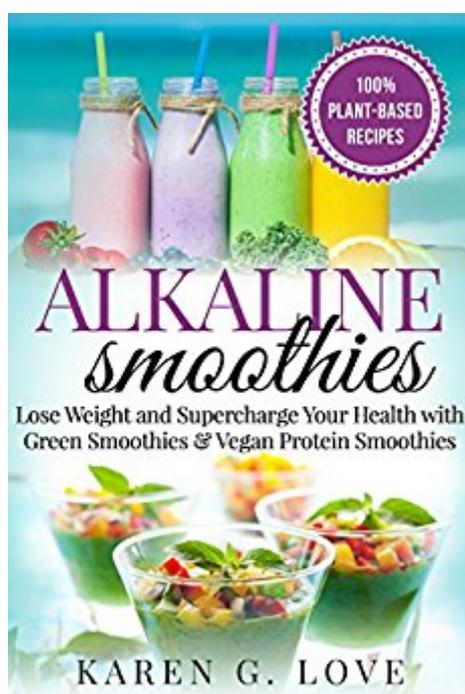


The book was found

Alkaline Smoothies: Lose Weight & Supercharge Your Health With Green Smoothies And Vegan Protein Smoothies (Nutrition, Alkaline Diet, Weight Loss Book 1)



Synopsis

Revolutionize Your Health with Over 50+ Alkaline Smoothie Recipes! You are just about to discover the power of alkaline, green, healing superfoods that will help you have beautiful skin, nails & hair, and (if desired) lose weight! If you are sick of not being able to lose weight or keep it off...or are you tired of having digestive issues that leave you uncomfortable, in pain and unable to lead your normal life...or perhaps it's feeling chronically fatigued, with no energy to live life to the fullest...Whatever your goal or challenge, alkaline smoothies are here to change that for you - right now...The good news? Alkaline Smoothies are: -easy to make (and clean)-quick to consume-great as take away snacks-naturally vegan and gluten free! In this book, you will learn everything you need to know about sticking to the alkaline diet by becoming a master at blending smoothies. Not only does this book contain over fifty unique and tasty smoothie recipes, but also a list of superfoods and how they improve your health, a guide to creating your own smoothies, a detailed explanation of how to best transition into the alkaline lifestyle, and so much more.

Here's What You Are Just About to Discover:

- How to Lose Weight & Supercharge Your Health with Green Smoothies and Vegan Protein Smoothies
- Raw Foods and Green Drinks
- Other Unique Benefits of Eating Raw Foods
- The Power of Superfoods and How to Use Them with Your Smoothies
- Delicious Breakfast Smoothies
- Wake-Up Green Smoothies
- Sleepy Time Tea Smoothie
- Unique Smoothie Recipes for Vibrant Health and Weight Loss
- How to Make Your Own Unique Smoothies with This Guide!

Getting to the health and vitality of your dreams can be so easy and enjoyable when you follow THIS simple health & wellness trick and have at least 1 green smoothie a day! Take meaningful and purposeful action and take care of your body in a holistic way!

Book Information

File Size: 3236 KB

Print Length: 82 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 16, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01KKG3ZBE

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #309,404 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #55

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments >

Endocrine System #58 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases &

Physical Ailments > Chronic Fatigue Syndrome #131 inÂ Books > Health, Fitness & Dieting >

Diseases & Physical Ailments > Chronic Fatigue Syndrome & Fibromyalgia

Customer Reviews

This is a wonderful approach to healthy, delicious smoothies. The recipes that I have tried are delicious, quite filling and loaded with good solid nutrition. I really like the authors use of things like avocados... making the drinks so smooth and creamy, chia and flax seeds and so much more that we know have health giving properties. There is a section that I found extremely unique and useful in which you are given steps to follow to make your own recipes easily with your own favorite ingredients. A real plus. There were several minor typos, but this book was so well done and, in my opinion, so important that I decided five stars were truly earned. I was asked to review this book and give my honest opinion which I did.

Karen's recipes are always amazing, and this smoothie book is no exception. Love her wide range of ideas for delicious and healthy smoothies. Especially love the dessert smoothies. The Gingerbread smoothie and the Vegan pumpkin pie smoothie are wonderful. And she has some unique, and tasty combinations. Would recommend this book for anybody who loves smoothies.

