



# **Paleo Smoothie Recipes - Delicious & Healthy Smoothies To Lose Pounds: 25 Fast & Easy 5 Minute Paleo Blender Recipes That Are High Speed Blender, Juicer & Spiral Vegetable Cutter Friendly**

*Juliana Baldec*

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Paleo Smoothie Recipes: Delicious & Healthy Smoothies To Lose Pounds: 25 Fast & Easy 5 Minute Paleo Blender Recipes That Are High Speed Blender, Juicer & Spiral Vegetable Cutter Friendly is a compilation of 2 blender recipes books that includes 25 delicious blender recipes for juices and smoothies that you can make with your favorite blender like the Ninja Blender, Nutribullet, Vitamix, or any similar high speed blender and your favorite high power juicer like the Breville juicer or the Green Star juicer. Juliana will show you how she uses her favorite powerful hi-speed smoothie maker the Nutribullet (you can use any other high speed blender and/or juicer, but the Nutribullet makes both juices and smoothies) to tear through radish, kale, cauliflower, zucchinis, asparagus, berries, ginger, cucumbers, carrots, fennel, celery, melon, pineapple, beets, oranges, apples, lemon, blackberries, strawberries & other juicing fruits and vegetables, transforming them into these delicious juices and vitality elixirs. The Nutribullet also helps her to keep the healthy nutritious pulp inside the glass. She has the lifestyle of clean drinking and eating down to a science and shows you how you can go into your kitchen, make a high speed blender juicing recipe, clean up and be out in most of the cases in about 5 minutes max. She shows you some amazing recipes that are boosting your immune system, restoring your body's natural ability to heal itself, energizing and regulating your hormones, helping neutralize free radicals in our body and brain, satisfying your daily supply of the cancer fighting mineral selenium, treating fungal bacteria in the body like candida, boosting your energy level to fight against fatigue and illnesses, losing some weight and become lean, burning fat, and many health benefits! Applying these healthy juicing and smoothie recipes in combination with her secret morning elixir (which is included in this compilation - Juicing Recipes For Vitality & Health), a daily consumption of smoothies, and a light nutritious meal plan, Juliana was able to achieve her health and weight loss goals in a very quick time. If you, too, want to replace the common and sick making food options with these delicious juicing and smoothie drink solutions that are tasty, 5 minute quick and easy to make, and that are going to make your body healthy, energized and clean, you owe it to yourself to get into the habit of a daily juicing and smoothies. In the second juicing book called: "Juicing Recipes For Vitality & Health", you will discover Juliana's Secret Morning Elixir and all the juicing recipes that she followed during her Juicing Diet to beat Asthma. She was suffering for countless years from breathing and Asthma problems and applying a daily juicing diet combined with smoothies and a light meal plan helped her get rid of this nasty health problem for good. Inside you will learn what juicing can do for your own vitality and health. Juliana will show you the powerful health benefits that come with a daily juicing habit. There is truly an unlimited amount of health benefits that come with juicing. Here are the most important ones: Vitality Energy Rejuvenation Weight Loss (Juliana also used juicing and smoothies in combination and lost 40 lbs in two month) Anti-Aging Beautiful Glowing & Wrinkle-Free Skin from the Inside Out Antioxidants Alzheimer's Prevention Asthma Help (Juliana suffered from Asthma for many years and was finally able to get rid of it because of her daily Juicing and Smoothie ritual) Blood Cleanse Pain Relief Reduce Inflammation Stroke Prevention and an unlimited amount of other health benefits... Juicing is a simple to acquire skill and if you turn this skill into a habit, you will be able to live a healthy, fit, clean, lean, toxin-free and vital life from the inside out and for a very long time. Keep the doctor away and Double Your Life, today...

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Playing with family in a very park, coming to see the coastal world or hanging out with good friends is thing that usually you could have done when you have spare time, subsequently why you don't try thing that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love Paleo Smoothie Recipes - Delicious & Healthy Smoothies To Lose Pounds: 25 Fast & Easy 5 Minute Paleo Blender Recipes That Are High Speed Blender, Juicer & Spiral Vegetable Cutter Friendly, you may enjoy both. It is fine combination right, you still would like to miss it? What kind of hangout type is it? Oh can happen its mind hangout guys. What? Still don't have it, oh come on its known as reading friends.

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