



# **Paleo Smoothies: The Ultimate Paleo Smoothie Recipe Book - The Best Healthy Smoothie Recipes for Detoxing and Weight Loss**

*James Branden*

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## **Who Else Wants to Know How to Eat Fabulous Food, Get Healthy and Lose Weight in 30 Days or Less?**

**Today only, get this Amazon bestseller for just \$0.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.**

You're about to discover a proven strategy on How to Eat Fabulous Food, Get Healthy and Lose Weight. After years of eating supermarket food and other fast foods your body builds up with toxins and chemicals. These toxins can affect you body in many ways.

See, what most people don't realize is that making magnificent smoothies is extremely simple. You just need to know what to do, and how to do it!

Even if you're a total beginner and haven't got a clue where to start, you can start making smoothies at home within ten minutes!

There are essentially 3 main things you need to know about making smoothies:

1. How to combine the ingredients correctly
2. How to prepare the ingredients before using them in a recipe
3. How to pick the right ingredients for unique recipes

"Smoothies 101: Your Guide to Fabulous Smoothies" covers all of this, and a lot more. And when you read it, you'll be BLOWN AWAY with how simple it really is to blend your own masterpieces at home.

## **Here Is A Preview Of What You'll Learn...**

- Give you better digestion. (No more constipation!)
- Give you your recommended fruit and vegetable requirements daily!
- Stabilize blood sugar and cholesterol levels.
- Improve your dental health!
- Have more energy
- Keep your heart strong
- How to pick the right food processor or blender with these 3 simple techniques...
- How to pick the right food processor or blender with these 3 simple techniques...
- 3 little known, yet simple ways to prepare fruits and vegetables for pureeing...
- Secret of expert smoothie makers that few people ever know about...

- 3 proven steps to minimizing pureeing time...
- 2 simple keys (that are right in front of your eyes) to creamier and tastier smoothies...
- WARNING: 3 things you should never do when it comes to mixing solid and liquid ingredients...
- You'll discover in just a few short minutes how to concoct tasty fruit smoothies...
- Much, much more!

**Download your copy today!**

Take action today and download this book for a limited time discount of only \$0.99!

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