



Smoothies & Shakes: 30 Quick & Easy recipes for weight loss: A Guide for healthy smoothies & shakes

Marie Spencer

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Would you like to have a **variety of smoothies and shakes** that not only serve as refreshing drinks, but also help you to **achieve and maintain** your **ideal weight** and **staying healthy and fit**.

With this book you will discover:-

- Quick and easy steps of making smoothies and shakes
- Tasty, delicious and 3 low (sugar, fat and calorie)
- Simple illustration and nutritional information
- Easy to get ingredients within reasonable cost
- Fast result in weight loss, look radiant and staying fit
- Time saving for busy working people.
- And much, much more!

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