



Simple **GREEN** SMOOTHIES

100+ tasty recipes to lose weight,
gain energy, and feel great in your body

*Includes
A 10-DAY
KICK START*



JEN HANSARD & JADAH SELLNER

Jen Hansard

Simple Green Smoothies: 100+ Tasty Recipes to Lose Weight, Gain Energy, and Feel Great in Your Body



[continue reading](#)

Jen Hansard and Jada Sellner are in a brand new path to health insurance and happiness— Instead, it encourages you to create one simple change: beverage one green smoothie a day time. Within their book, these two friends invite you right into a sane and tasty method of health that will inspire and energize you by yourself trip toward a happier existence. Simple Green Smoothies, THE EASY Green Smoothies' life-style doesn't involve counting calories or eliminating a whole food group. deprivation not included. includes a 10-time green smoothie kick-start to welcome you into the plant-powered lifestyle, with buying lists included. They've noticed the amazing health advantages of green smoothies firsthand—Hansard and Sellner are two moms raising their loved ones on healthy, whole-food dishes. Abide by it up with 100+ delicious quality recipes that address everything from weight reduction to glowing pores and skin to kid-friendly options. from losing 27 pounds to getting more energy. Basic Green Smoothies Basic Green Smoothies will empower you to take control of your health in a great, sustainable way that can transform you from the within out. Get ready to join the plant-powered party!



[continue reading](#)

