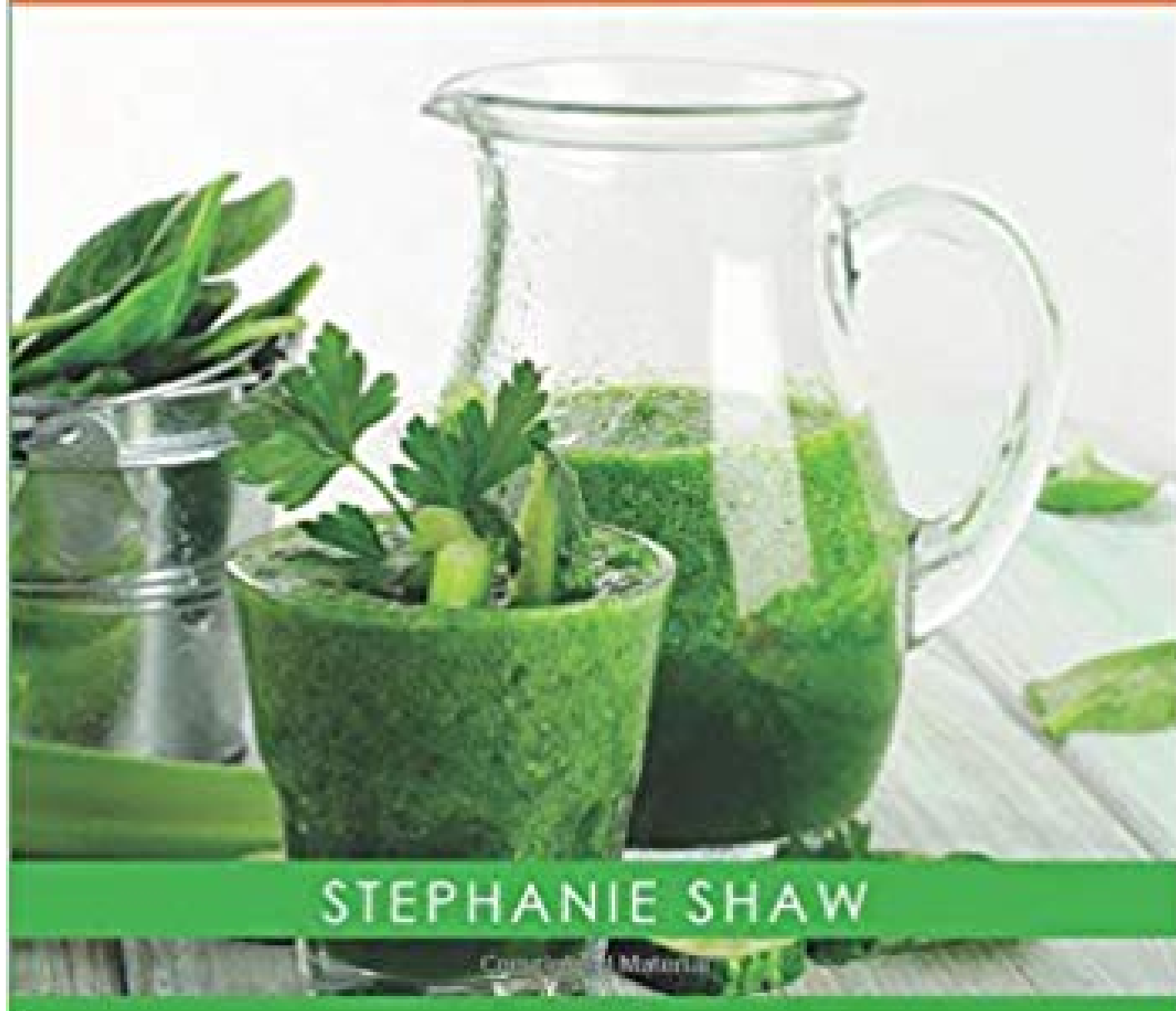


Green Smoothie Recipe Book

Anti-Inflammatory Green Smoothie Recipes for
WEIGHT LOSS, DETOX, ANTI-AGING
& SO MUCH MORE!



STEPHANIE SHAW

Stephanie Shaw

**Green Smoothie Recipe Book: Anti-Inflammatory Green Smoothie Recipes
for Weight Loss, Detox, Anti-Aging & So Much More! (Recipes for a
Healthy Life Book) (Volume 4)**



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This green smoothie recipe book contains easy and simple to create delicious smoothies recipes which are detoxifying and anti-inflammatory. The smoothie recipes are easy to follow with step-by-step instructions, taking out all of the guesswork when it comes to producing delicious smoothies, particularly if you are new to this. Having these smoothies as part of a healthy lifestyle, which includes factors such as good dietary habits, sufficient exercise and sleep as well as good stress management, will help you achieve a wholesome life. less weight. self-confidence awaits you. The desk is located at the bottom of every recipe for those which are interested. Green Smoothie Recipe Reserve specializes in seven main regions of smoothie recipes as well as a chapter about Homemade Plant-structured Milk Alternatives: Healthy Heart Detoxification Weight Loss Radiant Skin Energy Boost Anti-Aging Healthy Gut Microbiome The green smoothie quality recipes include: Kale, Pea Shoot and Avocado Smoothie Rocket, Watercress and Kiwi Fruit Smoothie Romaine Lettuce and Macadamia Nut Smoothie Spinach, Mixed Berries and Walnut Smoothie Pea Shoot and CHOCOLATES Smoothie Fig and Kale Smoothie Asparagus and Coconut Smoothie Take a step towards an extended, healthier & happier existence. Your new radiance & You might find achieving goals such as weight reduction, having better healthier skin and hair, avoiding energy slumps easier when you consume these healthy smoothie in conjunction with your healthy lifestyle changes. A life with an increase of energy, additional time & Nutritional information is usually provided every smoothie recipe. You will not regret purchasing the Green Smoothie Recipe Publication!



