



# **SMOOTHIES FOR WEIGHT LOSS: 25 Smoothie Recipes for Weight Loss and Energy - (Smoothie Recipes, Green Smoothies, Fat Loss)**

*Peter Hamilton*

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This Smoothie recipe book is designed for everyone who wants to lose weight without crazy diet.

I believe that using smoothies for weight loss is not just a myth.

Whether you are just starting with smoothies or you are looking for new exciting recipes, this book is right for you

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