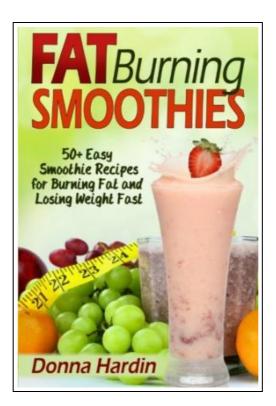
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Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Special Discount Price Available for Limited Time! Grab Your Copy Now! If you are looking for easy-to-make, delicious smoothie recipes to help you burn fat and lose weight fast, then this is the right book for you. Smoothies are one of the fastest and easy ways to lose the unwanted fat while getting the healthy benefits of organic, fresh fruits and vegetables. Instead of spending an hour in the kitchen preparing ingredients and cooking your healthy lunch, you could prepare a great-tasting smoothie that takes only 5 minutes and provides much more vitamins and minerals than the cooked meal. While some diets can be very time-consuming and take a lot of energy and money, the Fat Burning Smoothies book offers an affordable, easy and timesaving way to achieve your weight loss goals by providing very useful tips and advice on how to burn fat as well as over 50 delicious, easy-to-make smoothie recipes. You will discover - over 50 easy smoothie recipes including fruit smoothies, vegetable smoothies, green smoothies and a mix of all the above (caloric value included for each recipe) - what is the difference between burning fat and losing weight and why this is very important for you - the easy way to start your fat burning smoothie diet - how fast do you see results and how to make them last - daily plan and smoothie recipes suggestions for breakfast, lunch and dinner - tips and tricks for burning fat and losing weight fast Let your family and friends be amazed by how good you look and how much weight you lost in a short period of time! Start your smoothie diet today. Grab your copy of the Fat...

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