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Nutritional information is included per one serving: calories, carbs, protein, total fat-NOT broken up into good and bad, Sodium and fiber as per a 2000 calorie diet plan. Love combinations of things I actually already grow in our garden that would improve the flavor of combos. 'Nutrition and various types of exercise are the cornerstones of managing most conditions. My plan was to try the dishes that would apply to my problems, but I came across the anti-maturing Avocado and Blueberry Smoothing extremely yummy and the Apple and Green Plantain Smoothie, that promotes Wellness Gut Microbiome, my go to Smoothies. There's really something for everybody in this book and to my surprise some of the mixtures that I was dubious about tasted excellent. I took care of my past due mother-in-law who experienced Alzheimer and I discovered a lot about her diet - it made me even more aware of those with special diet needs and I am aware more now. I'd definitely recommend this publication to all my friends. Author is RN who focuses on Diabetes This is a nice large print book by way of a registered nurse who works with patients with longterm conditions. Increasing your veggie intake and tinkering with new vegetables is simple and pleasant when vegetables are blended with handful of fruit. I am among those people who can be a true believer of listening to those who have caused or lived with individuals who have special diet plan needs. I truly believe you find out a whole lot - you learn what really works and what will not. Every recipe is simple to follow and really easy to incorporate into your diet plan. Smoothie quality recipes for detoxification; She comes after each recipe with a nutritional information per portion list. The last 2 page list reference links. Each recipe has a title, set of ingredients and how to make it are included. I love color photos in recipe books and I am somebody who loves everything smoothie or juiced particularly if it is green related - I'm a big supporter of green smoothies and juices. Green Smoothie Recipe Reserve by Stephanie Shaw The smoothie recipes tasted great and made me realize I possibly could add a lot more vegetables into my smoothies without losing the taste. It actually reset my taste buds somewhat. Healthy smoothie guide Green Smoothie Recipe Publication by Stephanie Shaw Starts with dedication and brief intro, then table of contents where chapters are broken up about nutrition and various kinds of smoothies. Among the best points was that the kids actually liked a few of the quality recipes as well, smart way to get extra fruits / veggies in them without a fight.' Writer/chef Stephanie Shaw can be an RN by job but she doesn't end with traditional medication in working with her long term patients: her specialty is diabetes. Great Green Smoothie Recipe Reserve for Beginner I had under no circumstances made a green smoothie before but wanted to try. This is a great book for a newbie and I am certain it would be ideal for the not beginners also. I have tried a few of the recipes up to now and they are very easy to check out. In her role as an RN has emphasize nutrition and exercise and a mixture of modalities to take care of pain, stress such as NLP, hypnotherapy, TFT, quantum touch. Great recipes I really enjoyed these recipes. These were an easy task to follow, make, included the dietary information and tasty as well. I didn't crave as much sugar afterwards and I scale back on the number of sugary snacks I needed. Smoothie dishes for Weight reduction; If you are a person who wants color photos - this is simply not the one - that is why I give it 4 stars. Like which you can use the nutmilk bag as we make our very own yogurt. There is one picture at the very start of each chapter. Great Smoothie Book well researched THE WRITER was kind enough to provide me with a copy of this book in trade for a review, that i am happy to provide. AWESOME HEALTHY RECIPE BOOK! Plenty of references are noted at the end. Author picture and bio shown by the end. Received this review duplicate from the author and this can be my honest opinion. Love that each recipe gets its own page of information. I received a copy of the publication from the author for my honest review. Such easy to follow recipes that are heart healthy, weight loss, anti

aging, gut helping and much more. We tried the mixed lettuce and berry smoothie and it was easy to make and yummy too. This is actually ideal timing because I was simply looking for something to help me lose the fat I gained being a regular caregiver and increase my energy that was totally depleted. Hats off to the author! I look forward to trying more. Or as she states in her informed Launch, 'Inflammation has been shown to be the reason for chronic circumstances such as obesity, Type 2 diabetes, cardiovascular disease, cancer and arthritis, to mention a few. This phenomenal book is devoted to her recipes for Smoothies that she informs us are for weight reduction, detox and anti-aging. There is evidence that carotenoids and flavonoids in plant foods modify inflammatory processes, therefore, upping your vegetable intake as well as having some fruits will become good for good health. It really is unfortunate that people aren't consuming as much vegetables as they want to maintain a healthy body. Whilst fruits are a significant component of a healthy diet plan, over consuming fruits that are saturated in fruit sugar in conjunction with a diet saturated in refined and processed carbohydrate isn't beneficial. She has learned a lot in her profession, and she now focuses on Diabetes. The fruit will normally sweeten the blended combination without the need for added nonnutritious sweeteners.' After a very fine and sophisticated introduction to medical benefits of smoothies in which she includes homemade plant-based milk alternatives (almond, tiger nut, oat) she divides her book into various sections: Smoothie Recipes of a Wholesome Heart; I have tried a few of the beverages in this book and they are yummy. Each chapter starts with a title and short summary of the section plus a medium size color photo. and Smoothie Quality recipes for healthy gut microbiome. Smoothie quality recipes for energy increase; Smoothie recipes for Anti-maturing; Smoothie recipes for Radiant Epidermis; Each portion of ten dishes each is along with a gorgeous color photograph of the smoothie as well detailed explanation of the ingredients, directions and nutritional information. Follow Stephanie's concepts and recipes and be ready for positive adjustments. Grady Harp, August 18 This book is free to borrow from Kindle Unlimited



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