

DELICIOUS PALEO SMOOTHIES - HEALTHY, SIMPLE AND QUICK RECIPES FOR WEIGHT LOSS by Angelina Dylon book PDF Download

**Delicious Paleo Smoothies - Healthy, Simple and Quick Recipes for weight loss** The

Paleo diet may seem restricting but with this cook book, the reader can find a variety of smoothie recipes that are acceptable meals or snacks in the paleo diet. Recipes for the following smoothies are included: Vegetable and green smoothies, fruit smoothies including strawberry, banana, rhubarb The Paleo diet may seem restricting but with this cook book, the reader can find a variety of smoothie recipes that are acceptable meals or snacks in the paleo diet. Recipes for the following smoothies are included: Vegetable and green smoothies, fruit smoothies including strawberry, banana, rhubarb, coconut, and pineapple, detox smoothies. Also included in the book are nutritional facts for each recipe and some fun and interesting facts on ingredients used in the recipes. Not only is this book helpful for those following the Paleo diet, but it also provides variety for anyone who is interested in eating healthy. Ingredients used in these smoothies are not uncommon, but are easily obtained ingredients; this makes creating these smoothies enjoyable, easy and delicious. Scroll Up to Grab Your Copy! ...more Delicious Paleo Smoothies - Healthy, Simple and Quick Recipes for weight loss PDF ebook

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