My first review ever. I have just started following a more alkaline lifestyle and was looking for a smoothie book. This book was just what I needed to get started. I have had it for two days and made three of the smoothies. Going shopping tomorrow to get more ingredients. I do believe this book will become my go to smoothie book. Well done Karen a great book and more than worth the price asked and paid.

Looking through the recipes I like most of ingredients & will enjoy the smoothies. I have tried one smoothie so far & found it very refreshing on this hot summer day. Will try more in the book. I received a free copy of this book & was asked to provide an honest, I biased review.

This is a well written, easy to read book full of interesting recipes. Karen gives very good instructions that are easy to follow.

[Download to continue reading...](#)

Alkaline Smoothies: Lose Weight & Supercharge Your Health with Green Smoothies and Vegan Protein Smoothies (Nutrition, Alkaline Diet, Weight Loss Book 1) Alkaline Drinks: Original Alkaline Smoothies, Juices and Teas- Rebalance your pH in 7 Days or Less (Alkaline Diet, Alkaline Recipes, Alkaline Smoothies, Plant Based Book 5) Alkaline Cookbook: Alkaline Satisfaction!: 50+ Alkaline Diet Recipes to Kick-Start Your Weight Loss Success and Keep Your Belly Happy! (Plant Based, Alkaline Recipes, Alkaline Foods Book 2) Raw Vegan: How To Be A Raw Vegan Smart Ass (raw vegan, raw vegan cookbook, raw vegan food, raw vegan diet, vegan cookbook, vegan recipes, vegan diet, natural hygiene) Green Smoothies - Top 200 Green Smoothie Recipes: (Green Smoothies, Green Smoothie Recipes, Green Smoothie Cleanse, Green Smoothie Diet, Green Smoothie for Everyday, Healthy Juice) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Vegan: Vegan Diet For Beginners: 150 Delicious Recipes And 8 Weeks Of Diet Plans (Vegan Diet, Vegan Cookbook, Vegan Recipes, Vegan Slow Cooker, Raw Vegan, Vegetarian, Smoothies) 10 Day Green Smoothie Cleanse: Lose 15lbs with 10 Day Green smoothie diet For Weight Loss. Weight loss green smoothie recipes,green smoothies: Sip Up, Slim Down ! Lose upto 15 Lbs in 10 Days! Vegan Recipes: Vegan Bistro Recipes: 48 Delicious Bar Food & Soup Recipes (Vegan Recipes, Vegan diet, Vegan diet for beginners, how to lose weight fast, vegan cookbook, Weight loss for diabetics) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) The Ultimate Guide To Vegan Bodybuilding & Nutrition: How To Build Muscle With A Vegan Life Style, Eating Your Favorite Food (Vegan Bodybuilding, Vegan ... Smoothies, Vegan Lifestyle, Vegan muscle) Vegan: Vegan Diet Recipes That You Cant Live Without (Vegan Slow Cooker, Vegan Weight Loss, Low Carb Cookbook, Slow Cooker Recipes, Vegan Cookbook, Paleo Diet, Vegan Recipes) DIY Protein Bars: 25 Simple Protein Bar Recipes For Making Quick Healthy Snacks. Learn How to Make Protein Bars

in No Time (diy protein bars, protein bars, high protein snacks) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) DIY Protein Bars: Simple & Tasty Homemade Protein Bar Recipes for Weight Loss, and Build Muscles to Replace a Properly Balanced Meal (Protein Bars, DIY Protein Bars, protein bars at home) Vegan Recipes Cookbook - Top 200 Vegan Recipes: (Healthy Vegan Food, Weight Loss, Vegan Book, Vegan Diet, Green Food, Dinner, Lunch, Breakfast and Snacks) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) Vegan: Vegan Budget Cookbook: 33 Delicious Low-Cost Vegan Recipes, Quick and Easy to Make (Vegan Diet, Dairy Free, Gluten Free, Slow Cooker, Vegan bodybuilding, Vegan weight loss, Cast Iron)

[Dmca](#)