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NutriBullet Recipe Book Bible: 100+ Declicious Smoothies for Life Long Health (Easy to Make Under 3 Minutes) (Nutribullet Natural Healing Foods Recipes Series)

Mila Parker

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This is the Only Guide Needed to end fatigue, fight fat, and Boost Healthy Energy through Proper Nutrition Fast.

Do you feel sluggish during the day? Most people lack the time to properly feed their bodies with the proper foods and their bodies pay the price. Replacing nutrient rich fruits and vegetables with vitamins is not the answer. The Nutribullet Recipe Book Bible details nutrient rich smoothie recipes that can be made in under 3 minutes. Many juicing recipes lack the step by step process of creating your own smoothies from grocery shopping to preparing your recipes for the week. This guide will arm you with breakfast smoothie recipes, post workout recipes, green recipes, and much more to give you the ultimate health and Nutribullet slim down transformation plan!

Protein Packed Recipes for Lean Muscle and Fat Loss
Low Fat and Low Calorie Recipes perfect for snacking and eliminating Cravings
Dessert (Healthy) Recipes for those who Need there sweet fix
Pre and Post Workout Recipes for Endless Energy and Repair
All Green Recipes....

And MORE! Enjoy!

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