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Paleo Smoothies: Recipes To Energize And For Weight Loss



Synopsis

Delicious smoothie recipe book which is quick & easy to make for weight loss and Healthy!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. 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 A Copy!!

Book Information

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Customer Reviews

This book was great for my weight lost boost. As a busy person I wanted to jump start the new year with dropping a few pounds. I did not want to do any fad diets so I integrated these smoothies in my

day. This was great. They were easy to make, great tasting and some of them felt like I had a little desert. Not only did my energy stay up throughout the day I am down 6 pounds. This is great. I can't thank you enough. Looking forward to your next book. This one is a keeper. I especially love the Spinach Peach!

Only 27 recipes. I suppose OK if you get it free with Kindle Prime. But the little pamphlet is way overpriced compared to smoothie books. Clever to mash up the trendy Paleo title with the popular smoothie craze. Smart marketing combo in need of a better book.

I was beginning to get tired of chocolate, peanut butter, strawberry, mixed berry & banana smoothies. Ok, that might sound like a lot, but when you're drinking them at least once a day, every day, you want to mix things up. This was a refreshing change, without getting crazy. I add a lot of extras to my protein shakes like my protein powders, my hemp powders and chia seeds etc. So, I like Flavors that blend everything together. The author has some good smoothie recipes here. Although I'd call some of them more shakes than smoothies, you can call them whatever you want. If my protein shakes are too thin, I add banana flour (one of my favorites) or chia seeds. The recipes were easy to read and duplicate, but most had been seen before. Still, if you haven't read other smoothie or protein shake books, you might want to glance through it. I'd call some of them more shakes than smoothies, you can call them whatever you want. If my protein shakes are too thin, I add banana flour (one of my favorites) or chia seeds. The recipes were easy to read and duplicate, but most had been seen before. Still, if you haven't read other smoothie or protein shake books, you might want to glance through it. I've never used rhubarb or some of the other ingredients in protein shakes before, but they sound good. I remember the taste of strawberry rhubarb pie and the thought of rhubarb in a smoothie, actually sounds pretty good. I like the idea of the kale and spinach in smoothies. What I don't like about the book is that it's way too short and hence is more of a pamphlet, than a book. The author has a few good smoothie recipes, but should have carried it further.

I'm so glad to have a simple and easy recipe book for healthy foods/smoothies. This will help tremendously as I work on improving my eating habits as I must do to improve my health. This recipe book will make it so much easier and fun to eat healthy. I also like the nutrition facts Angelina shares and the helpful info she includes. It just adds to the recipe book and makes it more interesting. Beverly B.

The recipes were easy to make. Ingredients were easy to find. I really enjoyed the kindle version. The smoothies that contained spinach were tasty. I used unsweetened almond milk as a substitute

for the coconut milk.

It's a good effort to corral a few Paleo friendly smoothie recipes for readers' convenience. However, one can find these and more gratis on Pinterest .

These smoothies contain healthy foods that are easy to use without any odd ingredients. The only thing I would suggest is cooking the rhubarb for the two recipes that use it in advance. I love rhubarb but having a supply of it already cooked and sweetened makes using it easier. All the nutritional information is great too!

Great book - thanks for all the new recipes! My family especially loved the Strawberry, Banana and Orange Smoothie. Smoothies are our new favourite way to start the day. Thanks again.

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