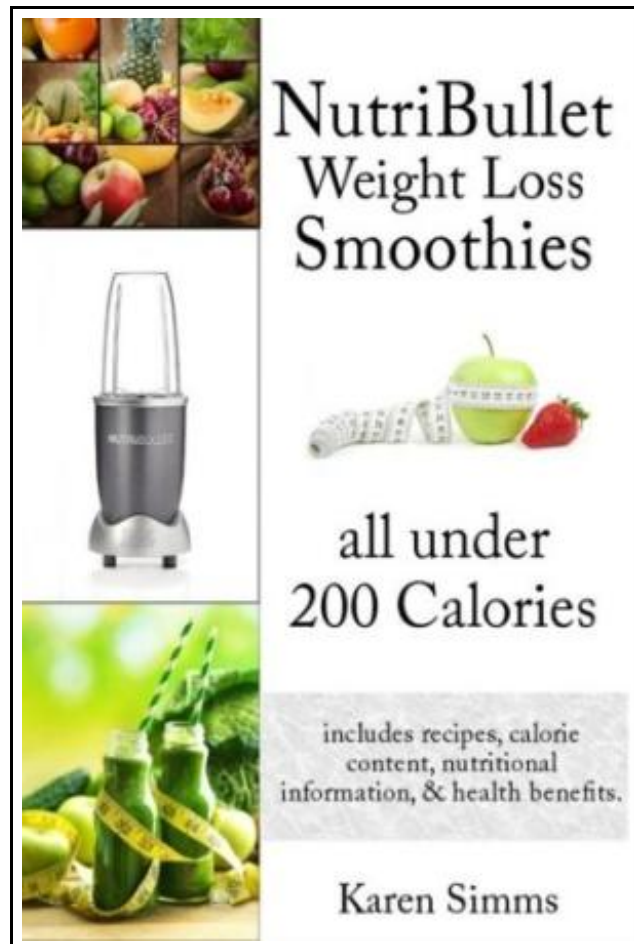


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Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.NutriBullet Weight Loss Smoothies all Under 200 Calories The NutriBullet is an innovative, ground-breaking piece of machinery that has transformed the health of millions worldwide. Its unique cyclonic action breaks down and crushes food, unlocking valuable nutrients and enzymes contained within. It is quick and easy to use, and produces healthy, nutrient-rich smoothies for all your family to enjoy. Transform your diet and add years to your life! The recipes in Nutribullet Weight Loss Smoothies have been designed with taste and calories in mind. Each recipe is broken down as follows: The exact calorie content of each recipe. The amount of fat, protein, fiber, and sugar in each recipe. The health benefits of each recipe. There is also a separate chapter outlining the calorie content of each individual fruit, vegetable, or smoothie booster, broken down into low calorie foods and high calorie foods. This will enable you to devise your own personal, delicious recipes if you wish or substitute certain ingredients if you do not have them to hand. Find out what common mistakes are made by people when making weight loss smoothies, and what NOT to include in your smoothie to ensure successful weight loss. Adding these delicious, nutritious smoothies to your diet will not only help you to achieve your weight loss goal, but they will also help to; Protect against heart disease. Delay premature aging. Boost the immune system. Encourage elimination of toxins. Improve digestive health. Increase energy. Improve sleep and mood. Help to lower cholesterol. Join the Nutribullet health revolution today and start to feel the amazing benefits of these Nutribullet recipes in a matter of days!.



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