



# **The Thrive Energy Diet - Refreshing and Healthy Smoothie Recipes: Easy and Delicious Vegan Recipes for Fat Loss and Improved Energy**

*The Thrive Energy Diet*

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## **The Thrive Energy Diet - Refreshing and Healthy Smoothie Recipes: Easy and Delicious Vegan Recipes for Fat Loss and Improved Energy** The Thrive Energy Diet

While adopting a vegan, mainly raw and whole food-based diet can sound complicated, it's actually quite the opposite. One of the biggest advantages to the Thrive Energy Diet is that you don't need to make complicated recipes to enjoy the great flavors packed inside fruits, veggies and nuts. This cookbook introduces you the art of making smoothies; from the green smoothie to the "treat" smoothie, all these recipes feature plenty of fruits, veggies, seeds, nut milks and/or coconut oil. Individually, these foods contribute to good health. When consumed together, they become a nutrition powerhouse. Smoothies taste great and take less than five minutes to prepare. Once you've tried the convenience and amazing taste of natural smoothies, you'll be hooked just like thousands of other health-conscious people! This cookbook contains 30 recipes

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