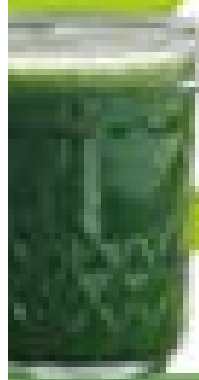


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BOOST YOUR JUICE WITH



GREEN

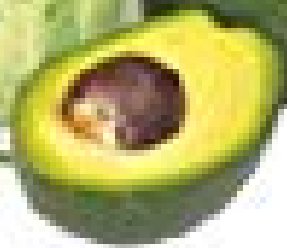
ANTIOXIDANTS,



DRINKS

PROTEIN AND MORE

EVER



Foreword by
Frank Lipman, M.D.

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Katrine Van Wyk

Best Green Drinks Ever: Boost Your Juice with Protein, Antioxidants and More (Best Ever)



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Model-turned-nutritionist Katrine van Wyk shows you how to take your veggie smoothie to the next level, by enhancing its benefits with added protein, fiber, and superfoods like acai and bee pollen— The outcomes will shrink in . from your own hips and add a smile to your lips!t need. Simple: drinking green alkaline vegetables balances the body, clears the skin, and lifts the spirits. From the Cococabana to the Tropical Green to the Green Kiss, all these drinks sneak a bit of green into every sip. By firmly taking your smoothie to another level, you'll end up satisfied more quickly, this means eating much less of what you don'tWhy have green drinks gone from diet trend to diet plan staple, with Starbucks being the latest to jump on board?all to ensure your enjoying, truly , the very best green drink ever. Katrine van Wyk shows readers how exactly to enhance these benefits with added protein, fiber, and superfoods such as for example acai and bee pollen.



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