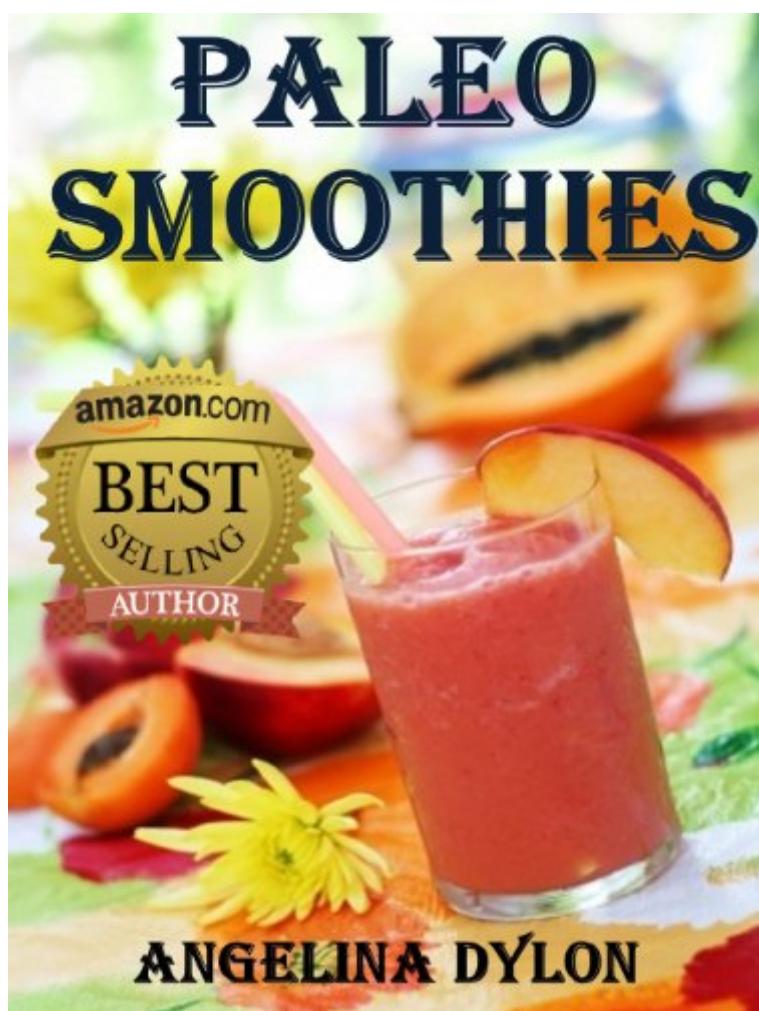


The book was found

# 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**

File Size: 459 KB

Print Length: 38 pages

Page Numbers Source ISBN: 1495280969

Simultaneous Device Usage: Unlimited

Publication Date: January 16, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00H4IYARU

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #6,217 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Kindle Store > Kindle Short Reads > One hour (33-43 pages) > Health, Fitness & Dieting #3 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Paleo #3 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Low Fat

## **Customer Reviews**

This book was great for my weight loss 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 are 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, then 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.

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

Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) The Everyday Paleo Slow Cooker: 100+ Quick and Easy Paleo Slow Cooker Recipes for Busy People (paleo diet, paleo, paleo solution, paleo diet cookbook, paleo books, paleo ebooks, paleo diet kindle) Paleo Diet for Beginners: Lose Weight and Start Living the Paleo Lifestyle. Easy Paleo Diet Recipes for Weight Loss(paleo books, Paleo Diet, Paleo Diet ... diet, living paleo for dummies Book 2) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Paleo Diet: 55 Budget-Friendly Recipes to Lose Weight. A Low Carb Cookbook for Beginners. (Paleo recipes, Paleo Cookbook for Weight Loss, Paleo Diet, Paleo Cookbook) (weight loss book) Paleo Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Paleo Recipes, Paleo, Paleo ... Paleo Recipe Book, Paleo Cookbook) (Volume 1) Paleo Diet: Ultimate Guide For Beginners, How To Lose Weight And Get Healthy (Paleo For Beginners, Paleo Diet Cookbook , Paleo Diet Recipes, Paleo Diet For Rapid Weight Loss, Paleo Diet Plan) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Smoothies: Everyday Smoothies For Beginners (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight ... Diet))

(healthy food for everyday Book 5) 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) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Paleo For Beginners: Paleo Diet – The Complete Guide To Paleo – Paleo Cookbook, Paleo Recipes, Paleo Weight Loss Paleo For Beginners: Paleo Diet – The Complete Guide To Paleo – Paleo Cookbook, Paleo Recipes, Paleo Weight Loss (Clean Eating) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Paleo Instant Pot Cookbook: Amazing Paleo Instant Pot Recipes for Whole Family ( Paleo Instant Pot Recipes Cookbook, Paleo Diet Guide Cookbook, Paleo Diet Recipe Book, Paleo Diet for Beginners ) Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet, Paleo Slow Cooker Cookbook - Top 80 Paleo Recipes (Paleo Series) Paleo: Paleo Slow Cooker Cookbook: Top 80 Paleo Recipes - Easy, Delicious and Nutritious Paleo Diet Cooking (FREE BONUS) (Paleo Crockpot, Paleo Baking, Whole Food) Paleo Eats - Top 50 Paleo Quick Meals For Maximum Energy and Weight Loss Busy People Will Love (Pale Approach, Paleo Kitchen, Paleo Indulgences) (Paleo For Dummies) Paleo Smoothies: Recipes to Energize and for Weight Loss

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)