



Smoothies: The 30 Day Smoothie Revelation - The Best 30 Smoothie Recipes on Earth, 1 Recipe for Every Day of the Month

By Vanessa Williams

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The 30 Day Smoothie Revelation OVER 1000 DOWNLOADS IN 2 DAYS You do not really need to look any further The Whole process will take 30 days. Stick to a plan and try 1 smoothie recipe per day. That s all you need to do, Let the power of fruits and vegetables take care of the rest! In this book you are going to find. 30 super awesome smoothie recipes, plus 5 more bonus dessert recipes at the end of the book. All recipes are made from very easy to find and non expensive fruits and vegetables. Here Is A Preview Of What You ll Find Inside. Chapter 1 - Green Smoothies Chapter 2 - Banana Smoothies Chapter 3 - Strawberry Smoothies Chapter 4 - Orange Smoothies Chapter 5 - Blueberry Smoothies Chapter 6 - Mango Smoothies Bonus Chapter - Dessert Smoothies *Moreover I have included 35 full color illustrations of every recipe alongside with a very informative and easy to understand table analyzing the full nutritional data for every smoothie (cals, protein, carb, fat etc) Download your...



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