



# Smoothies Box Set: Healthy, Delicious Smoothie Recipes for Detoxification (Burn Fat & Lose Weight)

*Dawn Casey, Chelsea Horn*

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## **Smoothies Box Set**

### **Bulletproof Diet Helper: 14 Easy, Fun and Delicious Smoothie Recipes**

Bulletproof Diet is a relatively new, revolutionary diet that promotes weight loss in a safe, fast, healthy and at least surprising way: by taking most of your daily calories from healthy fats. Yes, fats, exactly what everyone told you to completely eliminate from your menu. But not David Asprey; he comes to contradict almost everything that we thought we knew about diets. And more and more evidence shows that he knows what he is talking about.

And because we are supporters of the Bulletproof Diet and we know that, sometimes, it might not be so simple to respect all its rules in what concerns what we are allowed to eat and what we aren't, we decided to make things easier for you with a list of delicious and fun to prepare smoothie recipes. We all know that smoothies are always recommended in a diet. But the choice of ingredients and the way to consume them might be a burden if we don't have the necessary information.

#### **Here is a preview of what you will learn from this book:**

- What rules are essential if you want to lose weight with Bulletproof diet
- How to prepare and organize your daily meals
- The basics of diet smoothies
- How to prepare different smoothie recipes
- What ingredients to avoid in this diet
- How to make this diet your way of living

Losing weight was never a fun thing to do. But this book will show you that there is no need to make things even more difficult by using restrictive diets that can damage your metabolism.

If you learn how to prepare these easy and extremely delicious smoothie recipes, you will see that there are pleasant alternatives to obtain the slim and healthy body that we all dream of.

# Green Smoothie Cleanse: 15 Recipes for a 15-Day Healthy Detox Program

If you are interested in having a slim, healthy and full-of-vitality body, but do not find yourself among those annoyingly-lucky persons who are happy enough to eat whatever they want and still not gain any excess fat, you are definitely familiar with a wide list of diets that promise large number of pounds lost in a couple of days or so.

But let's face the ugly truth: there is no such thing as a healthy and easy diet that works fast and has permanent effects. It takes motivation, determination and patience to achieve the results that you want. One of the biggest mistakes that most people make is to diminish the importance of a detox period that has the purpose to prepare the body for the following stage.

But detox diets are not only for those who want to lose weight. Even if our body looks healthy on the outside, the inside might be full of poisonous chemicals from the foods that are today exposed in all markets. Thus, a detox with leafy greens and healthy fruits is exactly what our body needs to get the power to work again at its full capacity.

Green Smoothie Cleanse. 15 Recipes for a 15-Day Healthy Detox Program offers extremely useful information about the benefits of such a diet and guidance for the first 15 days.

## Here is a preview of what you will learn from this book:

- Arguments supporting such a diet
- Why smoothies
- When should we consider "detox-ing" our body
- How will our body react to a diet based on green smoothies
- What other foods should be consumed in this period and which ones should be avoided

Cleaning your body must be done both on the outside and on the inside. Detoxify yourself and do it smart: with healthy, delicious and full of nutrients smoothie recipes.

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#### **Ramiro Alvarez:**

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