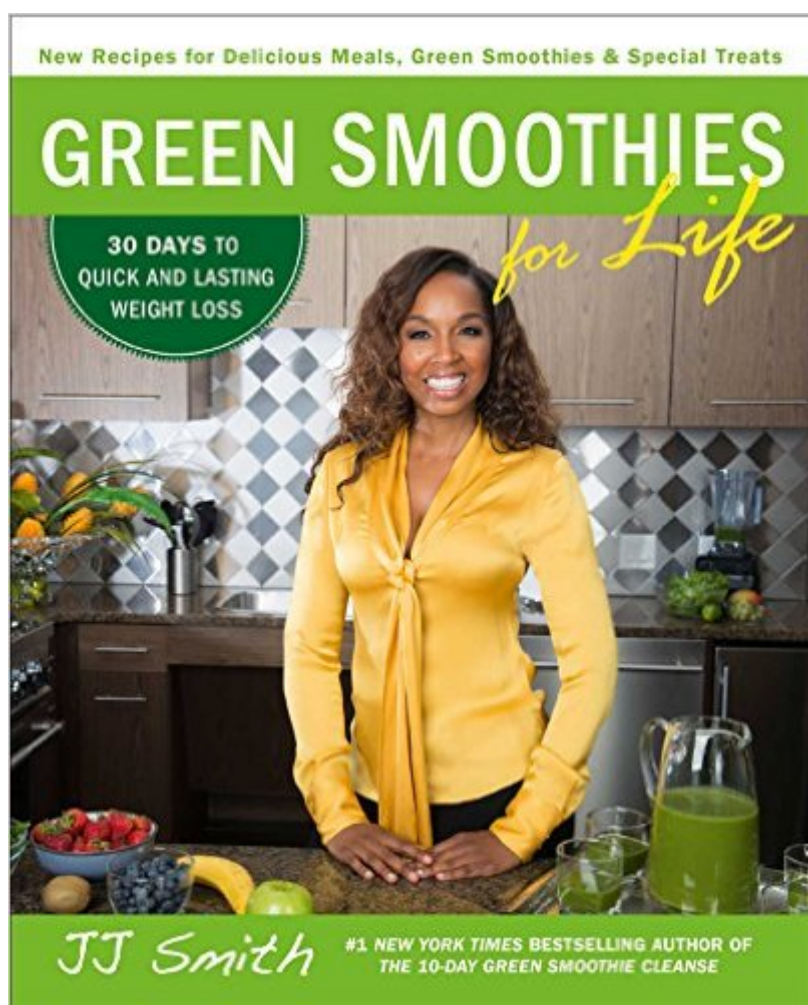


The book was found

Green Smoothies For Life



Synopsis

A brand-new meal plan that will assist readers with incorporating green smoothies into their everyday routine while developing healthier long-term eating habits and improving their overall health. More than a weight loss plan, the 10-Day Green Smoothie Cleanse, designed by nutritionist and certified weight-loss expert JJ Smith, became a way of life. Readers reported that they not only shed pounds but they also slept better, thought more clearly, and were in better over-all health, with some adherents, in consultation with their doctor, even moving off medication. As delicious as her green smoothies are, however, the cleanse was designed only to jumpstart a detox and a new approach to eating. It's not a permanent solution. In her new book, *Green Smoothies for Life*, the highly anticipated follow up to the #1 New York Times bestseller *10-Day Green Smoothie Cleanse*, Smith presents a way that green smoothies can be incorporated into your daily regimen. With over thirty recipes for everything from hot dinners to desserts and snacks, sixty thoughtfully composed green smoothie recipes, a thirty-day meal plan and the corresponding shopping lists, the book provides you with a step-by-step prescriptive daily regimen that shows you how to eat mindfully and healthily. In addition to green smoothies and color photographs of select recipes, the book includes more than twenty effective methods to detox (which helps fuel weight loss), information on Smith's DHEMM (Detox, Hormonal Balance, Eat, Move and Mental Mastery) weight loss system, and testimonials from dieters who've changed their approach to not just food but also life since while following her advice. Whether you are just starting out on your weight loss journey or already a smoothie convert, *Green Smoothies for Life* is the essential next step in continuing your pursuit of a healthier lifestyle.

Book Information

Paperback: 216 pages

Publisher: Atria Books; Not for Online ed. edition (December 27, 2016)

Language: English

ISBN-10: 1501100653

ISBN-13: 978-1501100659

Product Dimensions: 5.5 x 8.4 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Best Sellers Rank: #16,983 in Books (See Top 100 in Books) #26 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #51 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses #201 in Books > Health, Fitness & Dieting > Diets &

Weight Loss > Weight Loss

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

Green Smoothies - Top 200 Green Smoothie Recipes: (Green Smoothies, Green Smoothie Recipes, Green Smoothie Cleanse, Green Smoothie Diet, Green Smoothie for Everyday, Healthy Juice) 10 Day Green Smoothie Cleanse: Detox Your Body with 10 Day Green Smoothie Cleanse and Lose Weight with Low Carb Cookbook (smoothies, green smoothie recipes, ... cookbooks, smoothies , sugar detox) 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! Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) Superfoods Today Red Smoothies: Energizing, Detoxifying & Nutrient-dense Smoothies Blender Recipes: Detox Cleanse Diet, Smoothies for Weight Loss Diabetes, Detox Green Cleanse for Weight Loss Energy Alkaline Smoothies: Lose Weight & Supercharge Your Health with Green Smoothies and Vegan Protein Smoothies (Nutrition, Alkaline Diet, Weight Loss Book 1) Green Smoothies for Weight Loss: Inexpensive, Simple Green Smoothies Recipes for Weight Loss That Gain Energy, Lose Weight and Make You a Healthier Person Red Smoothies: Over 80 Blender Recipes, weight loss naturally, green smoothies for weight loss,detox smoothie recipes, sugar detox,detox cleanse juice,detox ... - detox smoothie recipes Book 260) Smoothie Recipes: Ultimate Boxed Set with 100+ Smoothie Recipes: Green Smoothies, Paleo Smoothies and Juicing SMOOTHIES: Antioxidant Power Super Healthy Smoothie & Ice Kreme Recipes For Kids (Smoothie Recipes, Green Smoothies, Healthy Eating For Kids, Juicing, Vegan, Weight loss) 3 Day Green Smoothie Detox: The Faster, Better, Stronger Weight Loss Plan (Green Smoothies) Healthy Super Shakes and Smoothies: 25 Sugar Free Dairy Free Shakes and Smoothies Recipes (Here's the DEAL - Healthy Weight Loss and Fat Burning Book 3) 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) 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,) Red Smoothies: 2 Manuscripts - Red Smoothie Detox Factor (Vol.1) + Red Smoothie Detox Factor (Vol. 2 - Superfoods Red Smoothies) Green Smoothies for Life Simple Green Smoothies: 100+ Tasty Recipes to Lose Weight, Gain Energy, and Feel Great in Your Body Green Smoothies: The Weight Loss & Detox Secret: 50 Recipes for a Healthy Diet (Special Diet Cookbooks & Vegetarian Recipes Collection Book 3) The Big Book of Juicing: 150 of the Best Recipes for Fruit and Vegetable Juices,

Green Smoothies, and Probiotic Drinks Smoothie Recipes - Top 200 Smoothie Recipes:
(Smoothies, Smoothie Cookbook, Vegan Smoothie, Paleo, Green Smoothie, Smoothie Recipes For
Weight Loss, Smoothie Cleanse, Diet, Juicing, Healthy Food)

[Dmca](#)