



# **Nutribullet: Smoothie Recipe Book (Quick & Nutritious Smoothies for Healthy Living) (Smoothie Living 3)**

*Lisa Welch*

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## **Nutribullet: Smoothie Recipe Book (Quick & Nutritious Smoothies for Healthy Living) (Smoothie Living 3)** Lisa Welch

This book is full of nutritious Nutribullet Smoothie Recipes to help you with weight loss and healthy living.

Are you struggling to lose weight? Have you tried every diet you can think of, including all the fad diets to hit rag magazines, yet you are still unable to lose weight? Our ancestors had a few things figured out about weight loss. They understood a combination of exercise, healthy foods, and water was the best way to live a full, healthy, and happy life.

You may be saying that time is never on your side. It prevents you from eating well planned out meals. You often find yourself in another fast food line and know it translates to your larger waistline. You have taken the first step towards correcting your health by reading this description. You will learn about full meals you can drink and they only take a little preparation.

5 Reasons to Add this Book to your Life

1. You can make a smoothie in 5 minutes or less
2. You will get all essential nutrients from the smoothie
3. Smoothies can be used for energy boosts
4. Drinking smoothies after exercise helps build muscle
5. You will lose weight

Added Benefits of "Healthy Smoothies for Weight Loss: 30 Recipes for Healthy Living."

- You will discover super ingredients that can be added to any smoothie recipe you may already have
- The following pages contain information on exercise
- You will learn about proper caloric intake
- Your body will no longer work against you to lose weight with these recipes
- There are 30 plus 2 extra recipes for weight loss success

Download your copy of "Healthy Smoothies for Weight Loss: 30 recipes for Healthy Living" to start your path to a better, fuller life.

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#### **Katherine Lee:**

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#### **Daniel Ellis:**

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