Super Blend Me! 'Super Mix Me! but don't wish to completely clean a juicer!. You can pick from either a 7-, 10-, 14- or full 21-day Super Blend Me! Therefore whether you're an athlete or just someone who likes to workout daily, you can operate or lift to your center's content on this programme. is the perfect arrange for all. Because of its rich, plant-based high-protein recipes, it has also been designed with physical exercise at heart. It doesn't matter if you have an enormous amount of fat to lose, or just need to get a little healthier and shredded Super Blend Me!. has also been made with satisfaction, rate and convenience at its forefront. Jason offers ensured that every recipe not merely tastes amazing and completely satisfies on the hunger front, but is also super fast to make and its own ingredients easy to obtain! All the ingredients could be conveniently found in any major supermarket and are all recognisable, therefore there's no have to forage for designer berries that can only be within an Amazonian rainforest!' has been designed with everyone in mind. Problem depending on your targets, and Jason has actually included a handy working journal within the book, so you can log your progress and keep on track. This original and exciting plan was already put to the check by a trial group of over 50 people, and the results were incredible.



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Love this book and recipes Love this reserve and recipes! Good protein shakes that fill you up Easy to find ingredients. Four Stars Book printing was excellent I did so lost weight when I followed the meal plans. All of the ingredients are located at your regular supermarket - didn't need to shop at any specialty stores. Recipes are very delicious and great variety of flavors. I have done the 14 time and it was "relatively" easy. Quick to get ready and take with you. A Ninja-type blender is effective. Tasty and filling. I acquired some problems with a few of the ingredients in terms of intolerances. NOT suggested for folks with nut allergy symptoms. By the end, I just wanted to "chew".



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